

## **NEWS RELEASE**

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### **LATEST FITNESS TREND COMES TO GREENVILLE**

Hydrocycling classes start in June at Caine Halter YMCA

*Greenville, SC* – Unless you head west to Nashville, south to Florida or north to Virginia, you won't see a bike designed to be used in the water. The YMCA of Greenville, at their Caine Halter Branch on Cleveland Street, is the first locally to take on the latest in exercise equipment—a “bike” called the Hydorrider. “It has the advantages of providing a great cardio-vascular exercise with the reduced impact provided by the buoyancy of exercising in the water,” according to Marc McCulley, Caine Halter YMCA Wellness Director. “This has the potential to benefit virtually all interested parties: athletes and non-athletes, those who have physical limitations and those who are in prime condition. We can adjust the bikes and the classes to suit their requirements.”

The fifteen bikes will be used in classroom settings in the outdoor pool. The first classes are being scheduled now. “These classes should have great appeal to cyclists and to those in our stationery bike classes on land. The greater resistance of water versus air will provide a very different experience and work some different muscle groups as well. But there is no need to be a cyclist to use this equipment. It's exciting to have a fun, new method for getting in shape.”

“Providing new ways to exercise is important in order to broaden our offerings and stimulate more interest in physical conditioning,” said Ryan Finney, Caine Halter YMCA Executive Director. “This is a proven program, very popular in other parts of the country, with potential benefits for many different types of individuals. Plus, being in the pool instead of the gym, allows us to fully utilize our facility.”

Participants do not need to know how to swim and can wear swim suits, exercise or biking shorts and tops, aqua shoes of some sort (not sneakers), and plenty of sunscreen!

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