

# Group Exercise Schedule

Kettering Recreation Complex, January 2 through April 1, 2023

## Monday

 **TRX DEEP STRETCH**  
7:15-8:15 am  
Studio A Kim


 **WEIGHTS**  
8-8:50 am  
Studio B Ben


 **CYCLE**  
8:30-9:30 am  
Studio C Kim

 **YOGALATES**  
8:45-9:35 am  
Studio A Jessica

 **CARDIO HIP HOP**  
9:30-10:20 am  
Studio B Sam

 **TRX**  
9:45-10:45 am  
Studio A Jessica


 **PILATES**  
10:30-11:30 am  
Studio B Alexis

 **TRX**  
5:30-6:20 pm  
Studio A Eileen


 **WEIGHTS**  
5:30-6:30 pm  
Studio B Alexis

 **BOOT CAMP**  
6-6:45 pm  
Studio C Kevin

 **AWESOME ABDOMINALS**  
6:30-7:30 pm  
Studio A Eileen

 **ZUMBA®**  
7-8 pm  
Studio B Ruth

## Tuesday

 **CYCLE**  
5:45-6:45 am  
Studio C Brad

 **LENGTHEN & STRENGTHEN**  
7:45-8:45 am  
Studio B Sherri

 **BOOT CAMP**  
8-8:45 am  
Studio A Ben


 **YOGA**  
9-10 am  
Studio B Sherri


 **CYCLE**  
9:30-10:30 am  
Studio C Jessica

 **DAILY LIVING**  
10:45-11:30 am  
Studio B Jessica


 **BOOT CAMP**  
4-4:45 pm  
Studio B Ben

 **LAND AEROBICS/WEIGHTS**  
4:30-5:15 pm  
Studio C Nancy

 **TRX CYCLE COMBO**  
5:30-6:30 pm  
Studio A Eileen

 **POUND®**  
7-8 pm  
Studio B Amy

## Wednesday


 **TRX/WEIGHTS COMBO**  
5:45-6:45 am  
Studio A Brad


 **CYCLE**  
8:30-9:30 am  
Studio C Kim


 **CARDIO CROSS TRAIN**  
9-9:50 am  
Studio B Ben


 **TRX DEEP STRETCH**  
9:45-10:45 am  
Studio A Kim

 **WEIGHTS**  
10-10:50 am  
Studio B Alexis

 **PILATES**  
11am- Noon  
Studio B Alexis

 **WEIGHTS**  
5:30-6:30 pm  
Studio B Eileen

 **BOOT CAMP**  
6-6:45 pm  
Studio C Ben

 **ZUMBA®**  
7-8 pm  
Studio B Amy

## Thursday

 **CYCLE CORE COMBO**  
5:45-6:45 am  
Studio C Brad

 **YOGALATES**  
7:45-8:45 am  
Studio B Sherri

 **CARDIO CROSS TRAIN**  
8-8:45 am  
Studio C Ben

 **YOGA**  
9-10 am  
Studio B Sherri


 **CYCLE**  
9:30-10:30 am  
Studio C Jessica

 **DAILY LIVING**  
10:45-11:30 am  
Studio B Jessica

 **BOOT CAMP**  
4-4:45 pm  
Studio B Ben

 **LAND AEROBICS/WEIGHTS**  
4:30-5:15 pm  
Studio C Nancy

 **RELAXED CYCLE**  
5:30-6:30 pm  
Studio C Brad

 **REB3L STRENGTH®**  
7-8 pm  
Studio B Amy

## Friday

 **BOOT CAMP**  
7:45-8:45 am  
Studio B Larry

 **YOGALATES**  
8:45-9:35 am  
Studio C Jessica

 **PROGRESSIVE WEIGHTS**  
9-10 am  
Studio B Alexis

 **TRX CYCLE COMBO**  
9:45-10:45 am  
Studio A Jessica

 **CARDIO HIP HOP**  
10-11 am  
Studio C Sam


 **PILATES**  
10:15-11:15 am  
Studio B Alexis

 **YOGA IN THE GALLERY\*\***  
Noon-1 pm  
Rosewood Kim


 **TRX DEEP STRETCH**  
5:30-6:20 pm  
Studio A Eileen

## Saturday

 **CYCLE**  
8-9 am  
Studio C Brad

 **CARDIO CROSS TRAIN**  
8-8:50 am  
Studio B Eileen

 **WEIGHTS**  
9-9:50 am  
Studio B Eileen

 **TRX**  
9:15-10:15 am  
Studio A Brad

 **ZUMBA®**  
10-11 am  
Studio B Amy

**\*\*Yoga in the Gallery located at Rosewood Arts Center**

- Bring a mat, towel, and water bottle to class
- Some classes will be held outdoors weather permitting

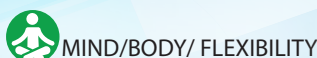
*This schedule may change during your pass year.*



CARDIO



STRENGTH



MIND/BODY/ FLEXIBILITY



Available on Zoom®

# CARDIO

## BOOT CAMP

A full body, high energy workout that includes Cardio/Strength exercise drills, intervals and circuits using a variety of equipment or your own body weight making this class adaptable for all fitness levels. Weather permitting, classes may be held outdoors.

