

SPRING 2017 Drop-in Exercise Classes

Spring 2017 effective April 3

KETTERING RECREATION COMPLEX – STUDIO A –							
Time	Sun.	M	T	W	Th	F	Sat.
5:45 – 6:45 a.m.				TRX**			
7:15 – 8:25 a.m.		TRX Deep Stretch*				TRX Deep Stretch*	
8 – 8:55 a.m.			Boot Camp**		Boot Camp**		
8:30 – 9:25 a.m.		TRX**		TRX**		TRX**	
9 – 9:55 a.m.					TRX*		Indoor Cycling**
9:30 – 10:25 a.m.		TRX*	TRX**	TRX**		TRX*	TRX** 10 a.m.
10:30 – 11:25 a.m.			Indoor Cycling**			You may sign in 30 minutes in advance for any drop-in class.	
12:45 – 1:45 p.m.	TRX**						
5 – 5:55 p.m.		TRX**	TRX** Boot Camp	TRX**	TRX** Boot Camp		
6 – 6:55 p.m.		TRX**	Indoor Cycling*	TRX**			

KETTERING RECREATION COMPLEX – STUDIO B –						
Time	M	T	W	Th	F	Sat.
5:45 – 6:45 a.m.	Step**				Weights**	
7:45 – 8:55 a.m.						Boot Camp**
8 – 8:55 a.m.	Boot Camp**	Lengthen Strengthen**	Zumba**	Yogalates*	Boot Camp**	
9 – 9:55 a.m.	Weights**	Yoga*	Weights**	Yoga*	Weights**	Weights**
10 – 10:55 a.m.	Zumba**	Mat Pilates*	Zumba**	Mat Pilates*	Cardio Cross Train**	Zumba**
11 – 11:55 a.m.	Power Pilates*		Pilates*		Power Pilates*	Zumba**
4:30 – 5:15 p.m.	Step**	Land Aerobics & Weights**		Land Aerobics & Weights**		
5:30 – 6:25 p.m.	Weights**		Weights**		You may sign in 30 minutes in advance for any drop-in class.	
6 – 6:55 p.m.		STRONG™**		Yogalates*		
6:30 – 7:25 p.m.	Express Core** 6:30 – 7 p.m.		Pilates*			
7 – 8 p.m.	Zumba**			STRONG™**		
7:30 – 8:30 p.m.			Zumba**			

DROP-IN EXERCISE FEES				
	Res.	Non-Res.	Res.	Non-Res.
DROP-IN CLASS			Monthly Installment Payments	
Youth (11 – 17)	\$4	\$8		
Adult	\$5	\$10		
EXERCISE PASS				
Youth (11 – 17)	\$67	\$101	\$7.58	\$10.42
Adult	\$110	\$166	\$11.17	\$15.83
Lathrem Member	\$76	\$115	\$8.33	\$11.58
PUNCH CARD (12 visits)	\$50	\$100		
	Single Annual Fee Payment		12-Month Installment Payment Option \$/Month	
FITNESS/ EXERCISE PASS	Res.	Non-Res.	Res.	Non-Res.
Adult	\$227	\$340	\$20.92	\$30.33
Lathrem Member	\$173	\$263	\$16.42	\$23.92

Special Notes:

- Drop-in fees are per class (class times vary from 45 to 1 hour 15 minutes).
- An exercise pass entitles the bearer to attend any drop-in exercise class and allows access to the walk/run track.
- Passes are not transferable.
- Parent or guardian must sign a waiver prior to youth (11 through 17) attending any activity.
- Parent or guardian must attend class with youth ages 11 through 15.
- The drop-in exercise schedule may change during your pass year.
- Exercise passes are valid for one year from date of purchase.
- Kettering Fitness & Wellness Center offers free locker and towel service.

