

# FREE

# FRIDAY

## Drop-in Exercise Classes – April 5, 2019

### Studio A – Kettering Recreation Complex

7:15 a.m.	TRX Yoga 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.	Zumba **
11 a.m.	Core Strength Vinyasa Yoga *
4:30 p.m.	HIIT {High Intensity Interval Training}**

### Studio C – Kettering Recreation Complex

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

### Charles I. Lathrem Senior Center

9 a.m.	Zumba Gold **
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### Kettering Recreation Complex Main Pool

8 a.m.	Tone & Talk (Shallow)
8 a.m.	Strong and Fit (Deep)
9 a.m.	Move and Groove (Shallow)
10 a.m.	Fit Waves (Deep)

### Kettering Fitness & Wellness Center

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

### Roseword Arts Centre

Noon	Yoga In the Gallery*
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### Kettering Ice Arena

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



Due to instructor availability, only the first 10 participants are taken for each class. 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.