

FREE

FRIDAY

Drop-in Exercise Classes – February 1, 2019

Studio A – Kettering Recreation Complex

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



Studio B – Kettering Recreation Complex

5:45 a.m.	Weights **
8 a.m.	Boot Camp **
9 a.m.	Weights **
10 a.m.	Pilates *
4:30 – 5:15 p.m.	Cardio Cross Train **
5:30 p.m.	Weights and Core Crunch Combo **
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.	Tone & Talk (Shallow); and Strong & Fit (Deep)
9 a.m.	Move and Groove (Shallow)
10 a.m.	Fit Waves (Deep)

Charles I. Lathrem Senior Center

9 a.m.	Zumba Gold **
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Kettering Fitness & Wellness Center

5:45 a.m.	Express Cycle *
9 a.m.	Indoor Cycle *
Noon	Boot Camp **

Rosewood Arts Centre

Noon	Yoga in the Gallery*
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Kettering Ice Arena

4 – 4:30 p.m.	Lessons	Due to instructor availability, only the first 10 participants are taken for each class.
4:30 – 5 p.m.	Lessons	Sign-ups begin 30 min. prior to the event and are first come/ first served. A sign up sheet and waiver will be at the skate rental counter. Skate rental is FREE!

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