**Group Exercise Schedule**

Kettering Recreation Complex, September 8 through December 31, 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>7:15-8:15 a</td>
<td>5:45-6:45 a</td>
<td>8:30-9:30 a</td>
<td>7:30-8:30 a</td>
<td>7:15-8:15 a</td>
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<tr>
<td>JJ</td>
<td>CYCLE</td>
<td>CYCLE</td>
<td>YOGALATES</td>
<td>TRX</td>
<td>BOOT CAMP</td>
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<tr>
<td>7:45-8:30 a</td>
<td>7:30-8:30 a</td>
<td>9-10 a</td>
<td>8-9 a</td>
<td>7:45-8:30 a</td>
<td>7:30-8:30 a</td>
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<tr>
<td>Kimmy</td>
<td>LENGTHEN &amp; STRENGTHEN</td>
<td>Amy</td>
<td>ZUMBA®</td>
<td>Ben</td>
<td>BOOT CAMP</td>
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<tr>
<td>8:45-9:45 a</td>
<td>8-9 a</td>
<td>9-10 a</td>
<td>ZUMBA®</td>
<td>TRX</td>
<td>BOOT CAMP</td>
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<tr>
<td>Stephanie</td>
<td>BOOT CAMP</td>
<td>Nick</td>
<td>YOGA</td>
<td>8-10 a</td>
<td>8-9 a</td>
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<tr>
<td>9-10 a</td>
<td>YOGA</td>
<td>4:30-5:15 p</td>
<td>TRX</td>
<td>9-10 a</td>
<td>Eileen</td>
</tr>
<tr>
<td>WEIGHTS/CARDIO COMBO</td>
<td>9:30-10:30 a</td>
<td>5:15-6:15 p</td>
<td>Elizabeth</td>
<td>TRX</td>
<td>WEIGHTS</td>
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<tr>
<td>10-11 a</td>
<td>PILATES</td>
<td>5:30-6:30 p</td>
<td>9:30-10:30 a</td>
<td>10-11 a</td>
<td>WEIGHTS</td>
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<tr>
<td>Stephanie</td>
<td>5:30-6:30 p</td>
<td>Eileen</td>
<td>TYREX BOSU</td>
<td>Alexis</td>
<td>*RI</td>
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<tr>
<td>10:30-11:30 a</td>
<td>TRX</td>
<td>7-8 p</td>
<td>5:30-6:30 p</td>
<td>Alexis</td>
<td>Eileen</td>
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<tr>
<td>Alexis</td>
<td>TRX</td>
<td>POUND*</td>
<td>KEVIN</td>
<td>10-11 a</td>
<td>TRX CORE</td>
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<td>5:15-6:15 p</td>
<td>WEIGHTS</td>
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<td>TRX BOSU</td>
<td>*RI</td>
<td>CRUNCH COMBO</td>
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<tr>
<td>Eileen</td>
<td>Boot Camp</td>
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<td>10-30-11:30 a</td>
<td>Eileen</td>
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<td>WEIGHTS</td>
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<td>Kristen</td>
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NO CLASS: November 26, December 25 & January 1

*Rotating Instructor

This schedule may change during your pass year.

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**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
- Bringing a mat, towel and water bottle to class
- Following signage
- Washing your hands
- Wearing a mask

IN THIS TOGETHER

CARDIO  | STRENGTH  | MIND/BODY/FLEXIBILITY
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.

**TRX BOSU COMBO**
“Both Sides Up” is the acronym for BOSU and the ability to exercise dome side up for aerobic athletic drills and stability. Dome side down exercises range from core, strength and balance techniques. Paired together with TRX Suspension Training for Total Body Resistance exercises.

**TRX CORE CRUNCH COMBO**
TRX Suspension Training includes exercises for a total body work-out of strength and flexibility combined with floor mat exercises of Pilates, and strength targeting the bodies core area.

**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.

**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 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.

**POUND®**
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.

**HIIT**
Muscle focused body weight, conditioning, cardio and plyometric moves synced to music.

**LAND AEROBICS**
Choreographed land aerobics moves with an added warm up and warm down.

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

**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.