

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. |
| 31 | 24 Move & Groove (S) 8 – 8:50 a.m. Shallow Workout (S) 7:10 – 8 p.m. | 25 Fit Waves (D) 8 – 8:50 a.m. Tone & Talk (D) 7:10 – 8 p.m. | 26 Move & Groove (S) 8 – 8:50 a.m. Shallow Workout (S) 7:10 – 8 p.m. | 27 Fit Waves (D) 8 – 8:50 a.m. Tone & Talk (D) 7:10 – 8 p.m. | 28 Move & Groove (S) 9 – 9:50 a.m. Aqua Zumba (S) 10 – 10:50 a.m. | 29 Fit Waves (D) 8 – 8:50 a.m. |

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. |
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| 31 10 a.m. – Noon | | | | <p>Download the PlayKettering app for all KRC updates and changes</p> | | |