

FREE



CITY OF KETTERING
PARKS, RECREATION AND CULTURAL ARTS DEPARTMENT

FRIDAY

Drop-in Exercise Classes – May 4, 2018

Studio A – Kettering Recreation Complex

7:15 a.m.	TRX Deep Stretch *
8:30 a.m.	TRX **
9:30 a.m.	TRX *
5 p.m.	NIA ** {Non-Impact Aerobics}
6 p.m.	TRX **



Studio B – Kettering Recreation Complex

8 a.m.	Boot Camp **
9 a.m.	Weights **
10 a.m.	Pilates *
11 a.m.	Cardio Weights Combo **
7 p.m.	Kung Fu *

Studio C – Kettering Recreation Complex

8:30 a.m.	Indoor Cycle *
9:30 a.m.	NIA ** { Non-Impact Aerobics}

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
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Kettering Fitness & Wellness Center

5:45 – 6:30 a.m.	Express Cycle *
8:30 a.m.	Indoor Cycling *
Noon	Yoga Flow *