

fitness & WELLNESS

Please check with your doctor before beginning any fitness program.

KETTERING FITNESS & WELLNESS CENTERS

Our two public recreation/fitness centers are available to both Kettering residents and non-residents. Both centers feature state-of-the-art fitness equipment and the most qualified (and friendly) fitness staff in the Greater Dayton area. Three Exercise Physiologists and a staff of Exercise Specialists/Personal Trainers will offer individualized fitness programs to meet your needs, likes and fitness goals.

Kettering Fitness & Wellness Center

at the James S. Trent Arena and Kettering Fairmont High School

Located adjacent to the James S. Trent Arena at the Kettering Fairmont High School, this facility offers a variety of fitness facilities and programs in a more convenient location to the central and western portions of Kettering and neighboring communities.

Medically integrated fitness, step-down therapy, sports acceleration and physician-directed functional capacity assessment programs will be offered in conjunction with the Kettering Medical Center.

To help us fulfill our mission of improving the quality of life for our community, we will also provide a complete wellness education, assessment and service offering. For additional information on our wellness services, contact Katie Williamson at 296-2480.

Corporate fitness, work-site wellness and recreational programs will be offered as well. Let our award-winning department improve your company's bottom line by reducing healthcare costs, decreasing absenteeism and turnover while improving work force productivity and morale. Show your employees that you care by investing in their health and wellness!

A vast array of the most state-of-the-art, ergonomic and fun-to-train-on fitness equipment is offered:

Cardiovascular Equipment: Life Fitness Treadmills, Cross Trainer elliptical machines, upright and recumbent Life Cycles and Alpine Climbers, Precor EFX elliptical machines, Sci-Fit upright cycles with bio-directional resistance and Sci-Fit Entire Body Exercisers that incorporate a recumbent cycle with an upper body ergometer and bio-directional resistance, Schwinn Air Dyne bikes, and a Versa Climber.

Strength Training Equipment: Life Fitness selectorized machines (including cable cross and smith machines) and Hammer Strength selectorized and leverage machines. Ample Olympic free weights with flat benches, incline benches, utility benches, power racks and dumbbells from 5 to 100 lbs. in 5 lb. increments.

A fully integrated Cardio Theater system, with a diverse viewing and listening selection, will keep members from getting bored while burning thousands of calories.

Cutting-edge computerized fitness programs and our friendly staff of fitness professionals will provide valuable workout feedback and data management.

In addition to a numerous and diverse stationary cardiovascular equipment offering, a 1/8th-mile, Mondo-surfaced indoor track will provide walkers and runners with a safe and enjoyable road-side alternative, void of traffic, animals and mother nature's wrath.



The Kettering Recreation Complex Fitness Center

The place where it all started, this facility is located at the award-winning Kettering Recreation Complex and features amenities not usually associated with private and non-profit fitness centers. In addition to our recently expanded fitness facilities and aerobic dance studio, two full-court basketball courts, a 1/12th-mile indoor walking/running track, an NHL-sized ice rink, nursery, competition indoor/outdoor pool, spa area (whirlpool/Jacuzzi, sauna and steam room), water park, concessions, conference rooms and Charles I. Lathrem Senior Center compliment our fitness and recreation facilities.

A vast array of the most state-of-the-art, ergonomic and fun-to-train-on fitness equipment is offered:

Cardiovascular Equipment: Life Fitness Treadmills, Cross Trainer elliptical machines, upright and recumbent Life Cycles and Stairmaster Climbers, Precor EFX elliptical machines, Schwinn Air Dyne bikes, and a Concept II rowing machine.

Strength Training Equipment: Life Fitness selectorized machines (including cable cross and smith machines) and Hammer Strength selectorized and leverage machines. Ample Olympic free weights with flat benches, incline benches, utility benches, power racks and dumbbells from 5 to 100 lbs. in 5 lb. increments.

Forty-nine land-based group exercise classes are offered in our Aerobic Dance Studio and 26 water-based group exercise classes are offered in our Indoor/Outdoor Competition Pool.

Various wellness screening and education opportunities are also available through the Kettering Recreation Complex such as, free monthly blood pressure or blood sugar screenings, free monthly child immunizations, and osteoporosis and cholesterol screening, to name a few.

For additional information on any of our fitness facilities, contact Jerry Finley at 296-4346.



Gift Certificates

A great idea for any occasion! Purchase gift certificates for most of the Parks, Recreation and Cultural Arts programs. Purchase certificates at any recreation facility.

FITNESS CENTER FEES

**Kettering Fitness & Wellness Center
adjacent to the James S. Trent Arena and the
Kettering Recreation Complex Fitness Center**

PER VISIT DROP-IN	Res.	Non-Res.
Youth (8 – 15)	\$3	\$6
Youth (16 – 17)	\$3	\$6
Adult	\$4	\$8
CIL Member	\$3	\$6
PUNCH CARD (12 visits)	\$31	\$62
ANNUAL PASS		
Youth (8 – 15)	\$85	\$127
Youth (16 – 17)	\$104	\$156
Adult	\$136	\$203
CIL Member	\$110	\$166
Family of 3	\$325	\$488
Family of 4	\$371	\$556
Family of 5	\$397	\$595
*Dual Fitness Center add-on fee available (see below for details)		
COMBINATION PASS		
Youth (8 – 15)	\$102	\$135
Youth (16 – 17)	\$135	\$202
Adult	\$223	\$333
CIL Member	\$196	\$290
Family of 3	\$535	\$800
Family of 4	\$610	\$912
Family of 5	\$653	\$976
DROP-IN PASS (Orientation)	\$25	\$37.50

SPECIAL NOTES:

*Dual Fitness Center usage is available for a \$78/year upgrade. This will allow members unlimited usage of both fitness centers. This is applicable to both Annual Fitness Center Memberships and Annual Combination Passes.

