

FREE

FRIDAY

Drop-in Exercise Classes – May 3, 2019



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 Combo **

Studio B – Kettering Recreation Complex

5:45 a.m.	Weights **
8 a.m.	Boot Camp **
9 a.m.	Weights **
10 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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An * denotes classes taught in a darkened atmosphere; ** denotes classes taught in a lighted atmosphere.