## CARDIO CROSS TRAIN

A self-paced exercise class of cardio aerobic moves mixed together with exercises for strength. Variety of equipment will be used during this class including the step bench, kettlebells, bands, tubing and weights to complete intervals and circuits. Ending class with core exercises and welcoming all fitness levels.

## CARDIO FITNESS

There are plenty of routines that target the cardiovascular system and promote better endurance. As with most forms of exercise, the routine you choose will be personal and unique to your own fitness skills and preferences. This class will blend together a variety of aerobic formats from Latin to Hip Hop moves, to traditional land aerobics and HIIT.

## CARDIO HIP HOP

A class for people of all body types, ages, and fitness levels. Your instructor makes it easy for you to follow this high-intensity cardio workout. Aerobic moves to popular music focusing on the glutes, legs, some light weights and mat core exercises may be incorporated for a full-body workout.

## CYCLE

Are you looking for a change from your weekly exercise routine? Step into a cycle class and experience a low-impact heart-pumping, calorie-burning workout. Follow your instructors as you climb, sprint, race and pedal to the beat of invigorating music while cycling at your own pace.

## CYCLE CORE COMBO

Climb, sprint, race and pedal to the beat of invigorating music while cycling at your own pace. Exercises for abdominals challenging your entire core while focusing on functional movements to strengthen your core, back and improving posture and stabilization.

## LAND AEROBICS/WEIGHTS

Cardio moves are the majority of this class. Light hand weights are used during warm-up and cool down.

## POUND®

This exhilarating full-body workout uses Ripstix®, lightly weighted drumsticks engineered specifically for exercising. POUND® transforms drumming into cardio conditioning and strength training.

## RELAXED CYCLE

Combination of Yoga movements mixed together in a heart-pumping cycle ride. Includes stretching exercises on mats as a warm down. All fitness levels welcome.

## ZUMBA®

A Latin-inspired, calorie-burning dance fitness class that blends upbeat Latin, pop and international rhythms with easy-to-follow moves for a total body workout that feels like a celebration.



# STRENGTH

## AWESOME ABDOMINALS

Challenging your entire core, from front to back, to top to bottom, while focusing on functional movements to improve core/back strength, posture and stabilization. Standing movements as well as mat exercises will be included in strengthening your awesome abdominals!

## LENGTHEN AND STRENGTHEN

It's all about the balance of strength and flexibility. Weights, fit balls and tubes are used to build muscle strength with an added emphasis on stretching the muscles after they are loaded.

## DAILY LIVING

This class helps to counteract the general aging process by improving balance, flexibility, motor skills and overall strength. Modifications for each patron will be demonstrated.

## PROGRESSIVE WEIGHTS

Gain strength by lifting heavier weights for progressively fewer reps. Hitting all major muscle groups with a core-focused "halftime." Choose your own weight levels and progress at your own pace.

## REB3L STRENGTH®

Choreographed toning routines set to powerful music. It creates sculpted bodies and builds physical strength using body weight, minimal equipment, and low-impact/high repetition training. Break out of your gym routine. Strong is redefined.

## TRX

Expect to be challenged! Suspension training uses your body weight to develop strength, balance, flexibility and core stability simultaneously.

## TRX CYCLE COMBO

From the best of both exercise worlds combined together with hills, sprints and climbs on the indoor cycle bike for the cardio portion then strength moves with the Suspension TRX straps for an all-over total body workout. All fitness levels welcome.

## TRX DEEP STRETCH

Using the TRX Suspension Straps, we will focus on balance, mobility, and stretching at a pace suitable for all fitness levels.

## TRX WEIGHTS COMBO

Using both exercise formats of traditional dumbbells and also the TRX Suspension Straps, this class combination will increase your personal strength and add variety to your workout. All fitness levels are welcome.

## WEIGHTS

Total body resistance training to gain functional strength and endurance by utilizing your own body weight, hand weights, body bars, resistance bands, fit balls and much more designed for all fitness levels. This non-aerobic exercise class includes standing and mat exercises emphasizing form and technique.



# MIND/BODY/FLEXIBILITY

## PILATES

Perform mat-based movements with emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. Bands, stability balls, small balls and even light hand weights are often incorporated into the Pilates practice to create challenge and add variety to the workout.

## YOGA

Connect your body and breath with synchronized movements that leave you feeling centered, grounded and relaxed.

## YOGALATES

Combines the benefits of both Yoga and Pilates including core strengthening, muscle toning, flexibility and stress reduction.