- All Fitness Room Annual Passes and Combination Passes are valid for one year from date of purchase.
- Passes are not transferable.
- For your enjoyment and safety, please review the posted fitness room rules before working out.
- Patrons going through an orientation have priority on the equipment.

ANNUAL PASS: Includes walk/run track and spa (KRC only). Youth pass does not include spa (KRC).

COMBINATION PASS (KRC): Includes walk/run track, spa, fitness room, swim, skate, drop-in exercise and drop-in gym during designated hours. Youth pass does not include spa.

DROP-IN PASS/ORIENTATION: May be applied toward purchase of an annual or combination pass (KRC). Drop-in pass does not include walk/run track or spa (KRC).

DROP-IN EXERCISE FEES

	Resident	Non-Resident
Drop-In Class:		
Youth (13 - 17)	\$2	\$4
Adult	\$3	\$6
Annual Pass:		
Youth (13 - 17)	\$30	\$47
Adult	\$74	\$111
CIL Member	\$68	\$103
Punch Card (12 visits)	\$23	\$46

Parent or Guardian Must Sign

A parent or guardian must sign a release prior to youth (8 through 17) attending any activity.

DROP-IN FEES SPECIAL NOTES:

- Drop-in fees are on a per class basis.
- An exercise pass entitles the bearer to attend any of the drop-in exercise classes and allows access to the walk/run track.
- Passes are not transferable.
- Parent or guardian must sign a release prior to youth (11-17) attending any activity.
- The drop-in exercise schedule may change during your pass year.
- Exercise passes are valid for one year from date of purchase.

**PLEASE CHECK WITH YOUR DOCTOR
BEFORE BEGINNING ANY FITNESS PROGRAM.**

FITNESS CENTER INFORMATION

An orientation with a member of the fitness staff is optional and can be scheduled before using the fitness facilities. Please call 296-2587 (Kettering Recreation Complex Fitness Center) or 293-4348 (Kettering Fitness & Wellness Center) to schedule an appointment. Purchasing your pass the day of your orientation (but prior to the orientation) will ensure you a full year of usage.

A parent or legal guardian must accompany youth 8-15 years of age during their orientation, and youth 16 and 17 years old must present a release signed by parent or guardian before they can begin using the fitness facilities. Releases may be obtained at the information desk in the main lobby of the Kettering Recreation Complex or at the front desk of the Kettering Fitness & Wellness Center. PLEASE CHECK WITH YOUR DOCTOR BEFORE BEGINNING ANY FITNESS PROGRAM.

FITNESS CENTER HOURS

Unless otherwise noted, the following hours are in effect now.

**Kettering Fitness & Wellness Center at the
James S. Trent Arena and
Kettering Recreation Complex Fitness Center**

Weekdays: 6 a.m. - 10 p.m.

Saturday: 7 a.m. - 10 p.m.

Sunday: 11 a.m. - 6 p.m. (Through Aug. 30, 2009)

11 a.m. - 8 p.m. (Beginning Sept. 6, 2009)

SPECIAL HOLIDAY HOURS

Holiday	Date	Hours
Labor Day	Sept. 7	8 a.m. - 5 p.m.
Thanksgiving	Nov. 26	Closed
Christmas Eve Day	Dec. 24	8 a.m. - 5 p.m.
Christmas Day	Dec. 25	Closed
New Year's Eve	Dec. 31	8 a.m. - 5 p.m.
New Year's Day	Jan. 1	Closed

YOUTH FITNESS CENTER HOURS

To improve our community's health and to combat the youth obesity epidemic that our country and community are facing, we have expanded our popular youth fitness hours (at both locations) and lowered the age requirements for participation. These new hours will allow children ages 8 - 15 access to all of our fitness facilities during all operational fitness center hours, provided they are directly supervised by a parent and undergoing mandatory new member orientation (parents must attend the child's orientation as well and have received a grant from their pediatrician or family doctor).

Children ages 8 to 10 can access the cardiovascular portion of the fitness centers which contain the following cardiovascular exercise equipment: treadmills, bikes, etc. Portions of the fitness centers contain strength-training equipment and free weights.

Children ages 11 to 15 can access the entire fitness offering at either of our fitness facilities — both cardio and strength-training during all operational hours — provided they are supervised by an "actively involved" parent. A ratio of two children per adult, regardless of age combination, will be strictly enforced. For additional questions, please contact Jerry Finley at 296-4346.

