

# KETTERING MAIN POOL

# Water Workout Schedule

## SEPTEMBER 2022

 CITY OF KETTERING  
PARKS, RECREATION AND CULTURAL ARTS DEPARTMENT

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 Fit Waves (D) 8 – 8:50 a.m. Tone & Talk (D) 7:10 – 8 p.m.	2 Move & Groove (S) 9 – 9:50 a.m. Aqua Zumba (S) 10 – 10:50 a.m.	3 Fit Waves (D) 8 – 8:50 a.m.
4	5 <u>Labor Day!</u> Fit Waves (D) 8 – 8:50 a.m.	6	7	8	9	10
11	12	13	14	15	16	17
<b>MAIN POOL &amp; SPA CLOSED FOR ANNUAL MAINTENANCE</b>						
18	19 Move & Groove (S) 9 – 9:50 a.m. Shallow Workout (S) 7 – 7:50 p.m.	20 Fit Waves (D) 9 – 9:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	21 Move & Groove (S) 9 – 9:50 a.m. Shallow Workout (S) 7 – 7:50 p.m.	22 Fit Waves (D) 9 – 9:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	23 Move & Groove (S) 9 – 9:50 a.m. Aqua Zumba (S) 10 – 10:50 a.m.	24 Fit Waves (D) 8 – 8:50 a.m.
25	26 Move & Groove (S) 9 – 9:50 a.m. Shallow Workout (S) 7 – 7:50 p.m.	27 Fit Waves (D) 9 – 9:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	28 Move & Groove (S) 9 – 9:50 a.m. Shallow Workout (S) 7 – 7:50 p.m.	29 Fit Waves (D) 9 – 9:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	30 Move & Groove (S) 9 – 9:50 a.m. Aqua Zumba (S) 10 – 10:50 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

## SEPTEMBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 6 a.m. – 12:45 p.m. 4:30 – 8 p.m.	2 6 a.m. – 12:45 p.m. 4:30 – 7:50 p.m.	3 7 a.m. – 12:45 p.m.
4 10 a.m. – Noon	5 <u>Labor Day!</u> 6 a.m. – 12:45 p.m.	6	7	8	9	10
11	12	13	14	15	16	17
<b>MAIN POOL &amp; SPA CLOSED FOR ANNUAL MAINTENANCE</b>						
18 →	19 <u>Main Pool and Spa Reopening Day</u> 6 a.m. – 12:55 p.m. 5:30 – 9 p.m.	20 6 a.m. – 12:55 p.m. 6 – 9 p.m.	21 6 a.m. – 12:55 p.m. 5 – 9 p.m.	22 6 a.m. – 12:55 p.m. 5 – 9 p.m.	23 6 a.m. – 12:55 p.m. 4 – 7:50 p.m.	24 7 a.m. – 5:45 p.m.
25 10 a.m. – 5:45 p.m.	26 6 a.m. – 12:55 p.m. 5:30 – 9 p.m.	27 6 a.m. – 12:55 p.m. 6 – 9 p.m.	28 6 a.m. – 12:55 p.m. 5 – 9 p.m.	29 6 a.m. – 12:55 p.m. 5 – 9 p.m.	30 6 a.m. – 12:55 p.m. 4 – 7:50 p.m.	
				Download the PlayKettering app for all KRC updates and changes		