

# Limited Drop-in Group Exercise

## Kettering Recreation Complex

### Schedule for July 1– 6

#### MONDAY, JULY 1

7 a.m. Indoor Cycling  
 8 a.m. Boot Camp  
 4:30 p.m. Land Aerobics  
 6:30 p.m. Core Crunch  
 7:30 p.m. Zumba

#### TUESDAY, JULY 2

5:45 a.m. Indoor Cycling  
 7 a.m. Pilates  
 8 a.m. Outdoor Boot Camp  
 8 a.m. Outdoor Yogalates  
 11:30 a.m. Parkinson's Circuit  
 4:30 p.m. Land Aerobics  
 7 p.m. Pound

#### WEDNESDAY, JULY 3

7 a.m. Weights  
 8 a.m. Zumba  
 4:30 p.m. Cardio/Strength Combo  
 6 p.m. Outdoor Boot Camp  
 6:30 p.m. Yoga  
 7:30 p.m. Zumba

#### THURSDAY, JULY 4

No Classes.  
 Happy Independence Day!



#### FREE FRIDAY, JULY 5

7 a.m. Indoor Cycling  
 8 a.m. Pilates  
 8 a.m. Outdoor Boot Camp

#### SATURDAY, JULY 6

7:45 a.m. Outdoor Boot Camp  
 8 a.m. Indoor Cycling  
 9 a.m. Pound  
 10 a.m. Zumba

Sign in at checkpoint.  
 Bring a mat, towel and water bottle for outdoor classes.  
 Schedule is subject to change. Check the PlayKettering App for updates.

# Limited Drop-in Group Exercise

## Kettering Recreation Complex

### Schedule for July 8 – 13

<p><b>MONDAY, JULY 8</b></p> <p>8 a.m. Boot Camp</p> <p>4:30 p.m. Land Aerobics</p> <p>6:30 p.m. Core Crunch</p> <p>7:30 p.m. Zumba</p>	<p><b>TUESDAY, JULY 9</b></p> <p>8 a.m. Outdoor Boot Camp</p> <p>8 a.m. Outdoor Yogalates</p> <p>11:30 a.m. Parkinson's Circuit</p>
<p><b>WEDNESDAY, JULY 10</b></p> <p>7 a.m. Weights</p> <p>8 a.m. Zumba</p> <p>4:30 p.m. Cardio/Strength Combo</p> <p>6 p.m. Outdoor Boot Camp</p> <p>6:30 p.m. Outdoor Fitness Fun</p> <p>6:30 p.m. Yoga</p> <p>7:30 p.m. Zumba</p>	<p><b>THURSDAY, JULY 11</b></p> <p>5:45 a.m. Indoor Cycling</p> <p>8 a.m. Outdoor Boot Camp</p> <p>8 a.m. Outdoor Yogalates</p> <p>11:30 a.m. Parkinson's Circuit</p> <p>4:30 p.m. Land Aerobics</p> <p>7 p.m. Strong</p>
<p><b>FRIDAY, JULY 12</b></p> <p>7 a.m. Weights</p> <p>8 a.m. Outdoor Boot Camp</p>	<p><b>SATURDAY, JULY 13</b></p> <p>7:45 a.m. Outdoor Boot Camp</p> <p>8 a.m. Cardio Cross Train</p> <p>9 a.m. Indoor Cycling</p> <p>9 a.m. Core Crunch</p> <p>10 a.m. Zumba</p>

### Schedule for July 15 – 16

<p><b>MONDAY, JULY 15</b></p> <p>7 a.m. Indoor Cycling</p> <p>8 a.m. Boot Camp</p> <p>4:30 p.m. Land Aerobics</p> <p>6:30 p.m. Zumba Toning</p> <p>7:30 p.m. Zumba</p>	<p><b>TUESDAY, JULY 16</b></p> <p>5:45 a.m. Indoor Cycling</p> <p>7 a.m. Pilates</p> <p>8 a.m. Outdoor Boot Camp</p> <p>8 a.m. Outdoor Yogalates</p> <p>11:30 a.m. Parkinson's Circuit</p> <p>4:30 p.m. Land Aerobics</p> <p>7 p.m. Pound</p>
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