

Group Exercise Schedule

Kettering Recreation Complex, January 2 through March 30, 2024

Monday

WEIGHTS
8-8:50 am
Studio B Ben

CYCLE YOGA COMBO
8:45-9:40 am
Studio C Jessica

CARDIO MOVES
9-9:50 am
Studio B Allison

TRX
9:45-10:35 am
Studio A Jessica

PILATES
10:15-11:15 am
Studio B Alexis

CARDIO HIP HOP
4-5 pm
Studio B Sam

TRX
5:30-6:20 pm
Studio A Eileen

WEIGHTS
5:30-6:20 pm
Studio B Alexis

BOOT CAMP
6-7 pm
Studio C Kevin

AWESOME ABDOMINALS
6:30-7:30 pm
Studio A Eileen

ZUMBA®
7-8 pm
Studio B Ruth

YOGA
7:15-8:15 pm
Studio C Kim

Tuesday

CYCLE
5:45-6:35 am
Studio C Brad

LENGTHEN & STRENGTHEN
7:45-8:45 am
Studio B Sherri

BOOT CAMP
8-8:45 am
Studio A Ben

YOGA
9-10 am
Studio B Sherri

CYCLE
9:30-10:30 am
Studio C Jessica

DAILY LIVING
11-11:45 am
Studio C Jessica

BOOT CAMP
4-5 pm
Studio B Ben

LAND AEROBICS/WEIGHTS
4:30-5:15 pm
Studio C Nancy

TRX CYCLE COMBO
5:30-6:30 pm
Studio A Eileen

POUND®
7-8 pm
Studio B Amy

Wednesday

TRX/WEIGHTS COMBO
5:45-6:35 am
Studio A Brad

CYCLE
8:30-9:30 am
Studio C Kim

CARDIO CROSS TRAIN
9-9:50 am
Studio B Ben

TRX DEEP STRETCH
9:45-10:45 am
Studio A Kim

WEIGHTS
10-10:50 am
Studio B Alexis

PILATES
11am- Noon
Studio B Alexis

CARDIO HIP HOP
4-5 pm
Studio B Sam

WEIGHTS
5:30-6:30 pm
Studio B Eileen

BOOT CAMP
6-7 pm
Studio C Ben

ZUMBA®
7-8 pm
Studio B Amy

Thursday

CYCLE CORE COMBO
5:45-6:35 am
Studio C Brad

YOGALATES
7:45-8:45 am
Studio B Sherri

CARDIO CROSS TRAIN
8-8:45 am
Studio C Ben

YOGA
9-10 am
Studio B Sherri

CYCLE
9:30-10:30 am
Studio C Jessica

DAILY LIVING
11-11:45 am
Studio C Jessica

BOOT CAMP
4-5 pm
Studio B Ben

LAND AEROBICS/WEIGHTS
4:30-5:15 pm
Studio C Nancy

RELAXED CYCLE
5:30-6:30 pm
Studio C Brad

REB3L STRENGTH®
7-8 pm
Studio B Amy

Friday

BOOT CAMP
7:45-8:45 am
Studio B Larry

TRX CYCLE COMBO
8:45 - 9:40 am
Studio A Jessica

WEIGHTS
9-10 am
Studio B Alexis

YOGA
9:45-10:45 am
Studio A Jessica

CARDIO HIP HOP
10-11 am
Studio C Sam

PILATES
10:15-11:15 am
Studio B Alexis

TRX DEEP STRETCH
5:30-6:20 pm
Studio A Eileen/Karianne

Saturday

BFIT
7:45 - 8:45 am
Studio B Karianne

CYCLE
8-8:50 am
Studio C Brad

STRENGTH AND STRETCH
9-9:50 am
Studio B Karianne

TRX
9-9:50 am
Studio A Brad

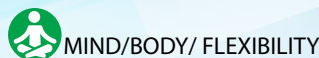
ZUMBA®
10-11 am
Studio B Amy



CARDIO



STRENGTH



MIND/BODY/ FLEXIBILITY



Available on Zoom®

- Bring a mat, towel, and water bottle to class
- Some classes will be held outdoors weather permitting

This schedule may change during your pass year.

CARDIO

BFit

This class offers a combination of cardio and strength exercise in a variety of formats. **B**ody **B**ars, Resistance **B**ands, Fit **B**alls, Kettle**B**ells and other equipment are utilized during the workout. All fitness levels are welcome.

BOOT CAMP

A full body, high energy workout that includes Cardio/Strength exercise drills, intervals and circuits using a variety of equipment or your own body weight making this class adaptable for all fitness levels. Weather permitting, classes may be held outdoors.

