



Corporate Fitness Programs

"It pays to play!"

Your membership provides access to the two best fitness centers in Dayton, the **Kettering Fitness & Wellness Center** (3351 Shroyer Road) and the **Kettering Recreation Complex** (2900 Glengarry Drive).

Both facilities offer a great variety of weight and cardio equipment, individual fitness programs, and indoor running/walking tracks. The **Kettering Recreation Complex** also offers comprehensive land- and water-based group exercise programs.



Adult Membership Types	Resident Corporate Rate	Resident Corporate 12 Month Installment Rate	Non-Resident Corporate Rate	Non-Resident Corporate 12 Month Installment Rate
Fitness	\$161.50/per year	\$15.50/month	\$235.50/per year	\$21.75/month
Exercise	\$110.50/per year	\$11.25/month	\$163/per year	\$15.50/month
Fit-Ex	\$208.25/per year	\$19.50/month	\$303.50/per year	\$27.25/month
Combination	\$259.25/per year	\$23.50/month	\$384/per year	\$34/month

	Combination	Fit-Ex	Fitness	Exercise	Pool	Gymnasium	Skate	Water Park	Senior Center
INDOOR TRACK	●	●	●	●	●	●	●	●	●
TOWEL SERVICE	●	●	●	●	●	●			
COMPLIMENTARY LOCKERS	●	●	●	●	●				
WHIRLPOOL	●	●	●	●	●			●	
SAUNA	●	●	●	●	●			●	
STEAM ROOM	●	●	●	●	●			●	
KRC FITNESS ROOM	●	●	●						
KFWC FITNESS ROOM	●	●	●						
EXERCISE CLASSES	●	●		●					
GYMNASIUM	●					●			●
ICE ARENA OPEN SKATE	●						●		
INDOOR POOL & AQUA FITNESS	●				●			●	
ADVENTURE REEF WATER PARK	●							●	

AMENITIES



Fitness membership provides:

- Access to the Kettering Recreation Complex **AND** the Kettering Fitness & Wellness Center
- Access to the Sauna, Steam Room and Whirlpool
- Five free guest passes
- Two-4-Tuesday guest passes to bring a guest any Tuesday

Combination membership provides:

- The benefits listed above **PLUS**–
- Access to unlimited group exercise classes
- Access to open and lap swim time pool use
- Access to Adventure Reef Water Park
- Access to Ice Arena open skate times

Exercise membership provides:

- Access to the unlimited group exercise classes
- A variety of 55 land-based drop-in exercise classes (Cycling, TRX, Zumba, Pilates, Boot Camp, Step, etc.) offered weekly
- See our drop-in exercise class schedule at www.playkettering.org or the free PlayKettering App
- Exercising and learning from experienced and certified instructors

Fit-Ex membership provides:

- The benefits of a Fitness Center membership in addition to an Exercise membership

Other available amenities for additional fees:

- Personal training \$40.00/hour
- Group Personal Training (2 or 3 per group) \$30/hour per person
- Registered classes for Ladies Group Training and Tai Chi are available
- Nursery Hours: 8 a.m. – Noon, Monday - Saturday
Ages 6 Months – 10 Years, \$2.50/hour per child

Please note that the Corporate discount only applies to annual passes, not per-visit drop-in activities, private lessons, personal training or registered program fees.



For additional information, please contact the Fitness and Wellness Supervisor at **937-296-2587**, visit our website at **www.PlayKettering.org**, or download our **PlayKettering App**.

