

# KETTERING MAIN POOL

# Water Workout Schedule

## JUNE 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>28</b> Aqua Zumba (S) 10 – 10:50 a.m.	<b>29</b> Move & Groove (S) 9 – 9:50 a.m.	<b>30</b> Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	<b>31</b> Move & Groove (S) 9 – 9:50 a.m. Open WWO (S/D) 7 – 7:50 p.m.	<b>1</b> Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	<b>2</b> Move & Groove (S) 9 – 9:50 a.m.	<b>3</b> Deep WWO (D) 8:40 – 9:30 a.m.
<b>4</b>	<b>5</b> Move & Groove (S) 9 – 9:50 a.m.	<b>6</b> Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	<b>7</b> Move & Groove (S) 9 – 9:50 a.m.	<b>8</b> Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	<b>9</b> Move & Groove (S) 9 – 9:50 a.m.	<b>10</b> Deep WWO (D) 8:40 – 9:30 a.m.
<b>11</b>	<b>12</b> Move & Groove (S) 9 – 9:50 a.m.	<b>13</b> Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	<b>14</b> Move & Groove (S) 9 – 9:50 a.m.	<b>15</b> Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	<b>16</b> Move & Groove (S) 9 – 9:50 a.m.	<b>17</b> Deep WWO (D) 8:40 – 9:30 a.m.
<b>18</b>	<b>19</b> Move & Groove (S) 9 – 9:50 a.m.	<b>20</b> Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	<b>21</b> Move & Groove (S) 9 – 9:50 a.m.	<b>22</b> Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	<b>23</b> Move & Groove (S) 9 – 9:50 a.m.	<b>24</b> Deep WWO (D) 8:40 – 9:30 a.m.
<b>25</b>	<b>26</b> Move & Groove (S) 9 – 9:50 a.m.	<b>27</b> Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	<b>28</b> Move & Groove (S) 9 – 9:50 a.m.	<b>29</b> Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.	<b>30</b> Move & Groove (S) 9 – 9:50 a.m.	
<b>FIT WAVES:</b> 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.	<b>TONE AND TALK:</b> This class will give you gentle stretching and cardio in a supportive environment.	<b>MOVE AND GROOVE:</b> Energetic aerobic moves in shallow water set to fun upbeat music with attention to strengthening using various provided equipment.		<div style="background-color: #0056b3; color: white; padding: 10px; text-align: center;">                     Download the                      PlayKettering app for all                      KRC updates and changes                 </div>		

# KETTERING MAIN POOL

# Spa Schedule



## JUNE 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>28</b> 10 a.m. – 12:50 p.m. <u>Main Pool &amp; Spa Closes at 12:50 p.m.</u>	<b>29</b> 6 a.m. – 12:50 p.m. <u>Main Pool &amp; Spa Closes at 12:50 p.m.</u>	<b>30</b> 6 a.m. – 12:50 p.m. 5 – 9:50 p.m.	<b>31</b> 6 a.m. – 12:50 p.m. 5 – 9:50 p.m.	<b>1</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>2</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>3</b> 7 a.m. – 12:45 p.m. <u>Main Pool &amp; Spa Closes at 1 p.m.</u>
<b>4</b> 10 a.m. – Noon <u>Main Pool &amp; Spa Closes at Noon</u>	<b>5</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>6</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>7</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>8</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>9</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>10</b> 7 a.m. – 12:45 p.m. <u>Main Pool &amp; Spa Closes at 1 p.m.</u>
<b>11</b> 10 a.m. – Noon <u>Main Pool &amp; Spa Closes at Noon</u>	<b>12</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>13</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>14</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>15</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>16</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>17</b> 7 a.m. – 12:45 p.m. <u>Main Pool &amp; Spa Closes at 1 p.m.</u>
<b>18</b> 10 a.m. – Noon <u>Main Pool &amp; Spa Closes at Noon</u>	<b>19</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>20</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>21</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>22</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>23</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>24</b> 7 a.m. – 12:45 p.m. <u>Main Pool &amp; Spa Closes at 1 p.m.</u>
<b>25</b> 10 a.m. – Noon <u>Main Pool &amp; Spa Closes at Noon</u>	<b>26</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>27</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>28</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>29</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	<b>30</b> 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	
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