

















# Group Exercise Schedule

Kettering Recreation Complex, April 5 through June 6, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15-8:15 a JJ <b>TRX</b> 	5:45-6:45 a JJ <b>CYCLE</b> 	8:30-9:30 a Nick <b>CYCLE</b> 	5:45-6:45 a Kim <b>CYCLE</b> 	7:15-8:15 a JJ <b>TRX</b> 	7:30-8:30 a Kevin <b>BOOT CAMP</b> 
8:30-9:30 a JJ <b>CYCLE</b> 	7:30-8:30 a Sherri <b>LENGTHEN &amp; STRENGTHEN</b> 	9-10 a Amy <b>ZUMBA®</b> 	7:30-8:30 a Sherri <b>YOGALATES</b> 	7:45-8:30 a Larry <b>BOOT CAMP</b> 	8-9 a *RI <b>CYCLE</b> 
9-10 a Kelly <b>WEIGHTS/CARDIO COMBO</b> 	8-9 a JJ <b>BOOT CAMP</b> 	9:45-10:45 a Nick <b>TRX</b> 	8:45-9:45 a Ben <b>CARDIO CROSS TRAIN</b> 	8:30-9:30 a JJ <b>PILATES</b> 	8-9 a Eileen <b>CARDIO CROSS TRAIN</b> 
9:45-10:45 a JJ <b>TRX</b> 	9-10 a Sherri <b>YOGA</b> 	10:30-11:30 a Alexis <b>PILATES</b> 	9-10 a Kim <b>YOGA</b> 	9-10 a Alexis <b>PROGRESSIVE WEIGHTS</b> 	9-10 a *RI <b>WEIGHTS</b> 
10:30-11:30 a Alexis <b>PILATES</b> 	9:30-10:30 a JJ <b>PILATES</b> 	4:30-5:15 p Amy <b>HIIT</b> 	9:30-10:30 a Elizabeth <b>CYCLE</b> 	9:45-10:45 a JJ <b>TRX CYCLE COMBO</b> 	9:30-10:30 a Eileen <b>TRX CORE CRUNCH COMBO</b> 
4:30-5:15 p Kimmy <b>ZUMBA</b> 	9:30-10:30 a Elizabeth <b>CYCLE</b> 	5:15-6:15 p Nick <b>TRX</b> 	11a-12p Nick <b>PARKINSON'S CIRCUIT CLASS</b> 	10:30-11:30 a Alexis <b>PILATES</b> 	10:30-11:30 a Amy <b>ZUMBA®</b> 
5:15-6:15 p Eileen <b>TRX</b> 	11a-12p Nick <b>PARKINSON'S CIRCUIT CLASS</b> 	5:30-6:30 p Eileen <b>WEIGHTS</b> 	4:30-5:15 p Nancy <b>LAND AEROBICS</b> 	5:15-6:15 p Eileen <b>TRX CORE CRUNCH COMBO</b> 	
5:30-6:30 p Alexis <b>WEIGHTS</b> 	4:30-5:15 p Nancy <b>LAND AEROBICS</b> 	6-7 p Kevin <b>BOOT CAMP</b> 	5:30-6:30 p Nick <b>RELAXED CYCLE</b> 		
6-7 p Kimmy <b>CARDIO CROSS TRAIN</b> 	5:30-6:30 p Nick <b>TRX BOOT CAMP</b> 	6:45-7:45 p Kim <b>YOGA</b> 	7-8 p Amy <b>STRONG Nation®</b> 		
6:45-7:45 p Eileen <b>AWESOME ABDOMINALS</b> 	7-8 p Amy <b>POUND®</b> 	7-8 p Amy <b>ZUMBA®</b> 			
7-8 p Kristen <b>ZUMBA®</b> 	<i>*Rotating Instructor</i>				

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

**IN THIS TOGETHER** 



## CARDIO

### BOOT CAMP

A full body, high energy workout that includes Cardio/Strength exercise drills, intervals and circuits by using a variety of equipment or your own body weight making this class adaptable for all fitness levels. Weather permitting, classes may be held outdoors.

### CARDIO CROSS TRAIN

A self-paced exercise class of cardio aerobic moves mixed together with exercises for strength. Variety of equipment will be used during this class including the step bench, kettlebells, bands, tubing and weights to complete intervals and circuits. Ending class with core exercises and welcoming all fitness levels.

### CYCLE

Are you looking for a change from your weekly exercise routine? Step into a cycle class and experience a low-impact heart-pumping, calorie-burning workout. Following your instructors as you climb, sprint, race and pedal to the beat of invigorating music while cycling at your own pace.

### HIIT

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

### LAND AEROBICS

Choreographed land aerobics combinations mixed in with fun energetic music. Modifications will be demonstrated.

### RELAXED CYCLE

Combination of Yoga movements mixed together in a heart pumping cycle ride. Includes stretching exercises on mats as a warm down. All fitness levels welcome.

### 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

### AWESOME ABDOMINALS

Challenging your entire core, from front to back, to top to bottom, while focusing on functional movements to improve core/back strength, posture and stabilization. Standing movements as well as mat exercises will be included in strengthening your awesome abdominals!

### 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.

### PARKINSON'S CIRCUIT CLASS

Specifically designed for people living with Parkinson's. This class focuses on improving balance, flexibility, motor skills and overall strength. Modifications for each patron will be demonstrated.

### PROGRESSIVE WEIGHTS

Gain strength by lifting heavier weights for progressively fewer reps. Hitting all major muscle groups with a core-focused "halftime." You choose your own weight levels and progress at your own pace.

### 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 workout of strength and flexibility combined with floor mat exercises of Pilates and strength targeting the body's core area.

### TRX CYCLE COMBO

From the best of both exercise worlds combined together with hills, sprints and climbs on the indoor cycle bike for the cardio portion then strength moves with the Suspension TRX straps for an all over total body workout. All fitness levels welcome.

### WEIGHTS

Total body resistance training to gain functional strength and endurance by utilizing your own body weight, hand weights, body bars, resistance bands, fit balls and much more designed for all fitness levels. This non-aerobic exercise class includes standing and mat exercises while emphasizing on form and technique.

### 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. Bands, stability balls, small balls and even light hand weights are often incorporated into the Pilates practice to create challenge and add variety to the workout.

### 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.