Fitness Opportunities

The Kettering Fitness & Wellness Center at the James S. Trent Arena and the Kettering Recreation Complex fitness center offer many opportunities for the development of the body and mind through its facilities, programs and activities promoting fitness and wellness. Our qualified staff will help people of all ages in their efforts to attain a higher level of physical and mental well-being. **Please check with your doctor before beginning any exercise program.**

Body Composition Testing

Age(s): 18+ years

Are you interested in knowing your body fat? Schedule an appointment with the fitness supervisor for a body fat analysis. Testing is performed with bio-electrical impedance. Shorts and a short-sleeve shirt must be worn to the test. Please call 293-4FIT (4348) to schedule an appointment.

Fee: \$10 per test

Please Note!

A staff member is scheduled for your orientation appointment, fit test or your personal training session. We require 24 hours notice if canceling. This enables us to schedule another appointment for that time period. We appreciate your consideration. Call 296-2587(KRC) or 293-4348 (KFWC).

Fit Test

Age(s) 16 +

Put yourself to the test with a variety of assessments geared toward determining your personal fitness level. Compare your results to nationally established norms. Discover your strengths! Recognize your weaknesses. Set goals for areas of improvement. Our trained staff will provide you with a personalized fitness profile. Tests, lasting approximately 1.5 hours, are performed to determine:

- Aerobic Fitness
- Muscular Fitness
- Body Composition
- Flexibility
- Blood Pressure

These tests are not intended for medical screening purposes or to replace medical examinations. Please check with your doctor before beginning any exercise program. Make a FIT TEST appointment by contacting the Fitness/Wellness staff at 296-2587.

Reg # 411376 Fee: \$30/resident; \$37/non-resident

PERSONAL TRAINING/FITNESS GUIDANCE

Available at Kettering Recreation Complex Fitness Center and Kettering Fitness & Wellness Center at the James S. Trent Arena

One of our certified personal trainers will consult with you about your fitness goals. A variety of assessments (Fit Tests) geared toward determining your personal fitness level can be conducted. The trainer will then design a personalized training program and “coach” you to achieve optimum results from your efforts. An annual fitness room pass must be purchased prior to initial consultation. Call the Fitness/Wellness staff at 296-2587 or 293-4348 for an appointment.

	Resident	Non-Resident
Annual Fitness Room Pass	\$136	\$203
Fit Test (optional)	\$30	\$37
Initial Consultation, Program Development & Two One-Hour Sessions of Private Training (Reg. #411377A)	\$45	\$60
Additional Training Fees	\$30/hr.	\$37/hr.

STARTING AN EXERCISE PROGRAM

Before beginning an exercise program, you should get your doctor's approval. If you fit the following risk description, a physical exam can provide early detection of potential problems and offer guidelines for a safe exercise program.

- People over 35 years old are at greater risk for heart disease.
- At any age, the following conditions are risk factors:
 - Sedentary lifestyle for several years
 - More than 20 pounds overweight
 - Cigarette smoking
 - Any history of heart problems in your immediate family
 - Pain or pressure in chest during any vigorous activity
 - High blood cholesterol
 - High blood pressure

EXERCISE GOAL SETTING

Need help with your workout program? Sign up now for a re-orientation. Our professional certified staff will help you with your goal setting and your exercise program.

This service is free to both drop-in and fitness center pass holders. Call 296-2587(KRC) or 293-4348(KFWC) for an appointment.

CORPORATE FITNESS & WELLNESS

Did you know that many insurance carriers offer reduction in health care coverage for organizations actively involved in a fitness/wellness program?

Did you know that corporate fitness/wellness programs help to reduce absenteeism and turnover while improving company morale and organizational image?

And, did you know that the immediate return on investment for most fitness/wellness programs is \$2 to \$5 for every \$1 invested?

Corporate fitness/wellness programs are offered through the City of Kettering Parks, Recreation and Cultural Arts Department at the Kettering Fitness & Wellness Center at James S. Trent Arena, Kettering Recreation Complex, Polen Farm, or various parks and outdoor recreation facilities and at your workplace. Corporate fitness discounts are offered with annual passes to our various Kettering Recreation Complex facilities and the Kettering Fitness & Wellness Center at James S. Trent Arena. Corporate wellness programs such as employee education and screenings are offered in conjunction with the Kettering Medical Center. Corporate sports leagues such as basketball, volleyball, sand volleyball, kickball or softball are offered at top-notch sport venues. Special events, retreats, picnics or theme parties are offered at Polen Farm, the Kettering Recreation Complex and our many wonderful park facilities. Show your employees that you care by investing in their health and well-being!

For information on Corporate Fitness, Wellness and Recreation programs, contact Jim Engelhardt, Division Manager at 296-2587.

FITNESS ROOM ORIENTATION FOR PEOPLE WITH DISABILITIES

We recognize the need for physical fitness for all our citizens. Fitness room orientations for people with physical disabilities may be arranged by calling 296-2587 (KRC) or 293-4348 (KFWC). Appointments are required. The orientation fee is \$25 for residents and \$37.50 for non-residents and may be applied toward the purchase of an annual pass. The orientation covers use of hand mitts, adapted stretching, strength, movement, transfers and concepts dealing with adaptive fitness programs. For more information, call the Kettering Recreation Complex at 296-2587.

