

# 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](http://playkettering.org) and the PlayKettering app.



### FRIDAY, OCTOBER 3

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|------------------------------------------------------------------|--------------------------------------------------------------------|
| <b>Boot Camp</b> with Larry<br>7:45 – 8:45 a.m. in Studio B      | <b>Pilates</b> with Alexis<br>10:15 – 11:15 a.m. in Studio B       |
| <b>Yoga</b> with Ann<br>7:45 – 8:45 a.m. in Studio C             | <b>Cycle</b> with Marisa<br>10:15 – 11 a.m. in Studio C            |
| <b>TRX</b> with Kevin<br>9 – 10 a.m. in Studio A                 | <b>Express HIIT</b> with Kevin<br>Noon – 12:30 p.m. in Studio B    |
| <b>Weights</b> with Alexis<br>9 – 10 a.m. in Studio B            | <b>TRX Deep Stretch</b> with Eileen<br>5:30– 6:20 p.m. in Studio A |
| <b>Functional Fitness</b> with Daniel<br>9 – 10 a.m. in Studio C |                                                                    |



CITY OF KETTERING  
PARKS, RECREATION AND CULTURAL ARTS DEPARTMENT