

# Hydrorider Aquabike



## Small Group Training

**Tuesday 6:45-7:15am**

**Wednesday 6:00-6:45am / 6:45-7:15am**

**Thursday 6:45-7:15am**

**Friday 2:00-2:30pm**

**Hydrorider training is excellent for cardiovascular and core conditioning and a perfect workout for those who suffer from joint, muscle or bone pain.**

**Cost: \$10 per 30-minute session**

**Please register and pay at the service desk.**

**Space is limited to 4.**

**\* Must wear water shoes without laces to participate.**

Schedule effective 5/1/19