

KETTERING MAIN POOL

Water Workout Schedule

OCTOBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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.	REGISTERED WWO: Ensure your spot for water workout by registering in advance for these classes. Swim passes and Drop-In Fees are not valid for Registered Water Workout.	1 Fit Waves (D) 9 – 9:50 a.m.
2	3	4	5	6	7	8 Fit Waves (D) 9 – 9:50 a.m.
Drop-In Water Workout Classes Canceled 9/28 through 10/7 Due to unexpected mechanical maintenance causing pool temperatures to drop.						
9 Aqua Zumba (S) 10 – 10:50 a.m.	10 Move & Groove (S) 9 – 9:50 a.m. Shallow Workout (S) 7 – 7:50 p.m.	11 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:55 a.m. Tone & Talk (D) 7 – 7:50 p.m.	12 Move & Groove (S) 9 – 9:50 a.m. Shallow Workout (S) 7 – 7:50 p.m.	13 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:55 a.m. Tone & Talk (D) 7 – 7:50 p.m.	14 Move & Groove (S) 9 – 9:50 a.m.	15 Fit Waves (D) 9 – 9:50 a.m.
16 Aqua Zumba (S) 10 – 10:50 a.m.	17 Move & Groove (S) 9 – 9:50 a.m. Shallow Workout (S) 7 – 7:50 p.m.	18 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:55 a.m. Tone & Talk (D) 7 – 7:50 p.m.	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. Registered WWO (S) 10 – 10:55 a.m. Tone & Talk (D) 7 – 7:50 p.m.	21 Move & Groove (S) 9 – 9:50 a.m.	22 Fit Waves (D) 9 – 9:50 a.m.
23 Aqua Zumba (S) 10 – 10:50 a.m.	24 Move & Groove (S) 9 – 9:50 a.m. Shallow Workout (S) 7 – 7:50 p.m.	25 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:55 a.m. Tone & Talk (D) 7 – 7:50 p.m.	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. Registered WWO (S) 10 – 10:55 a.m. Tone & Talk (D) 7 – 7:50 p.m.	28 Move & Groove (S) 9 – 9:50 a.m.	29 Fit Waves (D) 9 – 9:50 a.m.
30 Aqua Zumba (S) 10 – 10:50 a.m.	31 Move & Groove (S) 9 – 9:50 a.m. Shallow Workout (S) 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	

KETTERING MAIN POOL

Spa Schedule



OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 7 a.m. – 5:45 p.m.
2 10 a.m. – 6 p.m.	3 6 a.m. – 12:55 p.m. 5:30 – 9:50 p.m.	4 6 a.m. – 12:55 p.m. 6 – 9:50 p.m.	5 6 a.m. – 12:55 p.m. 5 – 9:50 p.m.	6 6 a.m. – 12:55 p.m. 5 – 9:50 p.m.	7 6 a.m. – 12:55 p.m. 4 – 7:50 p.m.	8 7 a.m. – 5:45 p.m.
9 10 a.m. – 6 p.m.	10 6 a.m. – 12:55 p.m. 5:30 – 9:50 p.m.	11 6 a.m. – 12:55 p.m. 6 – 9:50 p.m.	12 6 a.m. – 12:55 p.m. 5 – 9:50 p.m.	13 6 a.m. – 12:55 p.m. 5 – 9:50 p.m.	14 6 a.m. – 12:55 p.m. 4 – 7:50 p.m.	15 7 a.m. – 5:45 p.m.
16 10 a.m. – 6 p.m.	17 6 a.m. – 12:55 p.m. 5:30 – 9:50 p.m.	18 6 a.m. – 12:55 p.m. 6 – 9:50 p.m.	19 6 a.m. – 12:55 p.m. 5 – 9:50 p.m.	20 6 a.m. – 12:55 p.m. 5 – 9:50 p.m.	21 6 a.m. – 12:55 p.m. 4 – 7:50 p.m.	22 7 a.m. – 5:45 p.m.
23 10 a.m. – 6 p.m.	24 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	25 6 a.m. – 12:55 p.m. 6 – 9:50 p.m.	26 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	27 6 a.m. – 12:55 p.m. 5 – 9:50 p.m.	28 6 a.m. – 12:55 p.m. 4 – 7:50 p.m.	29 7 a.m. – 5:45 p.m.
30 10 a.m. – 6 p.m.	31 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.					

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