

Classes Three Rivers

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Barbell Burn 5:30 a.m. - 60 min Kathy	Cycle 5:30 a.m. - 45 min Kathy	Power + Core 5:30 a.m. - 60 min Kathy	Circuit Strength 5:30 a.m. - 60 min Kathy	
Yoga Pilates Fusion 8 a.m. - 50 min Pam	Cardio Kickboxing 8 a.m. - 50 min Kelly	Core Fusion Yoga 8 a.m. - 50 min Cynthia	Cardio Kickboxing 8 a.m. - 50 min Kelly	Yoga Pilates Fusion 8 a.m. - 50 min Pam	Cycle 8 a.m. - 45 min Kathy
Tabata Strength/Cycle 9 a.m. - 45 min Pam	Boot Camp 9 a.m. - 50 min Kelly	Lift 9 a.m. - 45 min Julie	Boot Camp 9 a.m. - 50 min Kelly	Rip N Ride 9 a.m. - 50 min Kelly/Pam	Barbell Burn 9 a.m. - 45 min Kathy
WATERinMOTION® 9 a.m. - 50 min Kathy	Aqua Tabata 9 a.m. - 45 min Lynn	Low Impact Cardio Drumming 10 a.m. - 45 min Saray	Aqua Tabata 9 a.m. - 45 min Lynn	Aqua Cardio + Strength 9 a.m. - 60 min Saray	Mindful Motion 10 a.m. - 50 min Kathy
Aqua Tabata 10 a.m. - 45 min Kathy		Warm Water Flow 11:30 a.m. - 45 min Andy	Aqua Cardio + Strength 10 a.m. - 45 min Saray		
Chair Yoga 10 a.m. - 45 min Lynn	Fit For Life 11:10 a.m. - 45 min Lynn	Bells & Bands 12:10 p.m. - 30 min Meg	Fit For Life 11:10 a.m. - 45 min Lynn	Low Impact Cardio Drumming 10:30 a.m. - 45 min Saray	
Circuit Strength 12:10 p.m. - 30 min Saray		Deep Warm Water Stretch 12:15 p.m. - 45 min Andy			
Mindful Motion 4:30 p.m. - 50 min Kathy	HIIT 4:30 p.m. - 45 min Bridget	UPDATED Core Crush 5:30 p.m. - 50 min Pam			
Aqua Tabata 5:30 p.m. - 45 min Kathy	Cardio Kickboxing 5:30 p.m. - 50 min Julie	WATERinMOTION® 5:30 p.m. - 50 min Kathy	HIIT 5 p.m. - 45 min Bridget		
Lift 5:30 p.m. - 45 min Julie	NEW Cardio Drumming 6:30 p.m. - 45 min Saray				

Type of Class

- Cardio
- Strength
- Mind/Body
- Combination
- Therapy Pool
- Pool



Aqua Tabata (2-3) Taking one of the most effective types of interval training into the water! Tabata consists of 20 seconds of anaerobic exercise followed by 10 seconds of rest for 8 rounds. These 4 minutes are simple, yet intense circuits that will torch calories & build muscle!

Aqua Cardio & Strength (1-3) This class combines strength and cardio training in a fun, high-energy environment. Participants engage in resistance exercises that target all major muscle groups, building strength while also boosting cardiovascular health.

Barbell Burn(2-3) Build strength from head to toe in this dynamic, full-body workout! Using a barbell and adjustable weights, you'll target all major muscle groups through controlled, effective movements designed to improve muscular endurance and power. This class focuses on proper form and progressive overload, helping you increase strength safely and efficiently. Perfect for all fitness levels—choose your weight, challenge yourself, and leave feeling stronger every time!

Bells & Bands (2-3) Build power, tone muscles, and improve functional strength in this dynamic total-body workout! Using a mix of barbells, dumbbells, kettlebells, and resistance bands, you'll challenge every major muscle group through controlled lifts, compound movements, and resistance-based training. Perfect for all fitness levels—options provided for beginners to advanced.

Boot Camp (2-3) We want to keep you guessing & challenge you differently in each class! Workouts are designed to improve your overall fitness – strength, cardio, flexibility, agility & endurance! Boot Camp works you head to toe so you'll be ready for anything life brings!

Cardio Drumming High-intensity drumming which uses hand-eye coordination and fun movements for the whole body. This class uses a stability ball, drum sticks and fun music to get your heart pumping.

