

KETTERING MAIN POOL

Water Workout Schedule

MAY 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Move & Groove (S) 9 – 9:50 a.m. Shallow Workout (S) 7 – 7:50 p.m.	3 Fit Waves (D) 9 – 9:50 a.m. Registered Workout (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	4 Shallow Workout (S) 7 – 7:50 p.m.	5 Fit Waves (D) 9 – 9:50 a.m. Registered Workout (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	6 Move & Groove (S) 9 – 9:50 a.m. Aqua Zumba (S) 10 – 10:50 a.m.	7 Fit Waves (D) 8 – 8:50 a.m.
8	9 Move & Groove (S) 9 – 9:50 a.m. Shallow Workout (S) 7 – 7:50 p.m.	10 Fit Waves (D) 9 – 9:50 a.m. Registered Workout (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	11 Shallow Workout (S) 7 – 7:50 p.m.	12 Fit Waves (D) 9 – 9:50 a.m. Registered Workout (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	13 Move & Groove (S) 9 – 9:50 a.m. Aqua Zumba (S) 10 – 10:50 a.m.	14 Fit Waves (D) 8 – 8:50 a.m.
15	16 Move & Groove (S) 9 – 9:50 a.m. Shallow Workout (S) 7 – 7:50 p.m.	17 Fit Waves (D) 9 – 9:50 a.m. Registered Workout (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	18 Shallow Workout (S) 7 – 7:50 p.m.	19 Fit Waves (D) 9 – 9:50 a.m. Registered Workout (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	20 Move & Groove (S) 9 – 9:50 a.m. Aqua Zumba (S) 10 – 10:50 a.m.	21 Fit Waves (D) 8 – 8:50 a.m.
22	23	24	25	26	27	28 Fit Waves (D) 8 – 8:50 a.m.
Annual Pool & Spa Shut Down for Maintenance Main Pool & Spa will reopen Saturday, May 28th with Adventure Reef Water Park (ARWP)						
29	30 <u>MEMORIAL DAY</u> No Scheduled Water Workout Classes	31 Fit Waves (D) 8 – 8:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.				
		(D) Denotes a class that takes place primarily in the deep end of the pool (S) Denotes a class that takes place primarily in the shallow end of the pool	Download the PlayKettering app for all KRC updates and changes			