CARDIO CROSS TRAIN

A self-paced exercise class of cardio aerobic moves mixed together with exercises for strength. Variety of equipment will be used during this class including the step bench, kettlebells, bands, tubing and weights to complete intervals and circuits. Ending class with core exercises and welcoming all fitness levels.

CARDIO HIP HOP

A class for people of all body types, ages, and fitness levels. Your instructor makes it easy for you to follow this high-intensity cardio workout. Aerobic moves to popular music focusing on the glutes, legs, some light weights and mat core exercises may be incorporated for a full-body workout.

CARDIO MOVES

Movement is one of the best exercises to tone your body and have a variety in your normal cardio training. This class has choreography and cardio exercises set to music, creating a heart-pumping workout to keep your body in constant motion. You can vary the intensity to match your own fitness level.

CYCLE

Are you looking for a change from your weekly exercise routine? Step into a cycle class and experience a low- impact heart- pumping, calorie burning workout. Follow your instructors as you climb, sprint, race and pedal to the beat of invigorating music while cycling at your own pace

CYCLE CORE COMBO

Climb, sprint, race and pedal to the beat of invigorating music while cycling at your own pace. Exercises for abdominals challenging your entire core while focusing on functional movements to strengthen your core, back and improving posture and stabilization.

LAND AEROBICS/WEIGHTS

Cardio moves are the majority of this class. Light hand weights are used during warm-up and cool down.

POUND®

This exhilarating full-body workout uses Ripstix®, lightly weighted drumsticks engineered specifically for exercising. POUND® transforms drumming into cardio conditioning and strength training.

RELAXED CYCLE

Combination of Yoga movements mixed together in a heart pumping cycle ride. Includes stretching exercises on mats as a warm down. All fitness levels welcome.

ZUMBA®

A Latin-inspired, calorie-burning dance fitness class that blends upbeat Latin, pop and international rhythms with easy-to-follow moves for a total body workout that feels like a celebration.

STRENGTH

AWESOME ABDOMINALS

Challenging your entire core, from front to back, to top to bottom, while focusing on functional movements to improve core/back strength, posture and stabilization. Standing movements as well as mat exercises will be included in strengthening your awesome abdominals!

LENGTHEN AND STRENGTHEN

It's all about the balance of strength and flexibility. Weights, fit balls and tubes are used to build muscle strength with an added emphasis on stretching the muscles after they are loaded.

DAILY LIVING

This class helps to counteract the general aging process by improving balance, flexibility, motor skills and overall strength. Modifications for each patron will be demonstrated.

REB3L STRENGTH®

Choreographed toning routines set to powerful music. It creates sculpted bodies and builds physical strength using body weight, minimal equipment, and low - impact/high repetition training. Break out of your gym routine. Strong is redefined.

STRENGTH AND STRETCH

A total body workout for all fitness levels. Improve your strength and endurance by utilizing hand weights, resistance bands and other equipment as well. The class will end with a full body stretch.

TRX

Expect to be challenged! Suspension training uses your body weight to develop strength, balance, flexibility and core stability simultaneously.

TRX CYCLE COMBO

From the best of both exercise worlds combined together with hills, sprints and climbs on the indoor cycle bike for the cardio portion then strength moves with the Suspension TRX straps for an all over total body workout. All fitness levels welcome.

TRX DEEP STRETCH

Using the TRX Suspension Straps, we will focus on balance, mobility, and stretching at a pace suitable for all fitness levels.

TRX WEIGHTS COMBO

Using both exercise formats of traditional dumbbells and also the TRX Suspension Straps, this class combination will increase your personal strength and add variety to your workout. All fitness levels are welcome.

WEIGHTS

Total body resistance training to gain functional strength and endurance by utilizing your own body weight, hand weights, body bars, resistance bands, fit balls and much more designed for all fitness levels. This non-aerobic exercise class includes standing and mat exercises emphasizing form and technique.

MIND/BODY/FLEXIBILITY

CYCLE YOGA COMBO

Cycle First: With climbs, sprints, racing to the beat of invigorating music. Yoga Flow Last: Exercises that will challenge your balance, strength and flexibility, leaving you feeling grounded, centered and relaxed. Modify to your fitness level.

PILATES

Perform mat-based movements with emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. Bands, stability balls, small balls and even light hand weights are often incorporated into the Pilates practice to create challenge and add variety to the workout.

YOGA

Connect your body and breath with synchronized movements that leave you feeling centered, grounded and relaxed.

YOGALATES

Combines the benefits of both Yoga and Pilates including core strengthening, muscle toning, flexibility and stress reduction.