Cardio Kickboxing (2-3) Punch, kick, and sweat your way to a stronger, leaner body! This high-energy class combines martial arts-inspired moves with heart-pumping cardio for a full-body workout that builds strength, endurance, and confidence. No experience needed—just bring your energy and get ready to torch calories while having fun

Chair Yoga (1-3) A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support.

Circuit Strength (2-3) Class includes a variety of functional movements using tools including weights, TRX, kettlebells and medicine balls. Some movements that will be incorporated into the class include squats, overhead press, kettlebell swings, deadlifts and more.

Core Crush Target your body's core and all the muscles that provide stability, control and strength for the entire body. Using equipment like the Swiss ball, Bosu, sliding discs, resistance bands and dumbbells, this 45 minute class will engage muscles in the abs, hips, glutes and shoulder girdle that will benefit balance and mobility + create the foundation you need for success!

Core Fusion Yoga (1-3) Strengthen your core, increase flexibility, and find your inner peace. This dynamic class blends yoga postures with core-strengthening exercises to sculpt your body and calm your mind.

Deep Warm Water Stretch (1-2) This deep-water, warm water exercise provides the benefits of cardiovascular training with little to no stress on your joints. This low-impact workout utilizes flotation devices and offers new challenges to your muscles while easing the strain in those problematic areas.

HIIT (1-3) High-Intensity Interval Training (HIIT) is a dynamic workout that combines short bursts of intense exercise with brief recovery periods.

Fit For Life (1-2) Improve muscular strength, range of motion & activities of daily living using weights, elastic tubing, balls & more! A chair is used for seated exercises & for extra support while standing. Class can be adapted to all fitness levels & abilities.

Lift (1-3) Get ready to LIFT, sculpt, and move to the beat! This high-energy, music-driven strength class uses a barbell and adjustable weights to target every major muscle group. You'll perform choreographed sets that sync perfectly with the rhythm, creating a fun and motivating experience while building strength, endurance, and power. Whether you're a beginner or seasoned lifter, this class offers options for all fitness levels. Feel the music, challenge your body, and leave stronger than ever!

Low Impact Cardio Drumming (1-3) Cardio drumming uses hand-eye coordination and fun movements to work the whole body. Low impact is a slowed down version that enables participants to learn the moves while having fun! This class uses a stability ball, drum sticks and fun music to get your heart pumping!

Mindful Motion (1-3) Description: Experience the perfect blend of strength, flexibility, and balance in this rejuvenating class. Combining elements of yoga, Pilates, and other mind-body formats, you'll improve core stability, enhance mobility, and build functional strength—all while focusing on breath and mindful movement. This class is designed to reduce stress, increase body awareness, and leave you feeling strong, centered, and energized. Suitable for all fitness levels.

Power + Core (2-3) Strengthen your entire body while giving extra attention to your core! This class combines strength exercises with targeted core movements to build muscular endurance, stability, and power. You'll work through controlled, effective sets designed to challenge every major muscle group while improving posture and core strength. Suitable for all fitness levels—choose your weights, follow expert guidance, and leave feeling strong and balanced.

Power Yoga (2-3) Ignite your strength and find your flow! Power Yoga is a dynamic, fast-paced class that blends traditional yoga poses with athletic movement for a full-body workout. Build heat, improve flexibility, and enhance balance while focusing on breath and mindfulness. Perfect for those who want a challenging yet grounding experience.

Rip N Ride (2-3) Don't miss this 2-in-1, power packed workout! Experience a combination of strength & cardio training by combining weight-bearing/resistance exercises & cycling workouts.

Warm Water Flow (1-2) Water causes less stress on the joints & allows students to experience postures they may be unable to achieve on land. The resistance of the water also helps to build strength & allow students to achieve a greater range of motion while enhancing relaxation for a deeper meditative experience.

WATERinMOTION® (1-2) The newest aqua exercise workout that provides a low-impact, high-energy challenge for cardiovascular workout tones and tapers the entire body.

Yoga Pilates Fusion (1-3) A fusion of Yoga and Pilates. This class combines the Yoga focus of enhanced mind, body awareness, strength, flexibility, and balance as well as Pilates core work to create a strong, stable foundation for movement.

Class Levels

1 (beginner) Perfect for novice exercisers! If you are currently somewhat active in your daily life but do not accumulate 30 minutes of physical activity most days of the week, beginner classes are perfect for you.

2 (moderate) A moderately active person who does exercise but currently gets less than the recommended 2.5 hours per week of moderate exercise such as walking or riding a bike on a level surface.

3 (advanced) For the experienced exerciser who works out vigorously for at least 1.25 hours each week doing activities such as jogging, high intensity aerobics & biking hills.