

SPRING 2019

Drop-in Exercise Classes

Spring 2019 effective April 1

KETTERING RECREATION COMPLEX - STUDIO A -							
Time	Sun.	M	T	W	Th	F	Sat.
5:45 – 6:45 a.m.				TRX**			
7:15 – 8:25 a.m.		TRX Deep Stretch*				TRX Deep Stretch*	
8 – 8:55 a.m.			Boot Camp**		Boot Camp**		
8:30 – 9:25 a.m.		TRX**		TRX**		TRX**	
9 – 9:55 a.m.					TRX*		Indoor Cycling**
9:30 – 10:25 a.m.		TRX*	TRX**	TRX**		TRX*	TRX** 10 a.m.
10:30 – 11:25 a.m.			Indoor Cycling**			You may sign in 30 minutes in advance for any drop-in class.	
12:45 – 1:45 p.m.	TRX**						
5 – 5:55 p.m.		TRX**	TRX** Boot Camp	TRX**	TRX** Boot Camp		
5:30 – 6:30 p.m.						TRX Combo**	
6 – 6:55 p.m.		TRX**	Indoor Cycling*	TRX**			

KETTERING RECREATION COMPLEX - STUDIO B -							
Time	M	T	W	Th	F	Sat.	
5:45 – 6:45 a.m.	Step**				Weights**		
7:45 – 8:55 a.m.						Boot Camp**	
8 – 8:55 a.m.	Boot Camp**	Lengthen Strengthen**	Zumba***	Yogalates*	Boot Camp**		
9 – 9:55 a.m.	Weights**	Yoga*	Weights**	Yoga*	Weights**	Weights**	
10 – 10:55 a.m.	Zumba***	Pilates*	POUND®/ Zumba***	Pilates*	Cardio Cross Train**	Zumba***	
11 – 11:55 a.m.	Pilates*	Parkinson's Circuit Class** 11:30 a.m.	Pilates*	Parkinson's Circuit Class** 11:30 a.m.	Pilates*		
4:30 – 5:15 p.m.	Step**	Land Interval**	Boot Camp**	Land Aerobics & Weights**			
5:20 – 5:55 p.m.		Cardio Cross Train**		Cardio Cross Train**			
5:30 – 6:25 p.m.	Weights**		Weights**		You may sign in 30 minutes in advance for any drop-in class.		
6 – 6:55 p.m.		Zumba/ STRONG30**		Zumba***			
6:30 – 7:25 p.m.	Pilates*		Core Crunch*				
7 – 8 p.m.		POUND***		STRONG** by Zumba®			
7:30 – 8:30 p.m.	Zumba***		Zumba**				

DROP-IN EXERCISE FEES				
	Res.	Non-Res.	Res.	Non-Res.
DROP-IN CLASS			Monthly Installment Payments	
Youth (11 – 17)	\$4	\$8		
Adult	\$5	\$10		
EXERCISE PASS			\$7.83	\$10.75
Youth (11 – 17)	\$70	\$105	\$11.58	\$16.50
Adult	\$115	\$174		
PUNCH CARD (12 visits)			12-Month Installment Payment Option \$/Month	
Youth (11 – 17)	\$40	\$80		
Adult	\$50	\$100		
	Single Annual Fee Payment			
FITNESS/ EXERCISE PASS	Res.	Non-Res.	Res.	Non-Res.
Adult	\$227	\$340	\$20.92	\$30.33

Special Notes:

- Drop-in fees are per class (class times vary from 45 to 1 hour 15 minutes).
- An exercise pass entitles the bearer to attend any drop-in exercise class and allows access to the walk/run track.
- Passes are not transferable.
- Parent or guardian must sign a waiver prior to youth (11 through 17) attending any activity.
- Parent or guardian must attend class with youth ages 11 through 15.
- The drop-in exercise schedule may change during your pass year.
- Exercise passes are valid for one year from date of purchase.
- Kettering Fitness & Wellness Center offers free locker and towel service.
- **Please check with your doctor before beginning any fitness program.**

Single Sampler Exercise Classes			
*Drop in fees apply			
April 9	11:30 a.m.	TRX Cycle Combo**	Studio A
April 17	10:30 a.m.	HIIT**	Studio C
April 19	6:30 p.m.	TRX Core Crunch**	Studio A
April 25	10:30 a.m.	Cycle, Bands, Stretch Combo*	KFWC
May 11	9:15 a.m.	Outdoor HIIT Boot Camp	KRC *Weather permitting
May 13	6 p.m.	Cycle Yoga Combo*	Studio C

SPECIAL HOURS
There will be NO classes on:
Sunday, April 21 Easter
Monday, May 27 Memorial Day

