

KETTERING MAIN POOL

Water Workout Schedule

DECEMBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>(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</p>				Fit Waves (D) 1 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	2 Move & Groove (S) 9 – 9:50 a.m.	3 Fit Waves (D) 8:40 – 9:30 a.m.
4 Aqua Zumba (S) 10 – 10:50 a.m.	5 Move & Groove (S) 9 – 9:50 a.m. Aqua Zumba (S) 7 – 7:50 p.m.	6 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	7 Move & Groove (S) 9 – 9:50 a.m. Open Workout (S) 7 – 7:50 p.m.	8 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	9 Move & Groove (S) 9 – 9:50 a.m.	10 Fit Waves (D) 8:40 – 9:30 a.m.
11 Aqua Zumba (S) 10 – 10:50 a.m.	12 Move & Groove (S) 9 – 9:50 a.m. Aqua Zumba (S) 7 – 7:50 p.m.	13 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	14 Move & Groove (S) 9 – 9:50 a.m. Open Workout (S) 7 – 7:50 p.m.	15 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	16 Move & Groove (S) 9 – 9:50 a.m.	17 Fit Waves (D) 8:40 – 9:30 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.	OPEN WORKOUT: This time provides an open area to work out without an instructor in the shallow and/or deep end. Various equipment will be available to borrow.	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



DECEMBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	2 6 a.m. – 12:55 p.m. <i>Main Pool & Spa Area CLOSED for Kettering Fairmont Swim Meet 4 – 10 p.m.</i>	3 7 a.m. – 3:50 p.m.
4 10 a.m. – 5:50 p.m.	5 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	6 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	7 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	8 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	9 6 a.m. – 12:55 p.m. <i>Main Pool & Spa Area CLOSED for Kettering Fairmont Swim Meet 4 – 10 p.m.</i>	10 7 a.m. – 3:50 p.m.
11 10 a.m. – 5:50 p.m.	12 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	13 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	14 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	15 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	16 6 a.m. – 12:55 p.m. 4 – 7:50 p.m.	17 7 a.m. – 5:50 p.m.
				Download the PlayKettering app for all KRC updates and changes		