

KETTERING MAIN POOL

Water Workout Schedule

MAY 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Aqua Zumba (S) 10 – 10:50 a.m.	1 Move & Groove (S) 9 – 9:50 a.m. Open WWO (S/D) 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. Open WWO (S/D) 7 – 7:50 p.m.	4 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	5 Move & Groove (S) 9 – 9:50 a.m.	6 Deep WWO (D) 8:40 – 9:30 a.m.
7 Aqua Zumba (S) 10 – 10:50 a.m.	8 Move & Groove (S) 9 – 9:50 a.m. Open WWO (S/D) 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. Open WWO (S/D) 7 – 7:50 p.m.	11 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	12 Move & Groove (S) 9 – 9:50 a.m.	13 Deep WWO (D) 8:40 – 9:30 a.m.
14 Aqua Zumba (S) 10 – 10:50 a.m.	15 Move & Groove (S) 9 – 9:50 a.m. Open WWO (S/D) 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. Open WWO (S/D) 7 – 7:50 p.m.	18 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	19 Move & Groove (S) 9 – 9:50 a.m.	20 <u>MAIN POOL & SPA</u> <u>CLOSED</u>
21 <u>MAIN POOL & SPA</u> <u>CLOSED</u>	22 Move & Groove (S) 9 – 9:50 a.m. Open WWO (S/D) 7 – 7:50 p.m.	23 Fit Waves (D) 9 – 9:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	24 Move & Groove (S) 9 – 9:50 a.m. Open WWO (S/D) 7 – 7:50 p.m.	25 Fit Waves (D) 9 – 9:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	26 Move & Groove (S) 9 – 9:50 a.m.	27 Deep WWO (D) 8:40 – 9:30 a.m. Water Park Opening Day
28 Aqua Zumba (S) 10 – 10:50 a.m.	29 Move & Groove (S) 9 – 9:50 a.m.	30 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	31 Move & Groove (S) 9 – 9:50 a.m. Open WWO (S/D) 7 – 7:50 p.m.			
Download the PlayKettering app for all KRC updates and changes		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.	WATER 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.

KETTERING MAIN POOL

Spa Schedule



MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 10 a.m. – 5:50 p.m.	1 6 a.m. – 12:50 p.m. 4 – 9:50 p.m.	2 6 a.m. – 12:50 p.m. 4 – 9:50 p.m.	3 6 a.m. – 12:50 p.m. 4 – 9:50 p.m.	4 6 a.m. – 12:50 p.m. 4 – 9:50 p.m.	5 6 a.m. – 12:50 p.m. 4 – 7:50 p.m.	6 7 a.m. – 3:50 p.m.
7 10 a.m. – 5:50 p.m.	8 6 a.m. – 12:50 p.m. 4 – 9:50 p.m.	9 6 a.m. – 12:50 p.m. 4 – 9:50 p.m.	10 6 a.m. – 12:50 p.m. 4 – 9:50 p.m.	11 6 a.m. – 12:50 p.m. 4 – 9:50 p.m.	12 6 a.m. – 12:50 p.m. 4 – 7:50 p.m.	13 7 a.m. – 3:50 p.m.
14 10 a.m. – 5:50 p.m.	15 6 a.m. – 12:50 p.m. 4 – 9:50 p.m.	16 6 a.m. – 12:50 p.m. 4 – 9:50 p.m.	17 6 a.m. – 12:50 p.m. 4 – 9:50 p.m.	18 6 a.m. – 12:50 p.m. 4 – 9:50 p.m.	19 6 a.m. – 12:50 p.m. 4 – 7:50 p.m.	20 <u>MAIN POOL & SPA CLOSED</u>
21 <u>MAIN POOL & SPA CLOSED</u>	22 6 a.m. – 12:50 p.m. 4 – 9:50 p.m.	23 6 a.m. – 12:50 p.m. 4 – 9:50 p.m.	24 6 a.m. – 12:50 p.m. 4 – 9:50 p.m.	25 6 a.m. – 12:50 p.m. 4 – 9:50 p.m.	26 6 a.m. – 12:50 p.m. <u>Main Pool & Spa Closes at 12:50 p.m.</u>	27 7 a.m. – 12:50 p.m. <u>Main Pool & Spa Closes at 12:50 p.m.</u>
28 10 a.m. – 12:50 p.m. <u>Main Pool & Spa Closes at 12:50 p.m.</u>	29 6 a.m. – 12:50 p.m. <u>Main Pool & Spa Closes at 12:50 p.m.</u>	30 6 a.m. – 12:50 p.m. 5 – 9:50 p.m.	31 6 a.m. – 12:50 p.m. 5 – 9:50 p.m.			
				<div style="background-color: #0070C0; color: white; padding: 5px; text-align: center;"> Download the PlayKettering app for all KRC updates and changes </div>		