





















# Group Exercise Schedule

Kettering Recreation Complex Phase I, June 29 through July 26, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15-8:15 a <b>BODY CORE STRENGTH</b>  JJ	5:45-6:45 a <b>CYCLE</b>  JJ	9-10 a <b>ZUMBA®</b>  Amy	8-9 a <b>OUTDOOR BODY BOOT CAMP</b>  Ben	7:15-8:15 a <b>BODY CORE STRENGTH</b>  JJ	7:30-8:30 a <b>OUTDOOR BODY BOOT CAMP</b>  Kevin
9-10 a <b>BODY TONING</b>  Kelly	8-9 a <b>OUTDOOR BODY BOOT CAMP</b>  JJ	5:30-6:30 p <b>BODY TONING</b>  Eileen	9-10 a <b>YOGA</b>  *RI	9-10 a <b>BODY TONING</b>  Alexis	10-11 a <b>ZUMBA®</b>  Amy
5:30-6:30 p <b>BODY TONING</b>  Alexis	9-10 a <b>YOGA</b>  *RI	7-8 p <b>ZUMBA®</b>  Amy	5:30-6:30 p <b>BODY BOOT CAMP</b>  Nick		
7-8 p <b>ZUMBA®</b>  Kristen	5:30-6:30 p <b>BODY BOOT CAMP</b>  Nick		7-8 p <b>STRONG BY ZUMBA®</b>  Amy		
	7-8 p <b>POUND®</b>  Amy				

\*Rotating Instructor

This schedule may change during your pass year.

\*\*No class on Saturday, July 4.

## **CARDIO**

### **BODY BOOT CAMP**

High energy interval training that builds your strength and endurance using a variety of body strength exercises for both outdoor and indoor boot camp classes.

### **CYCLE**

Patrons will be guided by an instructor through various terrains, speeds and intensities while you pedal your way through a heart-pumping bike ride.

### **POUND®**

This exhilarating full-body workout uses Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into cardio conditioning, and strength training.

### **STRONG BY ZUMBA®**

Combines high intensity interval training with the science of synced music motivation in every class.

### **ZUMBA®**

A Latin-inspired, calorie-burning dance fitness class that blends upbeat Latin, pop, and international rhythms with easy-to-follow moves for a total body workout that feels like a celebration.

## **STRENGTH**

### **BODY CORE STRENGTH**

Full body strengthening with a focus on the core. Exercises will be geared toward using your own body weight.

### **BODY TONING**

Using body weight exercises, you will strengthen and tone the entire body. Class design and exercises will vary with instructors. Cardio warm-up with core exercises as well as all other major muscle groups. Bring resistance band if you have one.

## **MIND/BODY/FLEXIBILITY**

### **YOGA**

Connect your body and breath with synchronized movements that leave you feeling centered, grounded, and relaxed.

## We are:

- Limiting class sizes
- Doing extra cleaning
- Setting up to allow for social distancing
- Using a reservation system for classes
- Offering hand sanitizer in the facility

## You can help by:

- Staying home if you are sick
- Registering for classes online or by phone
- Following signage
- Washing your hands
- Wearing a mask
- Bringing a mat, towel and water bottle to class

**IN THIS TOGETHER** 