

FREE



CITY OF KETTERING
PARKS, RECREATION AND CULTURAL ARTS DEPARTMENT

FRIDAY

Drop-in Exercise Classes – March 2, 2018

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. Boot Camp **
9 a.m. Weights **
10 a.m. Pilates *
6 pm. Cardio and Strength **
7 p.m. Kung Fu **

Studio C – Kettering Recreation Complex

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

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 - 6:30 a.m. Express Cycle *
8:30 a.m. Indoor Cycling *
Noon Yoga Flow *

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!

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