



# Corporate Fitness Programs

*"It pays to play!"*



Your membership provides access to the two best fitness centers in Dayton, the **Kettering Fitness & Wellness Center** (at the James S. Trent Arena) and the **Kettering Recreation Complex**.

Both facilities offer a great variety of weight and cardio equipment, individual fitness programs, wellness programs (educational and screening/assessment), and indoor running/walking tracks. The **Kettering Recreation Complex** also offers comprehensive land- and water-based group exercise programs.

Our staff is equally qualified to deal with special needs cases, follow-up and physician/therapist directed rehabilitation, and/or personal training. We employ two Exercise Physiologists and a staff of degreed, certified exercise specialists and personal trainers.

ANNUAL ADULT MEMBERSHIP TYPES	RESIDENT RATE	NON-RESIDENT RATE	RESIDENT CORPORATE RATE	NON-RESIDENT CORPORATE RATE Fitness
Fitness Center Only	\$173.00	\$260.00	\$147.05	\$221.00
Group Exercise Drop-In	\$110.00	\$166.00	\$93.50	\$141.10
Fitness - Exercise Pass	\$227.00	\$340.00	\$192.95	\$289.00
Combination Pass	\$290.00	\$435.00	\$246.50	\$369.75

Payroll deduction is available — please see your Human Resources representative. Spouses of employees holding active fitness or combination corporate-rate passes are also eligible for the corporate rate.



## Fitness Center membership provides:

- Access to the Kettering Recreation Complex **AND** the Kettering Fitness & Wellness Center
- Five free guest passes
- Two-4-Tuesday guest passes to bring a guest any Tuesday

## Combination Pass membership provides:

- The benefits listed above **PLUS**–
- Access to unlimited group exercise classes
- Access to open and lap swim time pool use
- Access to Ice Arena open skate times
- Adult basketball/volleyball/family drop-in activities in the Kettering Recreation Complex gym

## Group Exercise Drop-In membership provides:

- Access to the unlimited group exercise classes
- A variety of 93 land-based drop-in exercise classes (Cycling, TRX, Zumba, Pilates, Boot Camp, Step, etc.) offered weekly.
- See our drop-in exercise class schedule at [www.playkettering.org](http://www.playkettering.org) and/or download the free PlayKettering App.
- Exercising and learning from experienced and certified instructors.

## Fitness – Exercise Pass membership provides:

- The benefits of a Fitness Center membership in addition to a Group Exercise Drop-In membership



## Other available amenities for additional fees:

- Personal training is a deal at \$35.00/hour for Kettering residents or \$42.00/hour for non-residents.
- Registered classes for beginning and advanced cycling, TRX and Tai Chi are available.
- Body composition testing and general fitness assessments.

Please note that the Corporate discount only applies to annual passes, not per-visit drop-in activities, private lessons, personal training or registered program fees.



For additional information, please contact the Fitness and Wellness Supervisor at **296-2587**, visit our website @ **[www.PlayKettering.org](http://www.PlayKettering.org)**, or download our free **PlayKettering App**.

