



NORTH RIVER FAMILY YMCA

Water Aerobics Schedule

Spring 2026 (January to May)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am (LP) Aqua Boot Camp 75m	6:00am (LP) Sunrise Aqua Yoga 45m New!	7:00am (LP) Aqua Boot Camp 75m	6:00am (LP) Sunrise Aqua Yoga 45m New!	7:00am (LP) Aqua Boot Camp 75m	8:15am (WP) Aqua Zumba 1hr
8:15am (WP) Aqua Zumba 45m	7:00am (LP) Aqua Boot Camp 75m	8:15am (WP) Aqua Combat 45m	7:00am (LP) Aqua Boot Camp 75m	8:30am (WP) Aqua Zumba 1hr	9:30am (LP) Beginner Aqua Yoga 1hr New!
9:00am (LP) Hydro Fit 1hr	8:30am (WP) Aqua Zumba 1hr	9:00am (LP) Hydro Fit 1hr	10:00am (WP) Aqua Motion 1hr	9:00am (LP) Hydro Fit 1hr	10:00am (WP) Aqua Motion 1hr
10:00am (WP) Aqua Motion 1hr	10:00am (WP) Water Range of Motion 1hr	10:30am (LP) Hydro Fit Core & More 90m	10:00am (WP) Water Range of Motion 1hr	10:30am (LP) Hydro Fit Core & More 90m	11:00am (WP) Mind, Body, Water 1hr
6:15pm (WP) Aqua Combat 45m	11:00am (WP) Mind, Body, Water 1hr	6:30pm (LP) Aqua Fusion 45m New!			WP: Warm Pool LP: Lap Pool

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.

AQUA FUSION

NEW!

A blend of strength training and Aqua Yoga, this class utilizes Aqua Boards and incorporates body weight movements such as squats, burpees, and balance exercises, followed by a mindfulness-focused cooldown.

AQUA YOGA

NEW!

This class takes traditional yoga practice to the next level, performed on Aqua Boards for an added element of core strength, focus, and flow. Move through gentle poses and mindful breathing that build stability, flexibility, and calmness.

BEGINNER AQUA YOGA

NEW!

Learn simple poses and gentle movements while acclimating to the added challenge of the Aqua Board. With a focus on stability, breath, and foundational technique, this class is the perfect starting point for anyone new to yoga and/or Aqua Boards.

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.