



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTH RIVER WATER EXERCISE

Fall 2025 (August to December)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am (LP) Aqua Boot Camp 75m	7:00am (LP) Aqua Boot Camp 75m	7:00am (LP) Aqua Boot Camp 75m	7:00am (LP) Aqua Boot Camp 75m	7:00am (LP) Aqua Boot Camp 75m	
8:15am (WP) Aqua Zumba 45min	8:30am (WP) Aqua Zumba 1hr	8:15am (WP) Aqua Combat 45min	8:30am (WP) Aqua Zumba 1hr		8:15am (WP) Aqua Zumba 1hr
9:00am (LP) Hydro Fit 1hr		9:00am (LP) Hydro Fit 1hr		9:00am (LP) Hydro Fit 1hr	
10:00am (WP) Aqua Motion 1hr	10:00am (WP) Water Range of Motion 1hr	10:00am (WP) Aqua Motion 1hr	10:00am (WP) Water Range of Motion 1hr	10:00am (WP) Aqua Motion 1hr	
	10:30am (LP) Hydro Fit Core & More 90min	10:30am (LP) Hydro Fit Core & More 90min New!	10:30am (LP) Hydro Fit Core & More 90min		
	11:00am (WP) Mind, Body, Water 1hr		11:00am (WP) Mind, Body, Water 1hr		
6:15pm (WP) Aqua Combat 45min					

WP: Warm Pool
LP: Lap Pool

Various youth programs will reserve up to four lanes of space in the lap pool and up to half of the warm pool between the hours of 5:30pm-7:30pm Monday-Thursday and on Tuesdays and Fridays between 12:30p-2:00p. There will be a minimum of two lanes available for lap swim at all times, but volume and occupancy levels will be higher during these specific times. Lap swim may also be limited on weekends due to facility rentals.

Class Descriptions

AQUA BOOT CAMP	A high intensity class including strength training and cardio activities in shallow water, deep water, and on land. Float belts are used during class to increase the effectiveness of exercises while keeping your head and shoulders above water.
AQUA COMBAT	A high energy class where aquatic resistance meets the intensity of kickboxing and mixed martial arts. Enhance your strength, endurance, and coordination with this amped up workout.
HYDRO FIT	A moderate to high intensity class designed to help improve cardiovascular fitness, stability, and strength by using resistance and pressures from the water that are not found in land-based exercises. This class utilizes a variety of water depths.
HYDRO FIT CORE & MORE	All the benefits of our classic Hydro Fit class taken to the next level in a high intensity workout that targets core strength and challenges endurance. Boost your fitness and target your core like never before! Like our classic Hydro Fit, this class also utilizes a variety of water depths.
AQUA ZUMBA	A moderate to high impact class where participants get moving to upbeat music. The natural resistance created by water lowers joint impact but keeps the workout challenging enough to improve fitness.
MIND, BODY, WATER	A moderate impact class designed to improve flexibility and balance, reduce stress, and promote a sense of well-being through a series of stretches and guided conversation.
AQUA MOTION	A low impact, full body workout which uses a combination of exercises to increase flexibility, range of motion, strength, muscle tone, and cardiovascular endurance.
WATER RANGE OF MOTION	A non-cardio class designed to maintain flexibility and strengthen joints. Those dealing with arthritis, fibromyalgia, and post-therapy patients are encouraged to attend.