

# FREE



CITY OF KETTERING  
PARKS, RECREATION AND CULTURAL ARTS DEPARTMENT

# FRIDAY

## Drop-in Exercise Classes – July 6, 2018

### Studio A – Kettering Recreation Complex

7:15 a.m.	TRX Deep Stretch *
8:30 a.m.	TRX **
9:30 a.m.	TRX **
5:30 p.m.	TRX Stretch Combo *

### Studio B – Kettering Recreation Complex

8 a.m.	Boot Camp **
9 a.m.	Weights **
10 a.m.	Zumba **
11 a.m.	Yogalates*
7 p.m.	Kung Fu **



### Studio C – Kettering Recreation Complex

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

### Main Pool – Kettering Recreation Complex

7 a.m.	Shallow Water Workout
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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### Rosewood Arts Centre

Noon	Yoga In The Gallery *
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### Kettering Fitness & Wellness Center

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

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