

Limited Drop-in Group Exercise

Kettering Recreation Complex

Schedule for July 17– 23

WEDNESDAY, JULY 17

7:00 a.m. Weights
 8:00 a.m. Zumba
 4:30 p.m. Cardio Land
 6:30 p.m. Core Crunch
 7:30 p.m. Zumba

THURSDAY, JULY 18

5:45 a.m. Indoor Cycle
 7:00 a.m. Indoor Cycle
 8:00 a.m. Outdoor Yogalates
 8:00 a.m. Outdoor Boot Camp
 11:30 a.m. Parkinson's Class
 4:30 p.m. Cardio Land
 7:00 p.m. Strong

FRIDAY, JULY 19

7:00 a.m. Indoor Cycle
 8:00 a.m. Pilates
 8:00 a.m. Outdoor Boot Camp

SATURDAY, JULY 20

7:45 a.m. Outdoor Boot Camp
 8:00 a.m. Indoor Cycle
 9:00 a.m. Core Crunch
 10:00 a.m. Zumba

MONDAY, JULY 22

7:00 a.m. Indoor Cycle
 8:00 a.m. Boot Camp
 4:30 p.m. Cardio Land
 6:30 p.m. Core Crunch
 7:30 p.m. Zumba

TUESDAY, JULY 23

5:45 a.m. Indoor Cycle
 8:00 a.m. Outdoor Boot Camp
 8:00 a.m. Outdoor Yogalates
 11:30 a.m. Parkinson's Class

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.