

SUMMER

Drop-in Exercise Classes

at

**Kettering Fitness & Wellness Center
(Trent Arena)**

Monday

5:45 – 6:30 a.m. Express Cycling*
9 – 10 a.m. Indoor Cycling*
Noon – 1 p.m. Boot Camp**

Tuesday

9 – 10 a.m. Indoor Cycling*

Wednesday

5:45 – 6:30 a.m. Express Cycling*
8:30 – 9:45 a.m. Indoor Cycling*
Noon – 1 p.m. Boot Camp**

Thursday

9 – 10 a.m. Indoor Cycling*
5:30 – 6:30 p.m. Indoor Cycling*

Friday

5:45 – 6:30 a.m. Express Cycling*
9 – 10 a.m. Indoor Cycling*
Noon – 1 p.m. Boot Camp**

Saturday

8 – 9 a.m. Indoor Cycling*



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

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

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

SPECIAL NOTES:

- Drop-in fees are per class (times vary from 45 minutes to 75 minutes).
- An exercise pass entitles the bearer to attend any of the drop-in exercise classes and allows access to the walk/run track.
- Passes are not transferable.
- Parent or guardian must sign a release prior to youth (11 – 15) attending any activity. *Parent or guardian must attend the class with the youth participant.
- The drop-in exercise schedule may change during your pass year.
- Exercise passes are valid for one year from date of purchase.

PLEASE CHECK WITH YOUR DOCTOR BEFORE BEGINNING ANY FITNESS PROGRAM.

SPECIAL HOURS:

There will be NO classes on Thursday, July 4 and Monday, September 2.

+Includes use of both Fitness Centers (Kettering Recreation Complex and the Kettering Fitness & Wellness Center), unlimited drop-in group exercise classes, Indoor Walking/Running Tracks and Spa (KRC only)