

KETTERING MAIN POOL

Water Workout Schedule

SEPTEMBER 2023



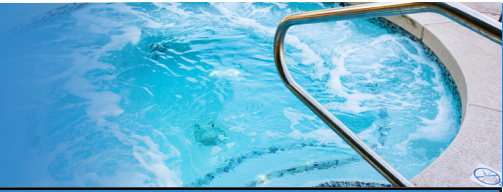
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FIT WAVES: Make waves as we workout core muscle groups and get your heart pumping! Class takes place in the deep end and uses a variety of provided equipment.	TONE AND TALK: This class will give you gentle stretching and cardio in a supportive 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.	1 Move & Groove (S) 9 – 9:50 a.m.	2 Fit Waves (D) 8:40 – 9:30 a.m.
3 Aqua Zumba (S) 10 – 10:50 a.m.	4	5 Tone & Talk (D) 7 – 7:45 p.m. (3 lanes)	6 Open WWO 7 – 7:45 p.m. (3 lanes)	7 Tone & Talk (D) 7 – 7:45 p.m. (3 lanes)	8	9
10	11	12	13	14	15	16
POOL CLOSED FOR ANNUAL MAINTENANCE						
17 Aqua Zumba (S) 10 – 10:50 a.m.	18 Move & Groove (S) 9 – 9:50 a.m. Registered WWO (D) 10 – 10:50 a.m. Open WWO (S) 7 – 7:45 p.m. (4 lanes)	19 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)	20 Move & Groove (S) 9 – 9:50 a.m. Registered WWO (D) 10 – 10:50 a.m. Open WWO (S) 7 – 7:45 p.m. (4 lanes)	21 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)	22 Move & Groove (S) 9 – 9:50 a.m.	23 Fit Waves (D) 9 – 9:50 a.m.
24 Aqua Zumba (S) 10 – 10:50 a.m.	25 Move & Groove (S) 9 – 9:50 a.m. Registered WWO (D) 10 – 10:50 a.m. Open WWO (S) 7 – 7:45 p.m. (4 lanes)	26 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)	27 Move & Groove (S) 9 – 9:50 a.m. Registered WWO (D) 10 – 10:50 a.m. Open WWO (S) 7 – 7:45 p.m. (4 lanes)	28 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)	29 Move & Groove (S) 9 – 9:50 a.m.	30 Fit Waves (D) 9 – 9:50 a.m.
					Download the PlayKettering app for all KRC updates and changes	

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Spa Schedule



SEPTEMBER 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 6 a.m. – 12:50 p.m. 5 – 7:45 p.m.	2 7 a.m. – 12:50 p.m.
3 10 a.m. – 1 p.m.	4 6 a.m. – 12:50 p.m.	5 6 a.m. – 12:50 p.m. 4 – 7:45 p.m.	6 6 a.m. – 12:50 p.m. 4 – 7:45 p.m.	7 6 a.m. – 12:50 p.m. 4 – 7:45 p.m.	8 6 a.m. – 12:50 p.m. 5 – 7:45 p.m.	9 7 a.m. – 12:50 p.m.
10 10 a.m. – 1 p.m.	11	12	13	14	15	16 7 a.m. – 5:50 p.m.
SPA CLOSED FOR ANNUAL MAINTENANCE						
17 10 a.m. – 6 p.m.	18 6 a.m. – 12:50 p.m. 4 – 9:45 p.m.	19 6 a.m. – 12:50 p.m. 4 – 9:45 p.m.	20 6 a.m. – 12:50 p.m. 4 – 9:45 p.m.	21 6 a.m. – 12:50 p.m. 4 – 9:45 p.m.	22 6 a.m. – 12:50 p.m. 4 – 7:45 p.m.	23 7 a.m. – 5:50 p.m.
24 10 a.m. – 6 p.m.	25 6 a.m. – 12:50 p.m. 4 – 9:45 p.m.	26 6 a.m. – 12:50 p.m. 4 – 9:45 p.m.	27 6 a.m. – 12:50 p.m. 4 – 9:45 p.m.	28 6 a.m. – 12:50 p.m. 4 – 9:45 p.m.	29 6 a.m. – 12:50 p.m. 4 – 7:45 p.m.	30 7 a.m. – 5:50 p.m.
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