

FREE



CITY OF KETTERING
PARKS, RECREATION AND CULTURAL ARTS DEPARTMENT

FRIDAY

Drop-in Exercise Classes – August 3, 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

5:45 a.m.	Weights and Stretch **
8 a.m.	Boot Camp **
9 a.m.	Weights **
10 a.m.	Pilates*
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.