KETTERING RECREATION COMPLEX — STUDIO C —

Time	M	T	W	Th	F	Sat.
5:45 – 6:45 a.m.		Indoor Cycling*		Indoor Cycling*		
8 – 9 a.m.						Cardio Cross Train**
8:30 – 9:25 a.m.	Indoor Cycling*		Indoor Cycling**		Indoor Cycling*	Core Crunch* 9 – 9:45 a.m.
9 – 9:55 a.m.				Kickboxing**		
9:30 – 10:25 a.m.	Indoor Cycling**		Indoor Cycling**		Indoor Cycling**	
10 – 10:55 a.m.		Kickboxing Weights Combo**		Indoor Cycling**	You may sign in 30 minutes in advance for any drop-in class.	
6 – 6:55 p.m.			Indoor Cycling*	Indoor Cycling**		
7 – 7:55 p.m.	Yoga*		Yoga*			

KETTERING FITNESS & WELLNESS CENTER (TRENT ARENA)

Time	M	T	W	Th	F	Sat.
5:45 – 6:30 a.m.	Express Cycling*	Express Cycling*	Express Cycling*	Express Cycling*	Express Cycling*	
8 – 9 a.m.						Indoor Cycling*
8:30 – 9:45 a.m.			Indoor Cycling*			
9 – 10 a.m.	Indoor Cycling*	Indoor Cycling*		Indoor Cycling*	Indoor Cycling*	
Noon – 1 p.m.	Boot Camp**		Boot Camp**		Boot Camp**	
3:30 – 4:15 p.m.		Boot Camp**		Boot Camp**		
5:30 – 6:30 p.m.				Indoor Cycling*		

Free Friday Group Exercise Classes

Kettering Recreation Complex Kettering Fitness & Wellness Center

If you have never been to an aerobics class, but have wanted to check one out, here is your chance. On the first Friday of each month, aerobics classes at the Kettering Recreation Complex are free of charge. Anyone can come in and participate.

Classes vary and our schedule for each month will be posted at the Kettering Recreation Complex and available online at www.playkettering.org.

**Friday, April 5
Friday, May 3**

*Each Certified Group Exercise Instructor is unique, with some teaching exercise classes in a darkened atmosphere and some in a lighted atmosphere. An * denotes classes taught in a darkened atmosphere; ** denotes classes taught in a lighted atmosphere.

CLASS DESCRIPTIONS

BOOT CAMP — A little bit of everything—cardio, strength, and intervals. When weather permits, we head outdoors. Inside, we get creative with equipment (weights, medicine balls, kettle bells, stability balls, etc.) and use our body weight for an awesome workout.

CARDIO CROSS TRAIN — It's part step, part aerobic dance, part kick box, part stability balls, part intervals—all heart-pumping cardio! Get your cardio workout in a variety of ways (depending on the instructor).

CORE CRUNCH — A mix of Pilates, Yoga, and balance exercises to strengthen the core. Light cardio moves may be added; class is appropriate for all fitness levels.

INDOOR CYCLING — There's nothing like a cycling class to get the heart pumping and the sweat flowing. Burn more calories in 55 minutes than most people burn all day! Pedal to the music as you climb mountains and sprint at top speeds.

KICKBOXING — It's cardio and martial arts all in one. Get your heart rate up while learning different kicks and punches. Occasionally, the instructor will use extra equipment such as "swords", gloves and blocks.

LAND AEROBICS AND WEIGHTS/LAND INTERVAL — Get both cardio and strength training in during one class. Choreographed aerobic dance, step along with weight training.

LENGTHEN AND STRENGTHEN — Class emphasizes both the strengthening and stretching of the body using weights, fit balls, bands, mats, and our Studio Wall.

PARKINSON'S CIRCUIT CLASS — Specifically designed for people living with Parkinson's focused on improving balance, flexibility, motor skills and overall strength.

PILATES/EXPRESS PILATES — A mind-body exercise form focusing on stretching and core strength using mat-based movements that rely on gravity and body weight. Additional equipment such as weights, bands, and stability balls may also be used for modification and challenge.

POUND® — Combination cardio and strength with constant simulated drumming. Yes, with drum sticks!

STEP — Get your heart rate up doing choreographed dance moves on the step.

STRONG BY ZUMBA/STRONG30® — Combines high intensity interval training with the science of synced music motivation in every class, music and moves "sync" in a way that pushes you to reach your fitness goals faster.

TRX — Great strength training for people of any fitness level. Using straps, your body weight and the angle of your body you increase or decrease difficulty.

TRX BOOT CAMP — Utilizing the TRX straps, ladders, cycle bikes, weights and much more for a cardio, strength, flexibility training class, designed for all fitness levels with a yoga warm down to complete your workout.

WEIGHTS — Strength training using a variety of equipment (weights, bands, tubing, body bars, fit balls).

YOGA — Breath control, simple meditation, and specific postures practiced for health and relaxation.

YOGALATES — Combines the benefits of both Yoga and Pilates including core strengthening, muscle toning, flexibility and stress reduction.

ZUMBA® — A Latin-inspired, calorie-burning dance fitness class that blends upbeat Latin, pop, and international rhythms with easy-to-follow moves for a total body workout that feels like a celebration.

SINGLE SAMPLER EXERCISE CLASSES — Various formats of exercise classes offered for a one time session. Different style classes than what is offered on our Drop-In Weekly Schedule.