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Kettering Recreation Complex, June 2 through Aug. 30, 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|--|
|  BOOT CAMP 7:45-8:45 a.m. Studio B: Daniel |  CYCLE 5:45-6:35 a.m. Studio C: Brad |  TRX/WEIGHTS COMBO 5:45-6:35 a.m. Studio A: Brad |  CYCLE CORE COMBO 5:45-6:35 a.m. Studio C: Brad |  BOOT CAMP 7:45-8:45 a.m. Studio B: Larry |  BFIT 7:45 - 8:45 a.m. Studio B: Karianne |
|  CARDIO MOVES 9-10 a.m. Studio C: Allison |  LENGTHEN & STRENGTHEN 7:45-8:45 a.m. Studio B: Sherri |  BOOT CAMP 7:45-8:45 a.m. Studio B: Daniel |  YOGALATES 7:45-8:45 a.m. Studio B: Sherri |  WEIGHTS 9-10 a.m. Studio B: Alexis |  CYCLE 9-9:50 a.m. Studio C: Jessica |
|  WEIGHTS 9-10 a.m. Studio B: Kevin |  BOOT CAMP 7:45-8:45 a.m. Studio C: Daniel |  RHYTHM RIDE 8:30-9:30 a.m. Studio C: Sam |  BOOT CAMP 7:45-8:45 a.m. Studio C: Daniel |  CARDIO HIP HOP 9-10 a.m. Studio C: Sam |  STRENGTH AND STRETCH 9-9:50 a.m. Studio B: Karianne |
|  TRX 9:15-10:15 a.m. Studio A: Jessica |  YOGA 9-10 a.m. Studio B: Sherri |  WEIGHTS 9-10 a.m. Studio B: Alexis |  YOGA 9-10 a.m. Studio B: Sherri |  TRX/WEIGHTS COMBO 9-10 a.m. Studio A: Kevin |  TRX 10-10:50 a.m. Studio A: Jessica |
|  PILATES 10:15-11:15 a.m. Studio B: Alexis |  CYCLE 9:30-10:30 a.m. Studio C: Jessica |  TRX DEEP STRETCH 9:15-10:15 a.m. Studio A: Kim |  CYCLE 10-10:45 a.m. Studio C: Jessica |  PILATES 10:15-11:15 a.m. Studio B: Alexis |  ZUMBA® 10-11 a.m. Studio B: Amy |
|  TRX 5:30-6:20 p.m. Studio A: Eileen |  LAND AEROBICS/WEIGHTS 4:30-5:15 p.m. Studio C: Nancy |  DAILY LIVING 10:30-11:15 a.m. Studio C: Kim |  LAND AEROBICS/WEIGHTS 4:30-5:15 p.m. Studio C: Nancy | 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| |

- 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:

| | |
|-----------------|------------|
| Friday, July 4 | No Classes |
| Monday, Sept. 1 | No Classes |



CARDIO



STRENGTH



MIND/BODY/ FLEXIBILITY



Available on Zoom®

CARDIO

BFit

This class offers a combination of cardio and strength exercises 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 BOXING COMBO

"Bob and Weave" your way to fitness burning calories in this exhilarating, no contact workout. This class will challenge your coordination, balance, agility and mobility all while shadow boxing with cardio moves. All levels of fitness are welcome.

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.

EXPRESS HIIT

This 30-minute express class includes warm up and cool down with 20 minutes of HIIT, high intensity interval training. This is designed to maximize results in a short amount of time by pushing your body to its limits during intense bursts of exercise, making it a very effective workout in a 20-minute session. All fitness levels are welcome to participate in this high intensity interval training class.

LAND AEROBICS/WEIGHTS

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

RHYTHM RIDE

An upbeat take on cycling, Rhythm Ride is a beat-based workout that heavily emphasizes music and incorporates optional on-bike choreography to engage the core and upper body. Rhythm Ride is great for first-time riders and advanced cyclists alike. Riders can expect a high-intensity ride that blends hip hop, today's hits, 80s, classic rock, and more.

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!

CYCLE STRENGTH COMBO

Cycle first for the cardio segment followed up with the strength portion using resistance training exercises, weights or TRX.

All levels of fitness are welcome to participate in this combination class.

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.

FUNCTIONAL FITNESS

Functional Fitness is a type of strength training that helps your body perform daily activities like bending, lifting, pushing/pulling real-life, day to day movements that use multiple muscles at once all while engaging your core. Including exercises with weights, resistance bands, bodyweight exercises, high-intensity interval training or HIIT movements with the goal in mind to train your muscles to work together. All levels of fitness are welcome to participate in this everyday functional fitness class.

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.

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 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

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.