


# Group Exercise Schedule


Kettering Recreation Complex, September 7 through December 30, 2021


## Monday


 **TRX**  
7:15-8:15 a JJ


 **CYCLE**  
8:30-9:30 a JJ

 **WEIGHTS/CARDIO COMBO**  
9-10 a Kelly

 **TRX**  
9:45-10:45 a JJ

 **PILATES**  
10:30-11:30 a Alexis

 **TRX**  
5:30-6:20 p Eileen

 **WEIGHTS**  
5:30-6:30 p Alexis


 **BOOT CAMP**  
6-6:50 p Kimmy

 **AWESOME ABDOMINALS**  
6:30-7:30 p Eileen


 **ZUMBA®**  
7-8 p Kristen


## Tuesday


 **CYCLE**  
5:45-6:45 a JJ

 **LENGTHEN & STRENGTHEN**  
7:45-8:45 a Sherri

 **BOOT CAMP**  
8-9 a JJ

 **YOGA**  
9-10 a Sherri


 **PILATES**  
9:30-10:30 a JJ

 **CYCLE**  
9:30-10:30 a Elizabeth

 **CARDIO HIP HOP**  
10:15-11:15 a Sam

 **GROUP TRAINING FOR DAILY LIVING**  
11 a-12 p Beth


 **LAND AEROBICS/WEIGHTS**  
4:30-5:15 p Nancy

 **TRX BOOT CAMP**  
5:30-6:30 p Eileen

 **YOGALATES**  
6-6:50 p Jessica


 **POUND®**  
7-8 p Amy


## Wednesday


 **CYCLE**  
8:30-9:30 a Kim


 **ZUMBA®**  
9-9:50 a Amy


 **WEIGHTS**  
10-10:50 a Alexis


 **PILATES**  
11-11:50 a Alexis

 **HIIT**  
4:30-5:15 p Amy

 **WEIGHTS**  
5:30-6:30 p Eileen

 **BOOT CAMP**  
6-6:50 p Ben

 **YOGA**  
6:30-7:30 p Kim

 **ZUMBA®**  
7-8 p Amy


## Thursday

 **CYCLE**  
5:45-6:45 a Brad

 **YOGALATES**  
7:45-8:45 a Sherri


 **CARDIO CROSS TRAIN**  
8-9 a Ben


 **YOGA**  
9-10 a Kim


 **CYCLE**  
9:30-10:30a Elizabeth

 **GROUP TRAINING FOR DAILY LIVING**  
11 a-12 p Jessica


 **LAND AEROBICS/WEIGHTS**  
4:30-5:15 p Nancy

 **CYCLE**  
5:30-6:30 p Brad


 **CARDIO HIP HOP**  
6-6:50 p Kimmy

 **STRONG Nation®**  
7-8 p Amy

## Friday

 **TRX**  
7:15-8:15 a JJ


 **BOOT CAMP**  
7:45-8:45 a Larry

 **PILATES**  
8:30-9:30 a JJ

 **PROGRESSIVE WEIGHTS**  
9-10 a Alexis

 **TRX CYCLE COMBO**  
9:45-10:45 a JJ

 **CARDIO HIP HOP**  
10:15-11:15 a Sam

 **PILATES**  
10:30-11:30 a Alexis

 **TRX**  
5:30-6:20 p Eileen


## Saturday

 **CYCLE**  
8-8:50 a Brad

 **CARDIO CROSS TRAIN**  
8-8:50 a Eileen

 **YOGALATES**  
9-9:50 a Jessica

 **WEIGHTS CORE COMBO**  
9-9:50 a Eileen

 **TRX**  
10-11 a Eileen

 **ZUMBA®**  
10-11 a Amy

- Bring a mat, towel, and water bottle to class
- Some classes will be held outdoors weather permitting

*This schedule may change during your pass year.*



CARDIO



STRENGTH



MIND/BODY/ FLEXIBILITY



Available on Zoom®

# **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.

## **CARDIO HIP HOP**

A class for people of all body types, ages, and fitness levels. Your instructor makes it easy for you to follow this high-intensity cardio workout. Aerobic moves to popular music focusing on the glutes, legs, some light weights and mat core exercises may be incorporated for a full-body workout.

## **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. Follow 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/WEIGHTS**

Cardio moves are the majority of this class. Light hand weights will be used during the warm-up and cool down portions.

## **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.

## **GROUP TRAINING FOR DAILY LIVING**

This class helps to counteract the general aging process by 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 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.

## **WEIGHTS CORE COMBO**

A moving warmup followed by challenging strength exercises using equipment such as dyna bands, tubing, free weights, and body bars. Abdominal exercises with mats on the floor will end this combo class.

# **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.