

FREE

**Drop-in Exercise Classes
January 3, 2020**

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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. Beginner TRX

Studio B – Kettering Recreation Complex

5:45 a.m. Weights
8:00 a.m. Boot Camp
9:00 a.m. Weights
10:00 a.m. La Blast



Studio C – Kettering Recreation Complex

8:30 a.m. Indoor Cycle

Main Pool – Kettering Recreation Complex

8:00 a.m. Tone and Talk (Shallow)
8:00 a.m. Strong and Fit (Deep)
10:00 a.m. Fit Waves (Deep)

Charles I. Lathrem Senior Center

9:00 a.m. Zumba Gold

Kettering Fitness & Wellness Center

5:45 a.m. Indoor Cycle
9:00 a.m. Indoor Cycle
Noon Boot Camp

Rosewood Arts Centre

Noon Yoga in the Gallery