

Group Exercise Schedule

Kettering Recreation Complex September 3 – December 31



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15-8:25 a TRX DEEP STRETCH JJ	5:45-6:45 a CYCLE JJ	5:45-6:45 a TRX Beverly	5:45-6:45 a CYCLE Bridget	5:45-6:45 a WEIGHTS Beverly	7:45-8:55 a BOOT CAMP Kevin	
8:855 a BOOT CAMP Kimmy	7:755 a WEIGHTS Beverly	7:30-8:25 a POWER PLYOMETRICS Kelly	8:855 a BOOT CAMP Ben	7:15-8:25 a TRX DEEP STRETCH JJ	8:855 a CARDIO CROSS TRAIN Eileen	
8:30-9:25 a TRX Stephanie	8:855 a BOOT CAMP JJ	8:855 a ZUMBA® Kimmy	8:855 a YOGALATES Sherri	8:855 a BOOT CAMP Larry	9:945 a CORE CRUNCH Eileen	
8:30-9:25 a CYCLE Becky	8:855 a LENGTHEN & STRENGTHEN Sherri	8:30-9:25 a TRX Stephanie	9:955 a KICKBOXING Stephanie	8:30-9:25 a TRX Stephanie	9:955 a CYCLE *RI	
9:955 a WEIGHTS Kelly	9:955 a YOGA Robyn	8:30-9:25 a CYCLE Nick	9:955 a YOGA Kim	8:30-9:25 a CYCLE Becky	9:955 a WEIGHTS *RI	
9:30-10:25 a TRX Becky	9:30-10:25 a TRX Randee	9:955 a WEIGHTS Alexis	9:955 a TRX Becky	9:955 a WEIGHTS Alexis	10:10:55 a ZUMBA® Amy	
9:30-10:25 a CYCLE Stephanie	10:10:55 a KICKBOXING Stephanie	9:30-10:25 a TRX Nick	10:10:55 a CYCLE Stephanie	9:30-10:25 a TRX Becky	10:10:55 a TRX Eileen	
10:10:55 a ZUMBA® Amy	10:10:55 a PILATES JJ	9:30-10:25 a CYCLE Stephanie	10:10:55 a PILATES JJ	9:30-10:25 a CYCLE Stephanie		
11:11:55 a PILATES Alexis	10:30-11:25 a CYCLE Randee	10:10:55 a POUND®/ZUMBA® Amy	11:30a-12:30p PARKINSON'S CIRCUIT Nick	10:10:55 a CARDIO CROSS TRAIN Nancy		
4:30-5:15 p STEP Nancy	11:30a-12:30p PARKINSON'S CIRCUIT Nick	11:11:55 a PILATES Alexis	4:30-5:15 p LAND AEROBICS/WEIGHTS Nancy	11:11:55 a POP PILATES® Alexis		
5:55 p TRX Eileen	4:30-5:15 p LAND INTERVAL Nancy	4:30-5:15 p HIIT Amy	5:55 p TRX BOOT CAMP Nick	5:30-6:30 p TRX DEEP STRETCH Eileen	12:45-1:45 p TRX *RI	
5:30-6:25 p WEIGHTS Alexis	5:55 p TRX BOOT CAMP Nick	5:55 p TRX Nick	5:30-6:25 p ZUMBA® TONING Ruth			
6:655 p TRX Kevin	5:30-6:25 p CARDIO CROSS TRAIN Eileen	5:30-6:25 p WEIGHTS Eileen	6:655 p CYCLE Nick			
6:30-7:25 p PILATES Alexis	6:655 p CYCLE Nick	6:655 p TRX Nick	7:8 p STRONG BY ZUMBA® Amy			
7:755 p YOGA Kim	7:8 p POUND® Amy	6:655 p BOOT CAMP Kevin	6:30-7:25 p CORE CRUNCH Eileen			
7:30-8:25 p ZUMBA® Kristen		7:755 p KICKBOXING Nick	7:755 p ZUMBA® Amy/Kristen			
		7:30-8:30 p ZUMBA® Amy/Kristen				

*Rotating Instructor

This schedule may change during your pass year.

