

FREE

FRIDAY

Drop-in Exercise Classes – November 1, 2019

Studio A – Kettering Recreation Complex

7:15 a.m.	TRX Deep Stretch *
8:30 a.m.	TRX **
9:30 a.m.	TRX *
5:30 p.m.	TRX **



Studio B – Kettering Recreation Complex

5:45 a.m.	Weights **
8 a.m.	Boot Camp **
9 a.m.	Weights **
10 a.m.	Pop Pilates **

Studio C – Kettering Recreation Complex

8:30 a.m.	Indoor Cycle *
9:30 a.m.	Indoor Cycle **

Main Pool – Kettering Recreation Complex

8 a.m.	Tone and Talk (Shallow)
8 a.m.	Strong and Fit (Deep)
9 a.m.	Move and Groove (Shallow)
10 a.m.	Fit Waves (Deep)

Charles I. Lathrem Senior Center

9 a.m.	Zumba Gold **
--------	---------------

Kettering Fitness & Wellness Center

9 a.m.	Indoor Cycle *
Noon	Boot Camp **

Rosewood Arts Centre

Noon	Yoga in the Gallery *
------	-----------------------

Ice Arena – Kettering Recreation Complex

4 – 4:30 p.m.	Lessons
4:30 – 5 p.m.	Lessons

Due to instructor availability, we can only take the first 10 interested participants for each class. Sign-ups will be first come/first served on the day of the event. You can sign up 30 minutes prior to the event. There will be a sign-up sheet and waiver at the skate rental counter in the arena. **Skate rental is FREE also!**

An * denotes classes taught in a darkened atmosphere; ** denotes classes taught in a lighted atmosphere.