

FREE FRIDAYS

Group Exercise Classes Kettering Recreation Complex



It's fun, it's fit, and it's free!

Join us the first Friday of every month
for our **FREE** Group Exercise Day.

On the first Friday of each month all Group Exercise Classes at the Kettering Recreation Complex will be free of charge. Stop in to experience our fun, friendly, energetic, expertly taught, fat burning group exercise classes!

The class schedule for this day will vary each month and will be available online at playkettering.org and the PlayKettering app.



FRIDAY, NOVEMBER 1

Boot Camp with Pearl 7:45 – 8:45 a.m. in Studio B	Pilates with Alexis 10:15 – 11:15 a.m. in Studio B
Express Cycle with Jessica 8:30 – 9:15 a.m. in Studio C	Intermediate Yoga Flow with Jessica 10:30 – 11:15 a.m. in Studio A
Weights with Alexis 9 – 10 a.m. in Studio B	Performance Cycle with Ashleigh 5– 5:45 p.m. in Studio C
TRX/Weights Combo with Jessica 9:30 – 10:15 a.m. in Studio A	TRX Deep Stretch with Karianne 5:30 – 6:20 p.m. in Studio A
Cardio Hip Hop with Sam 10 – 11 a.m. in Studio C	Zumba with Tina 5:45 – 6:45 p.m. in Studio B
	Express Core and Glutes with Ashleigh 6 – 6:30 p.m. in Studio C