DROP-IN EXERCISE CLASSES

Youth Fitness – Group Exercise

On Saturday mornings, we are offering two group fitness classes for parents to attend with their children (ages 13 and up). This is a great opportunity for children to be introduced to a healthy lifestyle or to have one reinforced! Spend quality time with your child while having fun and getting a great workout. These classes are for the beginner or intermediate.

Worth the Weight

Using various means of resistance (weights, bands, balls and your own body weight), this class is for those who wish to tighten and tone their muscles and increase their lean body mass. Participants will be focusing on the muscular endurance and flexibility of the major muscle groups.

Reg. #	Day(s)	Time(s)	Date(s)
Drop-in	Sat.	9 a.m.	(visit www.ketteringoh.org)

Classic Cardio Blast

Using the step and traditional low-impact aerobic movement patterns that are fun yet easy, these dance and kick-boxing moves make this a high-energy, yet basic, cardio workout.

Reg. #	Day(s)	Time(s)	Date(s)
Drop-in	Sat.	10 a.m.	(visit www.ketteringoh.org)

Fee:	\$2/resident; \$4/non-resident
Punch Card (12 visits):	\$23/resident; \$46/non-resident
Annual Pass (13 - 17):	\$30/resident; \$47/non-resident
Adult:	\$74/resident; \$111/non-resident
CIL:	\$68/resident; \$103/non-resident

Pilates

Age(s): 16+ years old

You've seen it, you've heard about it, now come and see what everyone is talking about. Pilates classes have been around for over 25 years, but recently the general public has started to discover this fun and invigorating form of exercise. This exciting style of exercise is a combination of yoga, flexibility, training and strength training all rolled into one energizing exercise format. Classes will be 1 hour in duration and are now part of our drop-in schedule.



Reg. #	Day(s)	Time(s)	Date(s)
Drop-In	M, W, F	11:15 a.m. - 12:15	Fall

Location: * 11:15-12:15 classes will be held in the Action Center (Aerobics Room) at the Kettering Recreation Complex.

DROP-IN EXERCISE SCHEDULE

Effective Sept. 1, - Dec. 31, 2009

Age(s): 13+ years old
16+ years old

All programs are co-ed and are held in the Action Center.

Please visit www.ketteringoh.org then click **PLAY** select the **Drop-in Schedules** under **Kettering Recreation Complex** for current schedule of classes or stop by the Kettering Recreation Complex for a free take-home flyer of current class schedules.

EXERCISE DESCRIPTIONS

Pilates (beginner/intermediate/advanced): This exciting style of exercise is a combination of Yoga, flexibility training and strength training, all rolled into one energizing exercise format.

Worth the Weight (beginner/intermediate/advanced): Using various means of resistance (weights, bands, bars, your own body weight) this class will appeal to all who wish to tighten and tone their muscles and thereby increase their lean body mass. Participants will be focusing on the strength, muscular endurance and flexibility of the major muscle groups.



Step (beginner/intermediate/advanced): This is a choreographed high-energy class that uses various step combinations to provide an exciting and results-oriented, cardiovascular class.

Step Into Muscle (intermediate/advanced): Choreographed, powerful, high-energy step combinations will be used for our cardiovascular portion of the class. The muscular conditioning segment will use weights, tubing and other resistance equipment.

Cardio Cross-Training (intermediate/advanced): Varying your activities can help prevent injuries and push you past a plateau. Activities will change bi-weekly to monthly and may include high/low, aerobics, fit ball, step and a combination of two activities. Each class will end with 20 to 30 minutes of resistance training.

Move to the Music (beginner/intermediate/advanced): This class will combine traditional aerobics with various forms of music and choreography for an enjoyable high-energy workout.

Kickboxing (beginner/intermediate/advanced): This is a challenging class that concentrates on power, strength, speed, and endurance. Using martial arts style punches and kicks this class will boost your cardio and increase your strength.

LIA/Fitball (beginner/intermediate): A low-impact aerobics class combined with stability ball for a fun way to cardio fitness. Abdominal and trunk stabilization training will end each class.

Zumba This is a combination of Latin dance and choreography that has been combined for an incredible workout.

Yoga Fit Yoga Fit is the continuous flow of yoga poses, focusing on increasing strength, flexibility and balance.

Lockers, Towels — Easy as 1-2-3!

Kettering Recreation Complex: Lockers and towels are available for a daily drop-in rate. Annual locker rental is also available for \$25/resident, \$39/non-resident. Annual towel rental is also available for \$32/resident, \$48/non-resident for a year. For more information, call 296-2587.

Kettering Fitness & Wellness Center: Daily locker and towel use is included for pass holders.

DROP-IN EXERCISE CLASSES AT THE CIL

Exercise for the Mature Adult

Age(s): 45+ years old

Below are the drop-in classes for the Lathrem Senior Center. Class descriptions are listed below the schedule.

Class	Day(s)	Time
AM Exercise (CIL Members only)	M/W/F	9 - 9:55 a.m.
Stretch & Move (Chair) (Anyone can attend)	M/W/Th	10 - 10:50 a.m.
Lengthen & Strengthen (Anyone can attend)	M/Th	11 - 11:50 a.m.
PM Exercise (CIL Members only)	M/W/Th	6:30 - 7:30 p.m.
Strength Training (CIL Members Only)	M/Th	5:30 - 6:30 p.m.

