

KETTERING MAIN POOL

Water Workout Schedule

JULY 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>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.</p>	<p>TONE AND TALK: This class will give you gentle stretching and cardio in a supportive environment.</p>	<p>MOVE AND GROOVE: Energetic aerobic moves in shallow water set to fun upbeat music with attention to strengthening using various provided equipment.</p>	<p>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.</p>	<p>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.</p>		<p>1 Fit Waves (D) 8:40 – 9:30 a.m.</p>
<p>2 Aqua Zumba (S) 10 – 10:50 a.m.</p>	<p>3 Move & Groove (S) 9 – 9:50 a.m. Open WWO 7 – 7:50 p.m. (2 lanes)</p>	<p>4 INDEPENDENCE DAY</p>	<p>5 Move & Groove (S) 9 – 9:50 a.m. Open WWO 7 – 7:50 p.m. (2 lanes)</p>	<p>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. (2 lanes)</p>	<p>7 Move & Groove (S) 9 – 9:50 a.m.</p>	<p>8 Fit Waves (D) 8:40 – 9:30 a.m.</p>
<p>9 Aqua Zumba (S) 10 – 10:50 a.m.</p>	<p>10 Move & Groove (S) 9 – 9:50 a.m. Open WWO 7 – 7:50 p.m. (2 lanes)</p>	<p>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. (2 lanes)</p>	<p>12 Move & Groove (S) 9 – 9:50 a.m. Open WWO 7 – 7:50 p.m. (2 lanes)</p>	<p>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. (2 lanes)</p>	<p>14 Move & Groove (S) 9 – 9:50 a.m.</p>	<p>15 Fit Waves (D) 8:40 – 9:30 a.m.</p>
<p>16 Aqua Zumba (S) 10 – 10:50 a.m.</p>	<p>17 Move & Groove (S) 9 – 9:50 a.m. Open WWO 7 – 7:50 p.m. (2 lanes)</p>	<p>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. (2 lanes)</p>	<p>19 Move & Groove (S) 9 – 9:50 a.m. Open WWO 7 – 7:50 p.m. (2 lanes)</p>	<p>20 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m. (2 lanes)</p>	<p>21 Move & Groove (S) 9 – 9:50 a.m.</p>	<p>22 Fit Waves (D) 8:40 – 9:30 a.m.</p>
<p>23 Aqua Zumba (S) 10 – 10:50 a.m.</p>	<p>24 Move & Groove (S) 9 – 9:50 a.m. Open WWO 7 – 7:50 p.m. (2 lanes)</p>	<p>25 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m. (2 lanes)</p>	<p>26 Move & Groove (S) 9 – 9:50 a.m. Open WWO 7 – 7:50 p.m. (2 lanes)</p>	<p>27 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m. (2 lanes)</p>	<p>28 Move & Groove (S) 9 – 9:50 a.m.</p>	<p>29 Fit Waves (D) 8:40 – 9:30 a.m.</p>
<p>30 Aqua Zumba (S) 10 – 10:50 a.m.</p>	<p>31 Move & Groove (S) 9 – 9:50 a.m. Open WWO 7 – 7:50 p.m. (2 lanes)</p>			<p>Download the PlayKettering app for all KRC updates and changes</p>		

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Spa Schedule



JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 7 a.m. – 12:45 p.m.
2 10 a.m. – 1 p.m.	3 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	4 6 a.m. – 12:45 p.m.	5 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	6 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	7 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	8 7 a.m. – 12:45 p.m.
9 10 a.m. – 1 p.m.	10 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	11 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	12 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	13 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	14 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	15 7 a.m. – 12:45 p.m.
16 10 a.m. – 1 p.m.	17 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	18 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	19 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	20 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	21 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	22 7 a.m. – 12:45 p.m.
23 10 a.m. – 1 p.m.	24 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	25 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	26 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	27 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	28 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	29 7 a.m. – 12:45 p.m.
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