

FREE

Drop-in Exercise Classes April 3, 2020

F R I D A Y

Studio A – Kettering Recreation Complex

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|-----------|------------------------|
| 7:15 a.m. | TRX Deep Stretch Combo |
| 8:30 a.m. | TRX |
| 9:30 a.m. | TRX |
| 5:30 p.m. | TRX Deep Stretch Combo |
| 6:30 p.m. | Core Crunch |

Studio B – Kettering Recreation Complex

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|-----------|------------------------------|
| 5:45 a.m. | Weights |
| 8 a.m. | Boot Camp |
| 9 a.m. | Weights |
| 10 a.m. | Zumba |
| 5:30 p.m. | Fitball, Cardio and Strength |



Studio C – Kettering Recreation Complex

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| 8:30 a.m. | Cycle |
| 9:30 a.m. | Cycle |

Main Pool – Kettering Recreation Complex

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|---------|---------------------------|
| 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

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| 8 a.m. | Simple Cardio Moves |
| 9 a.m. | Zumba Gold |

Kettering Fitness & Wellness Center

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

Rosewood Arts Centre

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| Noon | Yoga in the Gallery |
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