

# Group Exercise Schedule

Kettering Recreation Complex, September 3 through December 30, 2024



| Monday                                                        | Tuesday                                                              | Wednesday                                                  | Thursday                                                        | Friday                                                               | Saturday                                                       |
|---------------------------------------------------------------|----------------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------|
| <b>TRX</b><br>5:45-6:35 am<br>Studio A: Karianne/Brad         | <b>CYCLE</b><br>5:45-6:35 am<br>Studio C: Brad                       | <b>TRX/WEIGHTS COMBO</b><br>5:45-6:35 am<br>Studio A: Brad | <b>CYCLE CORE COMBO</b><br>5:45-6:35 am<br>Studio C: Brad       | <b>BOOT CAMP</b><br>7:45-8:45 am<br>Studio B: Larry                  | <b>BFIT</b><br>7:45 - 8:45 am<br>Studio B: Karianne            |
| <b>BFIT</b><br>8-8:50 am<br>Studio B: Ben                     | <b>LENGTHEN &amp; STRENGTHEN</b><br>7:45-8:45 am<br>Studio B: Sherri | <b>FULL BODY CIRCUIT</b><br>7-7:45 am<br>Studio C: Cassie  | <b>YOGALATES</b><br>7:45-8:45 am<br>Studio B: Sherri            | <b>WEIGHTS</b><br>9-10 am<br>Studio B: Alexis                        | <b>CYCLE</b><br>8-8:50 am<br>Studio C: Brad                    |
| <b>CYCLE</b><br>8:30-9:30 am<br>Studio C: Kim                 | <b>TRX BOOT CAMP</b><br>8-8:45 am<br>Studio A: Ben                   | <b>CYCLE HIP HOP</b><br>8:30-9:30 am<br>Studio C: Sam      | <b>FULL BODY CIRCUIT</b><br>8-8:45 am<br>Studio C: Ben          | <b>TRX/WEIGHTS COMBO</b><br>9:30-10:15 am<br>Studio A: Jessica       | <b>STRENGTH AND STRETCH</b><br>9-9:50 am<br>Studio B: Karianne |
| <b>WEIGHTS</b><br>9-10 am<br>Studio B: Pearl                  | <b>YOGA</b><br>9-10 am<br>Studio B: Sherri                           | <b>BFIT</b><br>9-9:50 am<br>Studio B: Ben                  | <b>YOGA</b><br>9-10 am<br>Studio B: Sherri                      | <b>CARDIO HIP HOP</b><br>10-11 am<br>Studio C: Sam                   | <b>TRX</b><br>9-9:50 am<br>Studio A: Brad                      |
| <b>TRX</b><br>9:30-10:15 am<br>Studio A: Jessica              | <b>CYCLE</b><br>9:30-10:30 am<br>Studio C: Jessica                   | <b>TRX DEEP STRETCH</b><br>9:45-10:45 am<br>Studio A: Kim  | <b>CYCLE</b><br>9:30-10:30 am<br>Studio C: Sam                  | <b>PILATES</b><br>10:15-11:15 am<br>Studio B: Alexis                 | <b>ZUMBA®</b><br>10-11 am<br>Studio B: Amy                     |
| <b>CARDIO MOVES</b><br>10-11 am<br>Studio C: Allison          | <b>DAILY LIVING</b><br>11-11:45 am<br>Studio C: Jessica              | <b>WEIGHTS</b><br>10-10:50 am<br>Studio B: Alexis          | <b>DAILY LIVING</b><br>11-11:45 am<br>Studio C: Kim             | <b>TRX DEEP STRETCH</b><br>5:30-6:20 pm<br>Studio A: Karianne/Eileen |                                                                |
| <b>PILATES</b><br>10:15-11:15 am<br>Studio B: Alexis          | <b>BOOT CAMP</b><br>4-5 pm<br>Studio B: Ben                          | <b>PILATES</b><br>11am- Noon<br>Studio B: Alexis           | <b>BOOT CAMP</b><br>4-5 pm<br>Studio B: Ben                     |                                                                      |                                                                |
| <b>TRX</b><br>5:30-6:20 pm<br>Studio A: Eileen                | <b>LAND AEROBICS/WEIGHTS</b><br>4:30-5:15 pm<br>Studio C: Nancy      | <b>TRX BOOT CAMP</b><br>4-5 pm<br>Studio A: Daniel         | <b>LAND AEROBICS/WEIGHTS</b><br>4:30-5:15 pm<br>Studio C: Nancy |                                                                      |                                                                |
| <b>WEIGHTS</b><br>5:30-6:20 pm<br>Studio B: Alexis            | <b>TRX CYCLE COMBO</b><br>5:30-6:30 pm<br>Studio C/A: Eileen         | <b>CYCLE</b><br>5:30-6:20 am<br>Studio C: Jessica          | <b>RELAXED CYCLE</b><br>5:30-6:30 pm<br>Studio C: Kim           |                                                                      |                                                                |
| <b>BOOT CAMP</b><br>6-7 pm<br>Studio C: Kevin                 | <b>CARDIO HIP HOP</b><br>7-8 pm<br>Studio B: Sam                     | <b>WEIGHTS</b><br>5:30-6:30 pm<br>Studio B: Eileen         | <b>REB3L STRENGTH®</b><br>7-8 pm<br>Studio B: Amy               |                                                                      |                                                                |
| <b>AWESOME ABDOMINALS</b><br>6:30-7:30 pm<br>Studio A: Eileen |                                                                      | <b>BOOT CAMP</b><br>6-7 pm<br>Studio C: Ben                |                                                                 |                                                                      |                                                                |
| <b>ZUMBA®</b><br>7-8 pm<br>Studio B: Ruth                     |                                                                      | <b>ZUMBA®</b><br>7-8 pm<br>Studio B: Amy                   |                                                                 |                                                                      |                                                                |
| <b>YOGA</b><br>7:15-8:15 pm<br>Studio C: Kim                  |                                                                      | <b>YOGA</b><br>7:15-8:15 pm<br>Studio C: Kim               |                                                                 |                                                                      |                                                                |

- 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.*

## Special Hours:

|                        |                         |
|------------------------|-------------------------|
| Monday, September 2    | No Classes              |
| Thursday, November 28  | No Classes              |
| Tuesday, December 24   | No Classes              |
| Wednesday, December 25 | No Classes              |
| Thursday, December 26  | Limited Holiday Classes |
| Tuesday, December 31   | No Classes              |
| Wednesday, January 1   | No Classes              |



CARDIO



STRENGTH



MIND/BODY/ FLEXIBILITY



Available on Zoom®