

KETTERING MAIN POOL

Water Workout Schedule

MARCH 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 Aqua Zumba (S) 10 – 10:50 a.m.	27 Move & Groove (S) 9 – 9:50 a.m. Non-instructed Shallow Workout Time (S) 7 – 7:50 p.m.	28 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.	4 Fit Waves (D) 8:40 – 9:30 a.m.
5 Aqua Zumba (S) 10 – 10:50 a.m.	6 Move & Groove (S) 9 – 9:50 a.m. Non-instructed Shallow Workout Time (S) 7 – 7:50 p.m.	7 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	8 Move & Groove (S) 9 – 9:50 a.m. Non-instructed Shallow Workout Time (S) 7 – 7:50 p.m.	9 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	10 Move & Groove (S) 9 – 9:50 a.m.	11 Fit Waves (D) 8:40 – 9:30 a.m.
12 Aqua Zumba (S) 10 – 10:50 a.m.	13 Move & Groove (S) 9 – 9:50 a.m. Non-instructed Shallow Workout Time (S) 7 – 7:50 p.m.	14 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	15 Move & Groove (S) 9 – 9:50 a.m. Non-instructed Shallow Workout Time (S) 7 – 7:50 p.m.	16 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	17 Move & Groove (S) 9 – 9:50 a.m.	18 Fit Waves (D) 8:40 – 9:30 a.m.
19 Aqua Zumba (S) 10 – 10:50 a.m.	20 Move & Groove (S) 9 – 9:50 a.m. Non-instructed Shallow Workout Time (S) 7 – 7:50 p.m.	21 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	22 Move & Groove (S) 9 – 9:50 a.m. Non-instructed Shallow Workout Time (S) 7 – 7:50 p.m.	23 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	24 Move & Groove (S) 9 – 9:50 a.m.	25 Fit Waves (D) 8:40 – 9:30 a.m.
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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



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Spa Schedule



MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 10 a.m. – 5:50 p.m.	27 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	28 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. 4 – 7:50 p.m.	4 7 a.m. – 3:50 p.m.
5 10 a.m. – 5:50 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. 4 – 9:50 p.m.	10 6 a.m. – 12:55 p.m. 4 – 7:50 p.m.	11 7 a.m. – 3:50 p.m.
12 10 a.m. – 5:50 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 – 9:50 p.m.	17 6 a.m. – 12:55 p.m. 4 – 7:50 p.m.	18 7 a.m. – 3:50 p.m.
19 10 a.m. – 5:50 p.m.	20 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	21 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	22 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	23 6 a.m. – 12:55 p.m. 4 – 9:50 p.m.	24 6 a.m. – 12:55 p.m. 4 – 7:50 p.m.	25 7 a.m. – 3:50 p.m.
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