AM & PM Exercise (Aerobic) - These classes include aerobic conditioning, flexibility and strength exercises. The class is for those with medium fitness levels.

Stretch & Move - This chair exercise class is good for beginning exercisers as well as those with low to medium fitness levels. This class works on strength and flexibility.

Lengthen & Strengthen - This class uses weights, bands, chair and floor for a well-rounded strength and flexibility class.

Strength Training - This class uses weights, bands, chair and floor for a well-rounded strength and flexibility class.

Fee: \$1/class - Lathrem Members; \$2/class - Kettering Residents; \$4/class - Non-Kettering Residents
\$44/year - Drop-In Yearly Pass

REGISTERED EXERCISE CLASSES

Aerobic Kick-Boxing

Age(s) 13 +

This class packs a high intensity workout into a 60 minute session. This innovative program simulates a boxer's and kick-boxer's training routine using 12 and/or 16 oz. gloves, jump ropes, punch mitts and heavy bags. Participants are taken through a routine of sport specific stretches, punches and kicks with personalized attention given to safety and form. This workout includes coordination drills, muscle toning and endurance conditioning.

Reg. #	Day(s)	Time(s)	Date(s)
411322-A	F	5:30 - 6:30 p.m.	Sept. 4 - Oct. 9
411322-C	F	5:30 - 6:30 p.m.	Oct. 16 - Nov. 20*

Fee: \$35/resident; \$45/non-resident
Instructor: Nancy Williamson

Find Your Balance

Age(s) 45+

The goal of many exercise programs is to stay independent and healthy as long as possible as well as improving or maintaining a higher quality of life. Our Find Your Balance class, led by Kathy Beals, certified exercise instructor, will take you through exercises to increase your balance and muscular endurance to help avoid injuries and falls. Learn practical techniques you can use at home and in every day situations. Deadline for sign up is 6 days prior to the start date.

Reg. #	Day	Time	Date
411317-A/AA	M	Noon - 12:45 p.m.	Oct 12 - Nov. 30

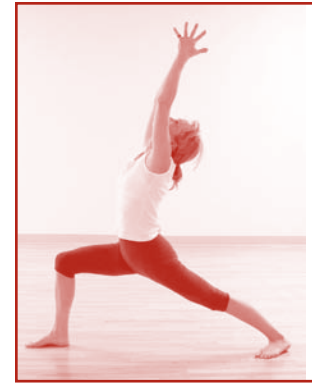
Fee: \$42/Resident; \$48/Non-Resident
Location: CIL Senior Center
Instructor: Kathy Beals

For more information, call 937.296.2587.

Hatha Yoga

Age(s) 16 +

Hatha Yoga enables those who practice it to achieve better health, spiritual well-being and mental self-discipline. Students will learn Yoga posture, deep breathing, relaxation and stress management techniques. Please wear loose, comfortable clothing and bring a mat or blanket. Both beginner and continuing levels are offered. * Class will not meet on: Nov. 22.



Reg. #	Day(s)	Time(s)	Date(s)
411300-A	M	6 - 7:15 p.m.	Sept. 14 - Oct. 19
411300-B	M	7:30 - 8:45 p.m.	Sept. 14 - Oct. 19
411300-E	Th	6 - 7:15 p.m.	Sept. 17 - Oct. 22
411300-F	Th	7:30 - 8:45 p.m.	Sept. 17 - Oct. 22
411300-G	M	6 - 7:15 p.m.	Oct. 26 - Nov. 30
411300-H	M	7:30 - 8:45 p.m.	Oct. 26 - Nov. 30
411300-K	Th	6 - 7:15 p.m.	Oct. 29 - Dec. 10*
411300-L	Th	7:30 - 8:45 p.m.	Oct. 29 - Dec. 10

Fee: \$45/resident; \$55/non-resident
Instructor: Kim Whitehead

Gentle Stretch Yoga

Age(s) 45 +

Yoga has been proven to help people manage stress, improve posture, and positively effect their general health. This Gentle stretch yoga class is specially designed for the senior adult and beginning yoga participant. *No class on Nov. 26.

Reg. #	Day(s)	Time(s)	Date(s)
411305-A/AA	T	8:30 - 9:45 a.m.	Sept. 8 - Nov. 3 (8 wks)
411305-B/BB	Th	8:30 - 9:45 a.m.	Sept. 10 - Nov. 5 (8 wks)
411305-C/CC	T	8:30 - 9:45 a.m.	Nov. 10 - Dec. 15 (6 wks)
411305-D/DD	Th	8:30 - 9:45 a.m.	Nov. 12 - Dec. 17* (6 wks)

Fee: 8 wk class \$45/resident; \$55/non-resident
6 wk class \$34/resident; \$44/non-resident

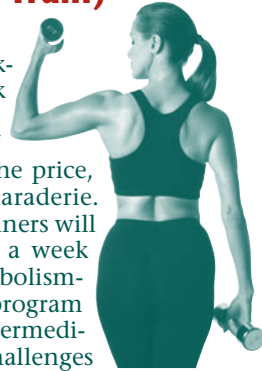
Location: Lathrem Senior Center
Instructor: Kim Zehnder

The Kettering Recreation Complex is teaming up with the Diabetes Association of Dayton of offer you a chance to do something you love and raise money for a good cause. All the money raised will stay local! The event will take place on Saturday, September 26. Swimming is from 9 a.m. - noon and Zumba is from 2 - 5 p.m. Get your registration packet at the front desk of the KRC or KPWC and start getting sponsors. Thank you for your help!

