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Kettering Recreation Complex, Sept. 2 through Dec. 31, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>FUNCTIONAL FITNESS</b> 5:45-6:45 a.m. Studio B: Daniel	 <b>CYCLE</b> 5:45-6:35 a.m. Studio C: Brad	 <b>TRX/WEIGHTS COMBO</b> 5:45-6:35 a.m. Studio A: Brad	 <b>CYCLE CORE COMBO</b> 5:45-6:35 a.m. Studio C: Brad	 <b>BOOT CAMP</b> 7:45-8:45 a.m. Studio B: Larry	 <b>BFIT</b> 7:45-8:45 a.m. Studio B: Karianne
 <b>BOOT CAMP</b> 7:45-8:45 a.m. Studio B: Daniel	 <b>LENGTHEN &amp; STRENGTHEN</b>  7:45-8:45 a.m. Studio B: Sherri	 <b>BOOT CAMP</b> 7:45-8:45 a.m. Studio B: Daniel	 <b>YOGALATES</b>  7:45-8:45 a.m. Studio B: Sherri	 <b>YOGA</b> 7:45-8:45 a.m. Studio C: Ann	 <b>WEIGHTS</b> 9-9:50 a.m. Studio B: Anna
 <b>CARDIO MOVES</b> 9-10 a.m. Studio C: Allison	 <b>BOOT CAMP</b> 7:45-8:45 a.m. Studio C: Kayleigh	 <b>CYCLE</b> 9-9:45 a.m. Studio C: Jessica	 <b>BOOT CAMP</b> 7:45-8:45 a.m. Studio C: Will	 <b>WEIGHTS</b>  9-10 a.m. Studio B: Alexis	 <b>CYCLE</b> 9-10 a.m. Studio C: Karianne
 <b>WEIGHTS</b> 9-10 a.m. Studio B: Kevin	 <b>YOGA</b>  9-10 a.m. Studio B: Sherri	 <b>WEIGHTS</b>  9-10 a.m. Studio B: Alexis	 <b>YOGA</b>  9-10 a.m. Studio B: Sherri	 <b>FUNCTIONAL FITNESS</b> 9-9:50 a.m. Studio C: Daniel	 <b>TRX</b> 10-11 a.m. Studio A: Jessica
 <b>TRX</b> 9:15-10:15 a.m. Studio A: Jessica	 <b>CYCLE</b> 9:30-10:30 a.m. Studio C: Jessica	 <b>TRX DEEP STRETCH</b> 9:15-10:15 a.m. Studio A: Kim	 <b>CYCLE</b> 9:30-10:30 a.m. Studio C: Jessica	 <b>TRX</b> 9-10 a.m. Studio A: Kevin	 <b>ZUMBA®</b> 10-11 a.m. Studio B: Amy
 <b>PILATES</b>  10:15-11:15 a.m. Studio B: Alexis	 <b>BOOT CAMP</b> 4-5 p.m. Studio B: Kevin	 <b>PILATES</b>  10:15-11:15 a.m. Studio B: Alexis	 <b>BOOT CAMP</b> 4-5 p.m. Studio B: Kevin	 <b>CYCLE</b> 10:15-11 a.m. Studio C: Marisa	 <b>PILATES</b> 11:15 a.m.- noon Studio B: Jessica
 <b>TRX</b> 5:30-6:20 p.m. Studio A: Eileen	 <b>LAND AEROBICS/WEIGHTS</b> 4:30-5:15 p.m. Studio C: Nancy	 <b>DAILY LIVING</b> 10:30-11:15 a.m. Studio C: Kim	 <b>LAND AEROBICS/WEIGHTS</b> 4:30-5:15 p.m. Studio C: Nancy	 <b>PILATES</b>  10:15-11:15 a.m. Studio B: Alexis	
 <b>WEIGHTS</b>  5:30-6:20 p.m. Studio B: Alexis	 <b>CYCLE STRENGTH COMBO</b> 5:30-6:30 p.m. Studio C: Eileen	 <b>EXPRESS HIIT</b> Noon-12:30 p.m. Studio B: Kevin	 <b>CYCLE YOGA COMBO</b> 5:30-6:30 p.m. Studio C: Kim	 <b>TRX DEEP STRETCH</b> 5:30-6:20 p.m. Studio A: Rotation	
 <b>BOOT CAMP</b> 6-7 p.m. Studio C: Kevin	 <b>ZUMBA®</b> 7-8 p.m. Studio B: Liege	 <b>CYCLE</b> 5:30-6:15 p.m. Studio A: Ashleigh	 <b>AWESOME ABDOMINALS</b> 6-6:50 p.m. Studio B: Jessica		
 <b>AWESOME ABDOMINALS</b> 6:30-7:30 p.m. Studio A: Eileen		 <b>WEIGHTS</b>  5:30-6:30 p.m. Studio B: Eileen	 <b>REB3L STRENGTH®</b> 7-8 p.m. Studio B: Amy		
 <b>ZUMBA®</b> 7-8 p.m. Studio B: Ruth		 <b>BOOT CAMP</b> 6-7 p.m. Studio C: Karianne			
 <b>YOGA</b> 7:15-8:15 p.m. Studio C: Kim		 <b>ZUMBA®</b> 7-8 p.m. Studio B: Amy			
		 <b>YOGA</b> 7:15-8:15 p.m. Studio C: Ann			

- 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, Sept. 1	No Classes
Thursday, Nov. 27	No Classes
Friday, Nov. 28	Limited Holiday Schedule
Wednesday, Dec. 24	No Classes
Thursday, Dec. 25	No Classes
Friday, Dec. 26	Limited Holiday Schedule
Wednesday, Dec. 31	Limited Holiday Schedule
Thursday, Jan. 1, 2026	No Classes
Friday, Jan. 2, 2026	Free Friday



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 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.

### **CYCLE YOGA COMBO**

This dynamic duo combines exhilarating indoor cycling with inner peace on the mat for calming yoga to boost your physical and mental well-being. These exercises will strengthen your cardiovascular system and improve your flexibility. All levels of fitness are welcome.

### **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.

### **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.

### **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.