

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 **
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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 *
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Ice Arena

4 – 4:30 p.m.	Lessons
4:30 – 5 p.m.	Lessons



Due to instructor availability, we can only take the first 10 interested participants for each class. Sign-ups 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.