W.O.W. (Group Personal Train)

Age(s) 18 +

Tired of the same old workout? Looking for a new edge? Our 6-week group strength-training program for women offers the same benefits of personal training at a fraction of the price, and with an added bonus of camaraderie. Exercise specialists and personal trainers will lead participants through a twice a week results-oriented, challenging, metabolism-kicking, and fun strength training program designed for both beginners and intermediate exercisers. Goals and physical challenges will be established each week. Get in the Zone! Make the decision to dedicate yourself to a new strength-training program and get started on a new shape and attitude. All participants must be oriented and cleared for exercise in the fitness center prior to the beginning of class. You must call 499-1700 in advance to schedule an orientation prior to the start of class. Class is limited to six participants per session.



Reg. #	Day(s)	Time(s)	Date(s)
411380-A	M/W	7:30 - 8:30 p.m.	Sept. 14 - Oct. 21
411380-B	M/W	7:30 - 8:30 p.m.	Oct. 26 - Dec. 7

Fee: \$120/resident; \$150/non-resident
 Instructor: Melissa Nestor
 Location: Kettering Fitness & Wellness Center

FIT (Fellas In Training)

Age(s) 18 +

Tired of the same old workout? Looking for a new edge? Come and join our six week group strength training class for men, this class offers the benefits of personal training at a fraction of the price but with the added benefit of a group setting. Our Exercise specialists will lead participants through a twice a week results-oriented, challenging, metabolism changing, and fun strength training program designed to meet each individuals needs. Goals and physical challenges will be established each week. Make the decision to get your workouts back on track or just get started working out. Come and join us at the Kettering Fitness and Wellness Center for a workout like none you've experienced before. All participants must be oriented prior to the first day of class and cleared of any medical issues that would limit participation. You must call 293-4348 in advance to schedule an orientation. Class is limited to six participants per session.

Reg. #	Day(s)	Time(s)	Date(s)
411385-A	M/W	7:30 - 8:30 p.m.	Sept. 14 - Oct. 21
411385-B	M/W	7:30 - 8:30 p.m.	Oct. 26 - Dec. 7

Fee: \$120/resident; \$150/non-resident
 Location: Kettering Fitness & Wellness Center

KIT (Kids In Training)

Age(s) 11 - 17

This is a group personal training class designed especially for pre-teens and teenagers alike. This class will teach the basic principles of exercise and nutrition as well as producing a quantitative set of outcomes. The class will also supply participants with the latest workouts and knowledge for their age group.

Reg. #	Day(s)	Time(s)	Date(s)
411381-A	T/Th	6 - 7 p.m.	Sept. 8 - Oct. 15

Fee: \$100/resident; \$120/non-resident

Registering In Advance

Watching a good activity die is painful. There is a point when, if there are not enough registrants, an activity will be canceled. Signing up on the day of the activity will not resurrect it! Please register at least seven days prior to the beginning of the activity.

MARTIAL ARTS

Tae Kwon Do

Age(s) 8 +

Learn self-defense, become fit and gain confidence and learn the basic skills needed to defend yourself. This class is recommended for white, yellow and orange belts.



Reg. #	Day(s)	Time(s)	Date(s)
411017-A	T/Th	5:30 - 7:30 p.m.	Sept. 1 - 29
	Sat.	Noon - 2 p.m.	
411017-B	T/Th	5:30 - 7:30 p.m.	Oct. 1 - 31
	Sat.	Noon - 2 p.m.	
411017-C	T/Th	5:30 - 7:30 p.m.	Nov. 3 - 28
	Sat.	Noon - 2 p.m.	
411017-D	T/Th	5:30 - 7:30 p.m.	Dec. 1 - 29
	Sat.	Noon - 2 p.m.	

Fee: \$30/resident; \$37/non-resident
 Instructor: Mike Booth 2nd DAN Black Belt

Tai Chi Chaun

Age(s) 18 +

Combat stress in your life with a low-impact exercise class in Tai Chi. On any morning in China, a visitor can see hundreds of people of all ages practicing Tai Chi. The soft, slow, flowing movements aid balance, breathing, muscle tone, relaxation and concentration. Tai Chi even burns calories! Tai Chi is an ideal and interesting form of exercise. Those with limitations on their level of activity can practice it. Weather permitting, classes will be held outdoors. *Class will not meet on November 21.

Beginning Tai Chi:

Reg. #	Day(s)	Time(s)	Date(s)
411014-A	Sat.	10 - 11 a.m.	Sept. 5 - Oct. 24
411014-B	Sat.	10 - 11 a.m.	Oct. 31 - Dec. 26*

Intermediate Tai Chi:

Reg. #	Day(s)	Time(s)	Date(s)
411014-C	Sat.	11 a.m. - noon	Sept. 5 - Oct. 24
411014-D	Sat.	11 a.m. - noon	Oct. 31 - Dec. 26*

Fee: \$40/resident; \$50/non-resident
 Instructor: Tama Martial Arts Center instructor

Basic Self-Defense Education

Age(s) 14+ years old; 11 - 13 years old with adult
 The RAD program is a national program formally titled, "Rape, Aggression, Defense Systems." Participants will learn realistic self-defense tactics and techniques. RAD is a comprehensive course for females that begins with awareness, prevention, risk reduction and avoidance while progressing on the basics of hands-on defense training.

