

# WINTER 2018 Drop-in Exercise Classes

Winter 2018 effective January 2

KETTERING RECREATION COMPLEX - STUDIO A -							
Time	Sun.	M	T	W	Th	F	Sat.
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**				<b>You may sign in 30 minutes in advance for any drop-in class.</b>
12:45 – 1:45 p.m.	TRX**						
2 – 2:55 p.m.	Indoor Cycling**						
3 – 3:45 p.m.	Express Pilates**						
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*	Pound™**	Mat Pilates*	Cardio Cross Train**	Zumba**
11 – 11:55 a.m.	Power Pilates*	Parkinson's Circuit Class** 11:30 a.m.	Pilates*	Parkinson's Circuit Class** 11:30 a.m.	Power Pilates*	
4:30 – 5:15 p.m.	Step**	Land Interval**	NIA**	Land Aerobics & Weights**		
5:30 – 6:25 p.m.	Weights**		Weights**			<b>You may sign in 30 minutes in advance for any drop-in class.</b>
6 – 6:55 p.m.		STRONG™**		Yogalates*		
6:30 – 7:25 p.m.	Pilates*		Pilates*			
7 – 8 p.m.		POUND**		STRONG™**		
7:30 – 8:30 p.m.	Zumba**		Zumba**			

DROP-IN EXERCISE FEES				
	Res.	Non-Res.	Res.	Non-Res.
<b>DROP-IN CLASS</b>			<b>Monthly Installment Payments</b>	
Youth (11 – 17)	\$4	\$8		
Adult	\$5	\$10		
<b>EXERCISE PASS</b>				
Youth (11 – 17)	\$70	\$105	\$7.83	\$10.75
Adult	\$115	\$174	\$11.58	\$16.50
<b>PUNCH CARD</b> (12 visits)			<b>12-Month Installment Payment Option \$/Month</b>	
Youth (11 – 17)	\$40	\$80		
Adult	\$50	\$100		
	<b>Single Annual Fee Payment</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

### 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.**

**SPECIAL HOURS**  
There will be no classes on:  
Sunday, April 1 – Easter

## 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.	Cycling Core*		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**	<b>You may sign in 30 minutes in advance for any drop-in class.</b>	
6 – 6:55 p.m.			Indoor Cycling*	Indoor Cycling**		
7 – 7:55 p.m.	Yoga*		Yoga*			

## KETTERING FITNESS & WELLNESS CENTER (TRENT ARENA)

Time	M	T	W	Th	F	Sat.
5:45 – 6:30 a.m.	Express Cycling*	Express Cycling*	Express Cycling*	Express Cycling*	Express 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.
9 – 10 a.m.		Indoor Cycling*		Indoor Cycling*		
Noon – 1 p.m.	Boot Camp**	Indoor Cycling**	Boot Camp**	Indoor Cycling**	Yoga Flow	
5:30 – 6:30 p.m.		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 each month, aerobics classes at the Kettering Recreation Complex are free of charge. Anyone can come in and participate.

Classes vary and our schedule for each month will be posted at the Kettering Recreation Complex and available online at [www.playkettering.org](http://www.playkettering.org).

**Friday, January 5**  
**Friday, February 2**  
**Friday, March 2**

\*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.

## 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! We also offer combination cycling classes: Express Cycling, Cycle Core, and Cycle Circuit.

**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/LAND INTERVAL** — Get both cardio and strength training in during one class. Choreographed aerobic dance, step along with weight training.

**LENGTHEN AND STRENGTHEN** — Class emphasizes both the strengthening and stretching of the body using weights, fit balls, bands, mats, and our Studio Wall for stretches.

**NIA** — A technique with a mind/body physical conditioning program that initially stood for Non-Impact Aerobics, a health and fitness alternative.

**PARKINSON'S CIRCUIT CLASS** — Specifically designed for people living with Parkinson's focused on improving balance, flexibility, motor skills and overall strength.

**PILATES/EXPRESS 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.

**POUND™** — Combination cardio and strength with constant simulated drumming. Yes, with drum sticks!

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

**YOGALATES** — Combines the benefits of both Yoga and Pilates including core strengthening, muscle toning, flexibility and stress reduction.

**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.