

Kettering Recreation Complex

GROUP EXERCISE SCHEDULE



FRIDAY, NOVEMBER 26

TRX with Brad 7:15 – 8:15 a.m. in Studio A	Progressive Weights with Alexis 9 – 10 a.m. in Studio B
Boot Camp with Larry 7:45 – 8:45 a.m. in Studio B	TRX Cycle Combo with Kim 9:45 – 10:55 a.m. in Studio A
Cycle with Brad 8:30 – 9:30 a.m. in Studio A	Pilates with Alexis 10:30 – 11:30 a.m. in Studio B
Pilates with Kim 8:30 – 9:30 a.m. in Studio C	**No Zoom Classes

