

KETTERING MAIN POOL

Water Workout Schedule

AUGUST 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Fit Waves (D) 1 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:45 p.m. (4 lanes)	2 Move & Groove (S) 9 – 9:50 a.m. Open WWO 7 – 7:45 p.m. (2 lanes)	3 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:45 p.m. (4 lanes)	4 Move & Groove (S) 9 – 9:50 a.m.	5 Fit Waves (D) 8:40 – 9:30 a.m.
6 Aqua Zumba (S) 10 – 10:50 a.m.	7 Move & Groove (S) 9 – 9:50 a.m. Open WWO 7 – 7:45 p.m. (2 lanes)	8 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:45 p.m. (4 lanes)	9 Move & Groove (S) 9 – 9:50 a.m. Open WWO 7 – 7:45 p.m. (2 lanes)	10 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:45 p.m. (4 lanes)	11 Move & Groove (S) 9 – 9:50 a.m.	12 Fit Waves (D) 8:40 – 9:30 a.m.
13 Aqua Zumba (S) 10 – 10:50 a.m.	14 Move & Groove (S) 9 – 9:50 a.m. Open WWO 7 – 7:45 p.m. (2 lanes)	15 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:45 p.m. (4 lanes)	16 Move & Groove (S) 9 – 9:50 a.m. Open WWO 7 – 7:45 p.m. (2 lanes)	17 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:45 p.m. (4 lanes)	18 Move & Groove (S) 9 – 9:50 a.m.	19 Fit Waves (D) 8:40 – 9:30 a.m.
20 Aqua Zumba (S) 10 – 10:50 a.m.	21 Move & Groove (S) 9 – 9:50 a.m. Open WWO 7 – 7:45 p.m. (2 lanes)	22 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:45 p.m. (4 lanes)	23 Move & Groove (S) 9 – 9:50 a.m. Open WWO 7 – 7:45 p.m. (2 lanes)	24 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:45 p.m. (4 lanes)	25 Move & Groove (S) 9 – 9:50 a.m.	26 Fit Waves (D) 8:40 – 9:30 a.m.
27 Aqua Zumba (S) 10 – 10:50 a.m.	28 Move & Groove (S) 9 – 9:50 a.m. Open WWO 7 – 7:45 p.m. (2 lanes)	29 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:45 p.m. (4 lanes)	30 Move & Groove (S) 9 – 9:50 a.m. Open WWO 7 – 7:45 p.m. (2 lanes)	31 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:45 p.m. (4 lanes)		

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.

Download the PlayKettering app for all KRC updates and changes

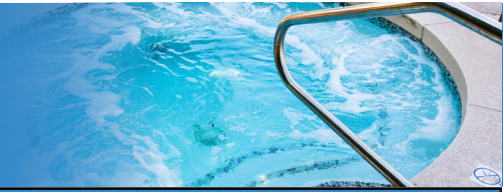


KETTERING MAIN POOL

Spa Schedule



AUGUST 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	2 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	3 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	4 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	5 7 a.m. – 12:45 p.m.
6 10 a.m. – 1 p.m.	7 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	8 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	9 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	10 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	11 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	12 7 a.m. – 12:45 p.m.
13 10 a.m. – 1 p.m.	14 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	15 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	16 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	17 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	18 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	19 7 a.m. – 12:45 p.m.
20 10 a.m. – 1 p.m.	21 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	22 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	23 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	24 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	25 6 a.m. – 12:45 p.m. 5 – 7:45 p.m.	26 7 a.m. – 12:45 p.m.
27 10 a.m. – 1 p.m.	28 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	29 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	30 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.	31 6 a.m. – 12:45 p.m. 4 – 7:45 p.m.		
				<p>Download the PlayKettering app for all KRC updates and changes</p>		