

FREE

Drop-in Exercise Classes March 6, 2020

F R I D A Y

Studio A – Kettering Recreation Complex

7:15 a.m.	TRX Deep Stretch Circuit Combo
8:30 a.m.	TRX
9:30 a.m.	TRX
5:30 p.m.	Beginner TRX
6:30 p.m.	Express Core Crunch (45 minute class)

Studio B – Kettering Recreation Complex

5:45 a.m.	Weights
8 a.m.	Boot Camp
9 a.m.	Weights
10 a.m.	Vinyasa Yoga



Studio C – Kettering Recreation Complex

8:30 a.m.	Cycle
9:30 a.m.	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
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Kettering Fitness & Wellness Center

5:45 a.m.	Cycle and Weights Combo
9 a.m.	Cycle
Noon	Boot Camp

Rosewood Arts Centre

Noon	Yoga in the Gallery
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Kettering Ice Arena

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!**

