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*Rotating Instructor
This schedule may change during your pass year.

NO CLASS ON:
- Thursday, November 28
- Wednesday, December 25
- Wednesday, January 1
## Group Exercise Schedule

Kettering Fitness & Wellness Center September 3 – December 31

### Monday
- **5:45-6:30 a** Holly
  - **BOOT CAMP**
- **9-10 a** Elizabeth
  - **CYCLE**
- **9-10 a** Patty
  - **CYCLE**
- **12-1 p** Nick
  - **BOOT CAMP**
- **6-6:45 p** Holly
  - **CYCLE**

### Tuesday
- **9-10 a** Elizabeth
  - **CYCLE**
- **3:45-4:30 p** Ben
  - **BOOT CAMP**
- **8:30-9:45 a** Becky
  - **CYCLE**
- **3:45-4:30 p** Ben
  - **BOOT CAMP**
- **5:30-6:30 p** Beth
  - **CYCLE**
- **12-1 p** Nick
  - **BOOT CAMP**

### Wednesday
- **6:45 p** Holly
  - **CYCLE**
- **9-10 a** Elizabeth
  - **CYCLE**
- **9-10 a** Becky
  - **CYCLE**
- **12-1 p** Nick
  - **BOOT CAMP**

### Thursday
- **5:45-6:30 a** Holly
  - **CYCLE**
- **9-10 a** Elizabeth
  - **CYCLE**
- **9-10 a** Beth
  - **CYCLE**
- **12-1 p** Nick
  - **BOOT CAMP**

### Friday
- **5:45-6:30 a** Holly
  - **CYCLE**
- **9-10 a** Beth
  - **CYCLE**
- **8:8:45 a** Holly
  - **CYCLE**
- **12-1 p** Nick
  - **BOOT CAMP**

### Saturday
- **8-8:45 a** Holly
  - **CYCLE**

### CARDBOARD
- **POUND®/ZUMBA®** 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.

### STRENGTH
- **CORE CRUNCH** A mix of Pilates, Yoga, and balance exercises to strengthen the core.
- **LAND AEROBICS / WEIGHTS** Choreographed land aerobics moves with intervals of strength equipment such as fit balls, Dyna Bands, tubing and 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 BOOT CAMP** Work your body head to toe switching between TRX training and traditional boot camp style exercises to crush an intense interval workout.
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### 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.
- **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.
- **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.