**PLEASE CHECK WITH YOUR DOCTOR
BEFORE BEGINNING ANY FITNESS PROGRAM.**



find us at: play Kettering



KETTERING RECREATION COMPLEX — STUDIO C —

Time	M	T	W	Th	F	Sat.
5:45 – 6:45 a.m.		Indoor Cycling*		Indoor Cycling*		
8 – 9 a.m.						Cardio Cross Train**
8:30 – 9:25 a.m.	Indoor Cycling*		Indoor Cycling**		Indoor Cycling*	Core Crunch* 9 – 9:45 a.m.
9 – 9:55 a.m.				Kickboxing**		
9:30 – 10:25 a.m.	Indoor Cycling**		Indoor Cycling**		Indoor Cycling**	
10 – 10:55 a.m.		Kickboxing**		Indoor Cycling**	You may sign in 30 minutes in advance for any drop-in class.	
6 – 6:55 p.m.	Indoor Cycling*		Indoor Cycling*	Indoor Cycling**		
7 – 7:55 p.m.	Yoga*					

KETTERING FITNESS & WELLNESS CENTER (TRENT ARENA)

Time	M	T	W	Th	F	Sat.
5:45 – 6:45 a.m.	Indoor Cycling**				Indoor Cycling**	
7:45 – 8:55 a.m.						Indoor Cycling*
8:30 – 9:45 a.m.	Indoor Cycling*		Indoor Cycling*		Indoor Cycling**	Indoor Cycling* 9 – 10 a.m.
10 – 11 a.m.		Indoor Cycling*		Indoor Cycling*		
Noon – 1 p.m.	Boot Camp**	Indoor Cycling**	Boot Camp**	Yoga*		
5:30 – 6:30 p.m.		Indoor Cycling*	Indoor Cycling**	Indoor Cycling*		

Free Friday Group Exercise Classes

Kettering Recreation Complex Kettering Fitness & Wellness Center

If you have never been to an aerobics class, but have wanted to check one out, here is your chance. On the first Friday of every month, all aerobics classes at the Kettering Recreation Complex are free of charge. Anyone can come in and participate.

Classes will vary and our schedule for each month will be posted at the Kettering Recreation Complex and available online at www.playkettering.org.

Friday, April 7

Friday, May 5

Friday, June 2

CLASS DESCRIPTIONS

BOOT CAMP — A little bit of everything—cardio, strength, and intervals. When weather permits, we head outdoors. Inside, we get creative with equipment (weights, medicine balls, kettle bells, stability balls, etc.) and use our body weight for an awesome workout.

CARDIO CROSS TRAIN — It's part step, part aerobic dance, part kick box, part stability balls, part intervals—all heart-pumping cardio! Get your cardio workout in a variety of ways (depending on the instructor).

CORE CRUNCH — A mix of Pilates, Yoga, and balance exercises to strengthen the core. Light cardio moves may be added; class is appropriate for all fitness levels.

INDOOR CYCLING — There's nothing like a cycling class to get the heart pumping and the sweat flowing. Burn more calories in 55 minutes than most people burn all day! Pedal to the music as you climb mountains and sprint at top speeds—feel the burn!

KICKBOXING — It's cardio and martial arts all in one. Get your heart rate up while learning different kicks and punches. Occasionally, the instructor will use extra equipment such as "swords", gloves and blocks.

LAND AEROBICS AND WEIGHTS — Get both cardio and strength training in during one class. Choreographed aerobic dance, step along with weight training.

LENGTHEN AND STRENGTHEN — Strengthen and stretch the body during this gentle workout using the mats, fit balls, and weights.

PILATES — Using just a mat, you'll support your body weight with gravity as resistance through a series of movements that focus on core strength.

POWER PILATES — You will still use gravity and body weight to strengthen your core, but this class adds some equipment such as light weights, body bars and the stability balls.

STEP — Get your heart rate up doing choreographed dance moves on the step.

STRONG™ — Combines high intensity interval training with the science of synced music motivation in every class, music and moves "sync" in a way that pushes you to reach your fitness goals faster.

TRX — Great strength training for people of any fitness level. Using straps, your body weight and the angle of your body you increase or decrease difficulty.

TRX BOOT CAMP — Utilizing the TRX straps, ladders, cycle bikes, weights and much more for a cardio, strength, flexibility training class, designed for all fitness levels with a yoga warm down to complete your workout.

WEIGHTS — Strength training using a variety of equipment (weights, bands, tubing, body bars, fit balls).

YOGA — Breath control, simple meditation, and specific postures practiced for health and relaxation.

YOGALATES — A combination of Yoga and Pilates to relax, stretch and strengthen the body.

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.

*Each Certified Group Exercise Instructor is unique, with some teaching exercise classes in a darkened atmosphere and some in a lighted atmosphere. An * denotes classes taught in a darkened atmosphere; ** denotes classes taught in a lighted atmosphere.