

FREE



CITY OF KETTERING
PARKS, RECREATION AND CULTURAL ARTS DEPARTMENT

FRIDAY

Drop-in Exercise Classes – December 7, 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 **
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 **

Kettering Recreation Complex Main Pool

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 a.m.	Express Cycle *
8:30 a.m.	Indoor Cycle *
Noon	Boot Camp **

Rosewood Arts Centre

Noon	Yoga in the Gallery *
------	-----------------------

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