

Group Exercise Schedule

Kettering Recreation Complex Phase II, July 27 through September 6, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15-8:15 a JJ TRX	5:45-6:45 a JJ CYCLE	8-9 a Nick CYCLE	7:45-8:30 a Sherri YOGALATES	7:15-8:15 a JJ TRX	7:30-8:15 a Nancy CARDIO CROSS TRAIN
8-9 a Stephanie CYCLE	7:45-8:30 a Sherri LENGTHEN & STRENGTHEN	9-10 a Amy ZUMBA®	8-9 a Ben OUTDOOR BOOT CAMP	8-9 a Stephanie CYCLE	7:30-8:30 a Kevin OUTDOOR BOOT CAMP
9-10 a Kelly WEIGHTS & CARDIO COMBO	8-9 a JJ OUTDOOR BOOT CAMP	9:30-10:30 a Nick TRX	9-10 a *RI YOGA	8-9 a Larry OUTDOOR BOOT CAMP	8:45-9:45 a *RI CYCLE
9:30-10:30 a Stephanie TRX	9-10 a *RI YOGA	5:15-6:15 p Nick TRX	9:15-10:15 a Beverly TRX	9-10 a Alexis WEIGHTS	9-10 a *RI WEIGHTS
4:30-5:15 p Nancy STEP	9:30-10:30 a JJ PILATES	5:30-6:30 p Eileen WEIGHTS	9:30-10:30 a Elizabeth CYCLE	9:30-10:30 a Stephanie TRX	10-11 a Amy ZUMBA®
5:15-6:15 p Eileen TRX	9:30-10:30 a Elizabeth CYCLE	6-7 p Kevin OUTDOOR BOOT CAMP	10:30-11:30 a JJ PILATES	10:30-11:30 a Alexis POP PILATES®	
5:30-6:30 p Alexis WEIGHTS	4:30-5:15 p Nancy LAND AEROBICS	7-8 p Amy ZUMBA®	4:30-5:15 p Nancy LAND AEROBICS		
6-7 p Kimmy OUTDOOR BOOT CAMP	5:30-6:30 p Nick TRX BOOT CAMP		5:30-6:30 p Nick TRX BOOT CAMP		
7-8 p Kim YOGA	5:30-6:30 p Kimmy ZUMBA®		7-8 p Amy STRONG Nation®		
7-8 p Kristen ZUMBA®	7-8 p Amy POUND®				

Sunday
Noon-1 p *RI TRX

*Rotating Instructor

This schedule may change during your pass year.



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



CARDIO

BOOT CAMP

High energy interval training that builds your strength and endurance using a variety of exercises and equipment. When weather permits, classes may be outdoors.

CARDIO CROSS TRAIN

Switch up your cardio training with a variety of workout styles to improve your overall fitness skills. This class will condition your entire body and work some muscles while others rest and recover.

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.

LAND AEROBICS

Choreographed land aerobics moves with an added warm up and warm down portion using light hand weights.

POUND®

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

STEP

Get your heart rate up doing choreographed dance moves on the step.

STRONG Nation®

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

LENGTHEN AND STRENGTHEN

It's all about the balance of strength and flexibility. Weights, fit balls and tubes are used to build muscle strength with an added emphasis on stretching the muscles after they are loaded.

TRX

Expect to be challenged! Suspension training uses your body weight to develop strength, balance, flexibility and core stability simultaneously.

TRX BOOT CAMP

Work your body head to toe switching between TRX training and traditional boot camp style exercises to crush an intense interval workout.

WEIGHTS

Develop strength and stamina through resistance training using your own body weight and a variety of equipment. All major muscle groups, including the core, are targeted using the latest research-based exercise methods.

WEIGHTS AND CARDIO COMBO

This all in one class utilizes a variety of strength training exercises with a little cardio fused in.



MIND/BODY/FLEXIBILITY

PILATES

Perform mat-based movements with emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

POP PILATES®

A powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. POP Pilates is a dance on the mat.

YOGA

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

YOGALATES

Combines the benefits of both Yoga and Pilates including core strengthening, muscle toning, flexibility and stress reduction.