

KETTERING MAIN POOL

Water Workout Schedule

JANUARY 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Facility Closed 1 Regular Schedule for KRC Building: Mon-Thu 5:30a-10p Fri 5:30a-8p Sat 7a-6p Sun 10a-6p	2 Move & Groove (S) 9 – 9:50 a.m. Non-instructed Shallow Workout Time (S) 7 – 7:50 p.m.	3 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	4 Move & Groove (S) 9 – 9:50 a.m. Non-instructed Shallow Workout Time (S) 7 – 7:50 p.m.	5 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	6 Move & Groove (S) 9 – 9:50 a.m.	7 Fit Waves (D) 8:40 – 9:30 a.m.
8 Aqua Zumba (S) 10 – 10:50 a.m.	9 Move & Groove (S) 9 – 9:50 a.m. Non-instructed Shallow Workout Time (S) 7 – 7:50 p.m.	10 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	11 Move & Groove (S) 9 – 9:50 a.m. Non-instructed Shallow Workout Time (S) 7 – 7:50 p.m.	12 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	13 Move & Groove (S) 9 – 9:50 a.m.	14 Fit Waves (D) 8:40 – 9:30 a.m.
15 Aqua Zumba (S) 10 – 10:50 a.m.	16 Move & Groove (S) 9 – 9:50 a.m. Non-instructed Shallow Workout Time (S) 7 – 7:50 p.m.	17 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	18 Move & Groove (S) 9 – 9:50 a.m. Non-instructed Shallow Workout Time (S) 7 – 7:50 p.m.	19 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	20 Move & Groove (S) 9 – 9:50 a.m. TWA Medals Meet	21 TWA Medals Meet
22 TWA Medals Meet	23 Move & Groove (S) 9 – 9:50 a.m. Non-instructed Shallow Workout Time (S) 7 – 7:50 p.m.	24 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	25 Move & Groove (S) 9 – 9:50 a.m. Non-instructed Shallow Workout Time (S) 7 – 7:50 p.m.	26 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	27 Move & Groove (S) 9 – 9:50 a.m.	28 Fit Waves (D) 8:40 – 9:30 a.m.
29 Aqua Zumba (S) 10 – 10:50 a.m.	30 Move & Groove (S) 9 – 9:50 a.m. Non-instructed Shallow Workout Time (S) 7 – 7:50 p.m.	31 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	1 Move & Groove (S) 9 – 9:50 a.m. Non-instructed Shallow Workout Time (S) 7 – 7:50 p.m.	2 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	3 Move & Groove (S) 9 – 9:50 a.m. FHS Meet	4 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.	SHALLOW 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



JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Facility Closed <i>Regular Schedule for KRC Building: Mon-Thu 5:30a-10p Fri 5:30a-8p Sat 7a-6p Sun 10a-6p</i>	2 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	3 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	4 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	5 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	6 6 a.m. – 12:55 p.m. 4 – 7:50 p.m.	7 7 a.m. – 3:50 p.m.
8 10 a.m. – 5:50 p.m.	9 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	10 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	11 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	12 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	13 6 a.m. – 12:55 p.m. 4 – 7:50 p.m.	14 7 a.m. – 3:50 p.m.
15 10 a.m. – 5:50 p.m.	16 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	17 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	18 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	19 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	20 6 a.m. – 12:55 p.m. 4 – 7:50 p.m. TWA Medals Meet	21 7 a.m. – 5:50 p.m. TWA Medals Meet
22 10 a.m. – 5:50 p.m. TWA Medals Meet	23 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	24 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	25 6 a.m. – 12:55 p.m. 4 – 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. 4 – 7:50 p.m.	28 7 a.m. – 3:50 p.m.
29 10 a.m. – 5:50 p.m.	30 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	31 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	1 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	2 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	3 6 a.m. – 12:55 p.m. FHS Meet	4 7 a.m. – 3:50 p.m.
				Download the PlayKettering app for all KRC updates and changes		