



FREE FRIDAY

Drop-in Exercise Classes – October 6, 2017

Studio A – Kettering Recreation Complex

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

Studio B – Kettering Recreation Complex

8 a.m.	Boot Camp **
9 a.m.	Weights **
10 a.m.	Pound **
5:30 p.m.	STRONG **
7 p.m.	Kung Fu **



Studio C – Kettering Recreation Complex

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

Main Pool – Kettering Recreation Complex

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

Charles I. Lathrem Senior Center

9 a.m.	ZUMBA Gold
--------	------------

Kettering Fitness & Wellness Center

5:45 a.m.	Express Cycle *
8:30 a.m.	Indoor Cycling **
Noon	Boot Camp **

Kettering Ice Arena

4 – 4:30 p.m.	Lessons
4:30 – 5 p.m.	Lessons

Due to instructor availability, we can only take the first 8 interested participants for each class. Sign up will be first come, first served on the day of the event. You can sign up 30 minutes prior to the event. There will be a sign up sheet and waiver at the skate rental counter in the arena. **Skate rental is FREE also!**