NO CLASS ON:

Thursday, November 28

Wednesday, December 25

Wednesday, January 1



MIND/BODY/ FLEXIBILITY

Group Exercise Schedule

Kettering Fitness & Wellness Center September 3 – December 31



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

5:45-6:30 a Holly CYCLE

9-10 a Elizabeth CYCLE

9-10 a Patty CYCLE

3:45-4:30 p Ben BOOT CAMP

12-1 p Nick BOOT CAMP

6-6:45 p Holly CYCLE

CARDIO

BOOT CAMP

High energy interval training that builds your strength and endurance using a variety of exercises and equipment. When weather permits, classes may be outdoors.

CARDIO CROSS TRAIN

Switch up your cardio training with a variety of workout styles to improve your overall fitness skills. This class will condition your entire body and work some muscles while others rest and recover.

CYCLE

Pedal your way through a heart-pumping ride along various terrains, speeds, and intensities motivated by music.

HIIT

Muscle focused body weight, conditioning, cardio and plyometric moves synced to music.

KICKBOXING

Cardio and martial arts in one. Get your heart rate up while learning kicks and punches.

POUND®

This exhilarating full-body workout uses Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into cardio, conditioning, and strength training.

POUND®/ZUMBA®

Start this class with 25 minutes of POUND® drumming cardio, and cool down with a Zumba® calorie-burning dance.

STEP

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

STRONG BY ZUMBA®

Combines high intensity interval training with the science of synced music motivation in every class.

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.

ZUMBA® TONING

The challenge of adding resistance by using light weights to tone and target zones including arms, core and lower body while enjoying the music flavor of a Zumba® class.

5:45-6:30 a Holly CYCLE

9-10 a Elizabeth CYCLE

8:30-9:45 a Becky CYCLE

3:45-4:30 p Ben BOOT CAMP

12-1 p Nick BOOT CAMP

5:30-6:30 p Beth CYCLE

STRENGTH

CORE CRUNCH

A mix of Pilates, Yoga, and balance exercises to strengthen the core.

LAND AEROBICS / WEIGHTS

Choreographed land aerobics moves with an added warm up and warm down portion using light hand weights.

LAND INTERVAL

Choreographed land aerobics moves with intervals of strength equipment such as fit balls, Dyna Bands, tubing and hand weights.

LENGTHEN AND STRENGTHEN

It's all about the balance of strength and flexibility. Weights, fit balls and tubes are used to build muscle strength with an added emphasis on stretching the muscles after they are loaded.

POWER PLYOMETRICS

Builds strength, endurance and flexibility with modifications for all fitness levels.

TRX DEEP STRETCH

Ending the Traditional TRX Class, a longer warm down deep stretch will be added to finish your workout.

TRX

Expect to be challenged! Suspension training uses your body weight to develop strength, balance, flexibility and core stability simultaneously.

TRX BOOT CAMP

Work your body head to toe switching between TRX training and traditional boot camp style exercises to crush an intense interval workout.

WEIGHTS

Develop strength and stamina through resistance training using your own body weight and a variety of equipment. All major muscle groups, including the core, are targeted using the latest research-based exercise methods.

5:45-6:30 a Holly CYCLE

8-8:45 a Holly CYCLE

9-10 a Beth CYCLE

This schedule may change during your pass year.

12-1 p Nick BOOT CAMP

MIND/BODY/FLEXIBILITY

PARKINSON'S CIRCUIT

A class designed to combat the onset of Parkinson's symptoms by physical exercise. The class is designed for low to high mobility participants of all levels.

Training includes: Boxing, TRX weight training, flexibility and balance.

PILATES

Perform mat-based movements with emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

POP PILATES®

A powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. POP Pilates is a dance on the mat.

YOGA

Connect your body and breath with synchronized movements that leave you feeling centered, grounded, and relaxed.

YOGALATES

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