

HYDRO SPIN



is coming to the
Theresa Banks Pool in
Glenarden
Starting March 5th, 2012

Hydro spin takes the popular land form of studio cycling into the pool, combining the benefits of an already aerobically challenging class into the accessibility only a pool can offer

It's 'four key benefits' are fitness, wellness, weight loss and rehabilitation

Register at www.pgparcs.com
Registration begins February 13th!
**Space is limited do NOT
WAIT!!!!**

