

# Letting Recreation Complex

## GROUP EXERCISE SCHEDULE



**Thursday, November 23: NO CLASSES**

**FRIDAY, NOVEMBER 24**

**Cycle** with Brad  
5:45 a.m. in Studio C

**Weights** with Alexis (Zoom)  
9 a.m. in Studio B

**Boot Camp** with Larry  
7:45 a.m. in Studio B

**Pilates** with Alexis (Zoom)  
10:15 a.m. in Studio B



**CITY OF KETTERING**  
PARKS, RECREATION AND CULTURAL ARTS DEPARTMENT