Day(s)	Time(s)	Date(s)
T	6 - 9 p.m.	September 9-30
T	6 - 9 p.m.	November 4-25

Fee: \$20 and \$10/additional family member
 Instructor: Judy Kohl, Kettering Police Dept., Certified RAD
 Registration: Call Judy Kohl at 296-3266 to reserve a spot
 Location: First class meets at the Kettering Police Dept., 3600 Shroyer Road. Last 3 classes meet at Barnes Gym.

Cadet Judo

Age(s) 4 - 6

Basic body movements and control will be developed through the use of games and basic Judo skills. Coordination, control and basic motor-skills will be enhanced while the student is having fun. *No new students during sessions B & D (only continuing students).

Reg. #	Day(s)	Time(s)	Date(s)
411036-A	M/W	5:30 - 6:30 p.m.	Sept. 2 - 30
411036-B	M/W	5:30 - 6:30 p.m.	Oct. 5 - 28*
411036-C	M/W	5:30 - 6:30 p.m.	Nov. 2 - 30
411036-D	M/W	5:30 - 6:30 p.m.	Dec. 2 - 30*

Fee: \$25/resident; \$30/non-resident
 Instructor: Russ Scherer, 4th DAN Black Belt

Judo

Age(s) 7 +

This Olympic sport is fun for the entire family. It builds self-confidence, self-control and self-respect while developing coordination, strength, flexibility, agility and balance. Learn to fall safely, control your body movements, and throw and pin your opponent. The program runs year-round allowing the opportunity to progress in rank. \$10 discount for additional family members. *No new students during sessions B & D (only continuing students).

Reg. #	Day(s)	Time(s)	Date(s)
411038-A	M/W	6:30 - 8 p.m.	Sept. 2 - 30
411038-B	M/W	6:30 - 8 p.m.	Oct. 5 - 28*
411038-C	M/W	6:30 - 8 p.m.	Nov. 2 - 30
411038-D	M/W	6:30 - 8:30 p.m.	Dec. 2 - 30*

Fee: \$25/resident; \$30/non-resident
 Instructor: Russ Scherer, 5th DAN Black Belt

Wing Chun Kung Fu

Age(s) 8 +

Wing Chun is a logical system of martial arts based on scientific concepts and the natural motion of the human body. It is the original style of the late Bruce Lee and relies on technique which anyone can learn regardless of size. Participants will also learn ways to focus and concentrate with the ancient system of self-defense from the Shaolin Kung Fu. \$10 discount for additional family members.

Reg. #	Day(s)	Time(s)	Date(s)
411039-A	F	7 - 8 p.m.	Sept. 4 - 27
	Sun.	3:30 - 4:30 p.m.	
411039-B	F	7 - 8 p.m.	Oct. 2 - 30
	Sun.	3:30 - 4:30 p.m.	
411039-C	F	7 - 8 p.m.	Nov. 1 - 29
	Sun.	3:30 - 4:30 p.m.	
411039-D	F	7 - 8 p.m.	Dec. 4 - 27
	Sun.	3:30 - 4:30 p.m.	

Fee: \$25/resident; \$30/non-resident
 Instructor: Ron Bey

Tai Chi for Seniors

Age(s) 35 +

Tai chi is a practice originating in China and has been used for many years to promote health and wellbeing. Tai chi can help improve balance and relaxation. Tai Chi consists of slow, fluid motions, which are done in a standing position. This beginner level class will be held on Tuesdays at the Lathrem Senior Center. Sign up now; space is limited.

Reg. #	Day(s)	Time(s)	Date(s)
411316-A/AA	T	1 p.m. - 2 p.m.	Sept. 8 - Oct. 13
411316-B/BB	T	1 p.m. - 2 p.m.	Oct. 27 - Dec. 1

Fee: \$43/resident; \$53/non-resident

WELLNESS PROGRAMS

Fitness Yoga

This class is mixed level for beginners to intermediates. Yoga helps to increase flexibility and balance, build strength, burn calories, and to promote relaxation and stress reduction.

Location: Kettering Fitness & Wellness Center at Fairmont High School in the Kettering Medical Center Room, 3351 Shroyer Road
 Cost: \$60 for a 7 week session (14 classes)
 Registration: Call 395-3910

Reflexology: Treat Yourself Today

Reflexology uses different massage and pressure techniques to relax and loosen muscles in the feet and hands. The feet and hands are viewed as maps or mirrors of the body and by putting pressure on and massaging specific points is said to have an effect on the corresponding area of the body.

Each session is 10 minutes in length with skilled practitioner Mary Dubs from Dubs LLC. Choose a foot/hand reflexology appointment or a relaxing foot massage. The cost for a 10-minute session is \$12 and \$24 for a 20-minute session. Fee is required at the time of registration.

