



Corporate Fitness Programs

"It pays to play!"



Your membership provides access to the two best fitness centers in Dayton,
 the **Kettering Fitness & Wellness Center** (at the James S. Trent Arena)
 and the **Kettering Recreation Complex**.

Both facilities offer a great variety of weight and cardio equipment, individual fitness programs, wellness programs (educational and screening/assessment), and indoor running/walking tracks. The **Kettering Recreation Complex** also offers comprehensive land- and water-based group exercise programs.

Our staff is qualified to deal with special needs cases, follow-up and physician/therapist directed rehabilitation, and/or personal training. We employ knowledgeable and friendly staff of degreed, certified exercise specialists and personal trainers.

Adult Membership Types	Resident Corporate Rate	Resident Corporate 12 Month Installment Rate	Non-resident Corporate Rate	Non-resident Corporate 12 Month Installment Rate
Fitness Center Only	\$148.75/per year	\$14.40/month	\$221.00/per year	\$20.42/month
Group Exercise Drop-In	\$97.75/per year	\$10.15/month	\$147.90/per year	\$14.33/month
Fitness - Exercise Pass	\$195.50/per year	\$18.30/month	\$289.00/per year	\$26.08/month
Combination Pass	\$246.50/per year	\$22.54/month	\$369.75/per year	\$32.81/month

Payroll deduction is available — please see your Human Resources representative. Spouses of employees holding an active pass are also eligible for the corporate rate.



Fitness Center membership provides:

- Access to the Kettering Recreation Complex **AND** the Kettering Fitness & Wellness Center
- Five free guest passes
- Two-4-Tuesday guest passes to bring a guest any Tuesday

Combination Pass membership provides:

- The benefits listed above **PLUS**–
- Access to unlimited group exercise classes
- Access to open and lap swim time pool use
- Access to Ice Arena open skate times
- Adult basketball/volleyball/family drop-in activities in the Kettering Recreation Complex gym

Group Exercise Drop-In membership provides:

- Access to the unlimited group exercise classes
- A variety of 93 land-based drop-in exercise classes (Cycling, TRX, Zumba, Pilates, Boot Camp, Step, etc.) offered weekly
- See our drop-in exercise class schedule at www.playkettering.org and/or download the free PlayKettering App
- Exercising and learning from experienced and certified instructors

Fitness – Exercise Pass membership provides:

- The benefits of a Fitness Center membership in addition to a Group Exercise Drop-In membership



Other available amenities for additional fees:

- Personal training \$35.00/hour for Kettering residents or \$42.00/hour for non-residents
- Registered classes for beginning and advanced cycling, TRX and Tai Chi are available
- Body composition testing and general fitness assessments

Please note that the Corporate discount only applies to annual passes, not per-visit drop-in activities, private lessons, personal training or registered program fees.



For additional information, please contact the Fitness and Wellness Supervisor at **937-296-2587**, visit our website @ **www.PlayKettering.org**, or download our free **PlayKettering App**.

