

# SUMMER 2017 Fitness & Wellness

**Please check with your doctor before beginning any fitness program.**

## **Two Fitness Centers for the Price of One!**

Our two public recreation/fitness centers are available to both Kettering residents and non-residents. Both centers feature state-of-the-art fitness equipment and the most qualified and friendly fitness staff in the Greater Dayton area. Two exercise physiologists and a staff of exercise specialists/personal trainers offer individualized fitness programs to meet your needs, interests and fitness goals.



## **Kettering Fitness & Wellness Center (KFWC)**

*Located at the James S. Trent Arena at Kettering Fairmont High School*

The KFWC offers a variety of fitness facilities and programs in a convenient location.

State-of-the-art fitness equipment and services include:

- Cardiovascular equipment
- Strength training equipment
- Cardio theatre system
- 1/8th mile indoor track
- Complete wellness education and assessment services
- Corporate fitness, work-wellness and recreational programs

## **Kettering Recreation Complex Fitness Center (KRC)**

*Located in the award-winning Kettering Recreation Complex*

The Fitness Center includes the following state-of-the-art fitness equipment and services:

- Cardiovascular equipment
- Life Fitness and Hammer Strength training equipment
- Cardio theatre system
- 1/12th mile indoor track
- 85 group exercise classes per week and three group exercise studios
- 24 weekly water-based group exercise classes
- Various wellness screenings and education opportunities

### **Other fitness amenities include:**

- Two full-court basketball courts
- NHL-sized ice rink
- Competition indoor/outdoor pool
- Whirlpool, sauna and steam room

*For additional information on any of our fitness facilities, contact Lindsey Curry at 296-2587.*

## **Two For Tuesday**

Every Tuesday, annual pass holders can bring a guest to try out the fitness centers at the Kettering Fitness & Wellness Center or the Kettering Recreation Complex for FREE! This offer applies to both fitness and combination pass holders. Guests will need to complete a waiver. This offer is good toward the use of the fitness rooms, not drop-in group exercise classes.

## **PERSONAL TRAINING**

**Available at:** *Kettering Recreation Complex Fitness Center  
Kettering Fitness & Wellness Center  
at the James S. Trent Arena*

Mix up your fitness routine with the help of a personal trainer. Our friendly, certified and knowledgeable personal trainers will work with you to design a fun, challenging, personalized training program. \*All personal training clients must either hold an active fitness pass or pay the drop-in fee when attending a personal training session. If you are interested in personal training, fill out the online request form at [www.playkettering.org/private-lessonspersonal-training-requests/](http://www.playkettering.org/private-lessonspersonal-training-requests/). Three different types of training are offered:

### **Personal Fitness Guidance**

**(personal training trial program):**

Includes initial consultation/program development and two one-hour private training sessions (three sessions in total).

Registration Number: 511377-A  
Fee: \$65/resident; \$88/non-resident

### **Personal Training**

**(individual):**

Trainers customize a program to ensure maximum results, variety and enjoyment.

Fee: \$35/hour/resident; \$42/hour/non-resident

### **Group Personal Training**

**(two to three people per group):**

Trainers customize a fun and effective fitness program to ensure maximum results. Maximum limit of three per group.

Fee: \$27/hour per person/resident; \$32/hour per person/non-resident

**Note:** All established personal training appointments must be rescheduled 24 hours in advance of appointment time or clients will be charged for the "no show." To schedule an appointment for personal training or for more information, call:

296-2587 Kettering Recreation Complex

293-4348 Kettering Fitness & Wellness Center  
at the James S. Trent Arena



**find us at: play Kettering**



## FITNESS CENTER FEES

For both the Kettering Fitness & Wellness Center adjacent to the James S. Trent Arena and the Kettering Recreation Complex Fitness Center				
	Res.	Non-Res.	Res.	Non-Res.
<b>PER VISIT DROP-IN</b>				
Youth (8 – 15)	\$4	\$8		
Youth (16 – 17)	\$4	\$8		
Adult	\$5	\$10		
CIL Member	\$4	\$8		
<b>PUNCH CARD (12 visits)</b>	\$50	\$100		
	<b>Single Annual Fee Payment</b>		<b>12-Month Installment Payment Option \$/Month</b>	
<b>FITNESS CENTER PASS</b>	<b>Res.</b>	<b>Non-Res.</b>	<b>Res.</b>	<b>Non-Res.</b>
Youth (8 – 15)	\$108	\$163	\$11	\$15.58
Youth (16 – 17)	\$132	\$198	\$13	\$18.50
Adult	\$173	\$260	\$16.42	\$23.67
Lathrem Member	\$140	\$213	\$13.67	\$19.75
Family of 3	\$433	\$649	\$38.08	\$56.08
Family of 4	\$494	\$740	\$43.17	\$63.67
Family of 5	\$529	\$794	\$46.08	\$68.17
	<b>Single Annual Fee Payment</b>		<b>12-Month Installment Payment Option \$/Month</b>	
<b>COMBINATION PASS</b>	<b>Res.</b>	<b>Non-Res.</b>	<b>Res.</b>	<b>Non-Res.</b>
Youth (8 – 15)	\$132	\$198	\$13	\$18.50
Youth (16 – 17)	\$176	\$265	\$16.67	\$24.08
Adult	\$290	\$435	\$26.17	\$38.25
Lathrem Member	\$254	\$381	\$23.17	\$33.75
Family of 3	\$711	\$1,067	\$61.25	\$90.92
Family of 4	\$824	\$1,237	\$70.67	\$105.08
Family of 5	\$900	\$1,350	\$77	\$114.50
	<b>Single Annual Fee Payment</b>		<b>12-Month Installment Payment Option \$/Month</b>	
<b>FITNESS/EXERCISE PASS</b>	<b>Res.</b>	<b>Non-Res.</b>	<b>Res.</b>	<b>Non-Res.</b>
Adult	\$227	\$340	\$20.92	\$30.33
Lathrem Member	\$173	\$263	\$16.42	\$23.92
<b>DROP-IN PASS (Orientation)</b>			\$25	\$37.50

### SPECIAL NOTES:

- All Fitness Room Annual Passes and Combination Passes are valid for one year from date of purchase.
- Passes are not transferable.
- For your enjoyment and safety, please review the posted fitness room rules before working out.
- Patrons going through an orientation have priority on the equipment.

**ANNUAL PASS:** Includes walk/run track and spa (KRC only). Youth pass does not include spa (KRC).

**COMBINATION PASS (KRC):** Includes walk/run track, spa, fitness room, swim, skate, drop-in exercise and drop-in gym during designated hours. Youth pass does not include spa.

**FITNESS/EXERCISE PASS:** Includes walk/run track, spa (KRC only), fitness center and drop-in exercise.

**DROP-IN PASS/ORIENTATION:** May be applied toward purchase of an Annual or Combination Pass (KRC). Drop-in pass does not include walk/run track or spa (KRC).

**FAMILY PASS:** Family is defined as persons living at the same household address. Verification of residency is confirmed via driver's license or utility bill in the name of the person applying for membership. Children 18 years of age and under are not required to show verification of living in the household.

## FITNESS CENTER HOURS

### Kettering Recreation Complex Fitness Center and the Kettering Fitness & Wellness Center at the James S. Trent Arena

Unless otherwise noted, the following hours are in effect now.

Monday through Thursday:	5:30 a.m. – 10 p.m.
Friday:	5:30 a.m. – 8 p.m.
Saturday:	7 a.m. – 6 p.m.
Sunday:	10 a.m. – 6 p.m.

#### Special Holiday Hours

Holiday	Date	Hours
Memorial Day	May 29	8 a.m. -- Noon
Independence Day	July 4	8 a.m. -- Noon
Labor Day	Sept 4	8 a.m. -- Noon

## YOUTH FITNESS CENTER GUIDELINES

Youth can use both fitness centers during regular fitness center hours. Ages 8 to 15 must be supervised by a parent and complete an orientation (parents must attend the child's one-on-one session with a personal trainer). There is a maximum ratio of two children per adult.

For children ages 8 through 15, orientations are required. A parent or legal guardian must accompany the child/children during their orientation. Youth 16 and 17 years old must present a release signed by parent or guardian before they can begin using the fitness facilities. Releases may be obtained at the information desk in the main lobby of the Kettering Recreation Complex or at the front desk of the Kettering Fitness & Wellness Center.

**Ages 8 to 10** may use the stretching areas and cardiovascular equipment.

**Ages 11 to 15** may use the stretching areas, cardiovascular and strength equipment.

For additional questions, please contact the Kettering Recreation Complex at **296-2587** or the Kettering Fitness & Wellness Center at **293-4348**.

## FITNESS CENTER INFORMATION

An orientation appointment with a member of the fitness staff is optional and can be scheduled before using the fitness facilities. Please call **296-2587** (Kettering Recreation Fitness Center) or **293-4FIT (4348)** (Kettering Fitness & Wellness Center) to schedule an appointment. Purchasing your pass the day of your orientation (but prior to the orientation) will ensure you of a full year of usage.



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

**A parent or guardian must sign a release prior to youth ages 8 through 17 attending any activity.**