

FREE FRIDAYS

Group Exercise Classes Kettering Recreation Complex

It's fun, it's fit, and it's free!

Join us the first Friday of every month
for our **FREE** Group Exercise Day.

On the first Friday of each month all Group Exercise Classes at the Kettering Recreation Complex will be free of charge. Stop in to experience our fun, friendly, energetic, expertly taught, fat burning group exercise classes!

The class schedule for this day will vary each month and will be available online at playkettering.org and the PlayKettering app.



FRIDAY, JANUARY 7

TRX with JJ

7:15 – 8:15 a.m. in Studio A

Boot Camp with Larry

7:45 – 8:45 a.m. in Studio B

Pilates with JJ

8:30 – 9:30 a.m. in Studio A

Progressive Weights with Alexis

9 – 10 a.m. in Studio B

TRX Cycle Combo with JJ

9:45 – 10:45 a.m. in Studio A

Cardio Hip Hop with Sam

10:15 – 11:15 a.m. in Studio C

Pilates with Alexis

10:30 – 11:30 a.m. in Studio B

Boot Camp with Ben

4 – 5 p.m. in Studio B

TRX Deep Stretch with Eileen

5:30 – 6:20 p.m. in Studio A



CITY OF KETTERING
PARKS, RECREATION AND CULTURAL ARTS DEPARTMENT