

KETTERING MAIN POOL

Water Workout Schedule

JULY 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(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					1 Move & Groove (S) 9 – 9:50 a.m. Aqua Zumba (S) 10 – 10:50 a.m.	2 Fit Waves (D) 8 – 8:50 a.m.
3	4 <u>Independence Day!</u> No classes today	5 Fit Waves (D) 8 – 8:50 a.m. Tone & Talk (D) 7:10 – 8 p.m.	6 Move & Groove (S) 8 – 8:50 a.m. Shallow Workout (S) 7:10 – 8 p.m.	7 Fit Waves (D) 8 – 8:50 a.m. Tone & Talk (D) 7:10 – 8 p.m.	8 Move & Groove (S) 9 – 9:50 a.m. Aqua Zumba (S) 10 – 10:50 a.m.	9 Fit Waves (D) 8 – 8:50 a.m.
10	11 Move & Groove (S) 8 – 8:50 a.m. Shallow Workout (S) 7:10 – 8 p.m.	12 Fit Waves (D) 8 – 8:50 a.m. Tone & Talk (D) 7:10 – 8 p.m.	13 Move & Groove (S) 8 – 8:50 a.m. Shallow Workout (S) 7:10 – 8 p.m.	14 Fit Waves (D) 8 – 8:50 a.m. Tone & Talk (D) 7:10 – 8 p.m.	15 Move & Groove (S) 9 – 9:50 a.m. Aqua Zumba (S) 10 – 10:50 a.m.	16 Fit Waves (D) 8 – 8:50 a.m.
17	18 Move & Groove (S) 8 – 8:50 a.m. Shallow Workout (S) 7:10 – 8 p.m.	19 Fit Waves (D) 8 – 8:50 a.m. Tone & Talk (D) 7:10 – 8 p.m.	20 Move & Groove (S) 8 – 8:50 a.m. Shallow Workout (S) 7:10 – 8 p.m.	21 Fit Waves (D) 8 – 8:50 a.m. Tone & Talk (D) 7:10 – 8 p.m.	22 Move & Groove (S) 9 – 9:50 a.m. Aqua Zumba (S) 10 – 10:50 a.m.	23 Fit Waves (D) 8 – 8:50 a.m.
24	25 Move & Groove (S) 8 – 8:50 a.m. Shallow Workout (S) 7:10 – 8 p.m.	26 Fit Waves (D) 8 – 8:50 a.m. Tone & Talk (D) 7:10 – 8 p.m.	27 Move & Groove (S) 8 – 8:50 a.m. Shallow Workout (S) 7:10 – 8 p.m.	28 Fit Waves (D) 8 – 8:50 a.m. Tone & Talk (D) 7:10 – 8 p.m.	29 Move & Groove (S) 9 – 9:50 a.m. Aqua Zumba (S) 10 – 10:50 a.m.	30
31						

FIT WAVES: Make waves as we workout core muscle groups and get your heart pumping! Class takes place in the deep end and uses a variety of provided equipment.

TONE AND TALK: This class will give you gentle stretching and cardio in a supportive environment.

MOVE AND GROOVE: Energetic aerobic moves in shallow water set to fun upbeat music with attention to strengthening using various provided equipment.

SHALLOW WORKOUT: This class consists of aerobic routines, stretching and toning performed in chest to shoulder deep water. No swimming skills necessary.

AQUA ZUMBA: Known as the "Zumba Pool Party," this class gives new meaning to a vigorous workout with a fun but challenging water-based body-toning workout.

Download the PlayKettering app for all KRC updates and changes



KETTERING MAIN POOL

Spa Schedule



JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 6 a.m. – 12:45 p.m. 4:30 – 7:50 p.m.	2 6 a.m. – 12:45 p.m.
3 10 a.m. – Noon	4 <u>Independence Day!</u> 6 a.m. – 12:45 p.m.	5 6 a.m. – 12:45 p.m. 4:30 – 8 p.m.	6 6 a.m. – 12:45 p.m. 4:30 – 8 p.m.	7 6 a.m. – 12:45 p.m. 4:30 – 8 p.m.	8 6 a.m. – 12:45 p.m. 4:30 – 7:50 p.m.	9 6 a.m. – 12:45 p.m.
10 10 a.m. – Noon	11 6 a.m. – 12:45 p.m. 4:30 – 8 p.m.	12 6 a.m. – 12:45 p.m. 4:30 – 8 p.m.	13 6 a.m. – 12:45 p.m. 4:30 – 8 p.m.	14 6 a.m. – 12:45 p.m. 4:30 – 8 p.m.	15 6 a.m. – 12:45 p.m. 4:30 – 7:50 p.m.	16 6 a.m. – 12:45 p.m.
17 10 a.m. – Noon	18 6 a.m. – 12:45 p.m. 4:30 – 8 p.m.	19 6 a.m. – 12:45 p.m. 4:30 – 8 p.m.	20 6 a.m. – 12:45 p.m. 4:30 – 8 p.m.	21 6 a.m. – 12:45 p.m. 4:30 – 8 p.m.	22 6 a.m. – 12:45 p.m. 4:30 – 7:50 p.m.	23 6 a.m. – 12:45 p.m.
24 10 a.m. – Noon	25 6 a.m. – 12:45 p.m. 4:30 – 8 p.m.	26 6 a.m. – 12:45 p.m. 4:30 – 8 p.m.	27 6 a.m. – 12:45 p.m. 4:30 – 8 p.m.	28 6 a.m. – 12:45 p.m. 4:30 – 8 p.m.	29 6 a.m. – 12:45 p.m. 4:30 – 7:50 p.m.	30 6 a.m. – 12:45 p.m.
31 10 a.m. – Noon				Download the PlayKettering app for all KRC updates and changes		