

Hydrorider Aquabike Class

Program begins March 6, 2017

Mondays/Thursdays:

6:15pm—7pm



Hydrorider Aquabikes are one of the most exciting and innovative means of aquatic training. We are thrilled to offer to you Hydrorider small group training! Cycling in an aquatic environment provides an excellent cardiovascular workout while taking advantage of the many benefits of water training. Buoyancy allows those suffering from joint, muscle or bone pain to exercise.

- Those with movement restrictions won't stress joints or muscles.
- Experience increased stroke volume/cardiac output and decreased inflammation.
- Training in the water allows for training at a greater intensity level due to the cooling effect and fast recovery rate.
- Perfect cross training workout or off-season cardiovascular training.

- \$10/person/bike for a 45 minute session
- Aqua sneakers or water shoes must be worn
- Minimum of 5' tall - the bike will be in 4' of water
- 4 participants at a time
- Sign up on Turboroster for each session you would like to attend and pay at the front desk prior to the class



633 Salisbury Street, Worcester
worcesterjcc.org
P 508.756.7109 | F 508.754.3373

For information contact:
Elaine Drawbridge, Fitness Director
508-756-7109 x 230
edrawbridge@worcesterjcc.org