



FREE FRIDAY

Drop-in Exercise Classes – June 2, 2017

STUDIO A – Kettering Recreation Complex

- 7:15 a.m. TRX Deep Stretch *
- 8:30 a.m. TRX **
- 9:30 a.m. TRX *

STUDIO B – Kettering Recreation Complex

- 8 a.m. Cardio Cross Train **
- 9 a.m. Weights **
- 10 a.m. Power Pilates *
- 11 a.m. Yoga *
- 7 p.m. Kung Fu **



STUDIO C – Kettering Recreation Complex

- 8:30 a.m. Indoor Cycling *
- 9:30 a.m. Indoor Cycling **

Charles I. Lathrem Senior Center

- 9 a.m. ZUMBA Gold

Main Pool – Kettering Recreation Complex

- 7 a.m. Shallow Water Workout
- 7 a.m. Deep Water Workout
- 8 a.m. Shallow Water Workout
- 8 a.m. Deep Water Workout
- 9 a.m. Shallow Water Workout
- 10 a.m. Deep Water Workout

Kettering Fitness & Wellness Center (KFWC)

- 8:30 a.m. Indoor Cycling **
- Noon Boot Camp **

Rosewood Arts Centre

- Noon Yoga in the Gallery *

An * denotes classes taught in a darkened atmosphere;
** denotes classes taught in a lighted atmosphere.