

Group Exercise Schedule

Kettering Recreation Complex September 3 – December 31

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

Sunday

12:45-1:45 p
*RI
TRX

*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 **CYCLE** 

9-10 a
Patty **CYCLE** 

12-1 p
Nick **BOOT CAMP** 

Tuesday

9-10 a
Elizabeth **CYCLE** 

3:45-4:30 p
Ben **BOOT CAMP** 

6-6:45 p
Holly **CYCLE** 

Wednesday

5:45-6:30 a
Holly **CYCLE** 

8:30-9:45 a
Becky **CYCLE** 

12-1 p
Nick **BOOT CAMP** 

Thursday

9-10 a
Elizabeth **CYCLE** 

3:45-4:30 p
Ben **BOOT CAMP** 

5:30-6:30 p
Beth **CYCLE** 

Friday

5:45-6:30 a
Holly **CYCLE** 

9-10 a
Beth **CYCLE** 

12-1 p
Nick **BOOT CAMP** 

Saturday

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

This schedule may change during your pass year.

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.

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.

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.