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Kettering Recreation Complex, September 8 through December 31, 2020

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

NO CLASS: November 26, December 25 & January 1

\*Rotating Instructor

This schedule may change during your pass year.



CARDIO



STRENGTH



MIND/BODY/ FLEXIBILITY

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

### 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.

### 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.

### 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.



## 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.

### 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.



## MIND/BODY/FLEXIBILITY

### 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.