September 14, 28	5:30 -6:30 p.m.
October 12, 26	5:30 -6:30 p.m.
November 9, 23	5:30 -6:30 p.m.
December 14	5:30 -6:30 p.m.

An appointment is required and can be made at the Kettering Recreation Complex or the Lathrem Senior Center front desk.

Chair Massage-Oh What A Feeling!

Chair massage is a great way to relieve tense and aching muscles that are all too common in most of us. Chair massage includes the use of acupressure, which is considered a quick stress reliever. This is intended not only to relax tense and aching muscles, but also to release energy and invigorate both mind and body. Glenn Dubs from Dubs, LLC will be at the Kettering Recreation Complex on the following dates and times:

September 14, 28	10 a.m. - noon
October 12, 26	10 a.m. - noon
November 9, 23	10 a.m. - noon
December 14	10 a.m. - noon

Each massage is done fully clothed in a massage chair. For only \$12, you will feel like a new person after only 10 minutes. Registration is required and payment is required at the time of registration. Make your appointment at the CIL. Fee: \$12 per 10-minute appointment

As of printing, all information is believed to be accurate. If you feel that there is an error, please contact us at 296-2454 or kettprca@ketteringoh.org.

We reserve the right to change program details including date, time and fees.

Low Vision Education and Support

The Low Vision Education and support group meets the second Tuesday of each month at 2 p.m. at the Lathrem Senior Center. The group's mission is to share the latest information on programs, services and equipment to assist those with visual impairments. Most meetings consist of an educational speaker. For more information call 296-2480.

WELLNESS SCREENINGS

Child Immunization

The Combined Health District of Montgomery County offers the following immunizations at the clinic sites listed below; DtaP, Polio, Hib, Hepatitis B, MMR, Prevnar, Rotateq, Td, Tdap, and influenza seasonally. Chicken Pox vaccine is available by reservation only. Menactra, Gardasil, and Hepatitis A are available on a limited basis to those that qualify. All children ages birth-18 years welcome. There is a \$15 office visit fee and a \$10 per shot administration fee. All fees for state supplied vaccines are based on ability to pay. No child will be turned away based on guardian ability to pay. No money is collected at the site, fees will be billed. Please bring your child's shot record and insurance card to every visit.



Reg. #	Day(s)	Time(s)	Date(s)
Drop-In	M	4 - 7 p.m.	September 14
Drop-In	M	4 - 7 p.m.	October 5
Drop-In	M	4 - 7 p.m.	November 2
Drop-In	M	4 - 7 p.m.	December 7

Blood Sugar/Blood Pressure Screenings



Stop in for a complimentary Blood Sugar and Blood Pressure Screening at the Lathrem Senior Center. Senior Independence and Dayton Heartland Facilities provide these free screenings and are able to provide information on diabetes. The screenings taking place in the Lathrem Senior Center.

Date	Day	Time(s)	Provider/Location
Sept. 11	Th	9 a.m. - noon	Dayton Heartland Facilities/CIL
Sept. 21	M	9 a.m. - noon	Well's Institute/KRC
Sept. 24	W	9 a.m. - noon	Senior Independence / CIL
Oct. 9	Th	9 a.m. - noon	Dayton Heartland Facilities/CIL
Oct. 19	M	9 a.m. - noon	Well's Institute/KRC
Oct. 22	W	9 a.m. - noon	Senior Independence / CIL
Nov. 13	Th	9 a.m. - noon	Dayton Heartland Facilities/CIL
Nov. 16	M	9 a.m. - noon	Well's Institute/KRC
Nov. 26	W	9 a.m. - noon	Senior Independence / CIL
Dec. 11	Th	9 a.m. - noon	Dayton Heartland Facilities/CIL
Dec. 17	W	9 a.m. - noon	Senior Independence / CIL
Dec. 21	M	9 a.m. - noon	Well's Institute/KRC

Registering In Advance

Watching a good activity die is painful. There is a point when, if there are not enough registrants, an activity is canceled. Signing up on the day of the activity will not resurrect it! Please register at least seven days prior to the beginning of the activity.

Hearing Screening

Has the volume on your television increased over the year? Do you consistently ask people to repeat themselves? A Free monthly Hearing Screening is now being offered at the center. This 15-minute screening is provided by Avada Audiology and Hearing Care on the 4th Wednesday of each month. An Appointment is required. Please call 296-2480 to schedule a time.

Day	Date	Time	Appointment Required
Wed.	Sept. 23	10 a.m. - noon	Call 296-2480
Wed.	Nov. 25	10 a.m. - noon	Call 296-2480

Fee: No Charge
Location: Lathrem Senior Center

Diabetes Education & Support

The City of Kettering has teamed up with Kettering Medical Center's Diabetes and Nutrition Center to provide Education and support to those individuals with Diabetes and their families. Learn more about managing your diabetes to lead a healthy lifestyle. Guest Speakers will share their expertise at each event.

Please call 384-6959 to register and note the different times and locations.

Day(s)	Time(s)	Location	Topic
Sept. 17	7 - 8 p.m.	(KMC)	Rising Stress = Rising Blood Sugar
Nov. 19	1 - 2 p.m.	(KRC)	Staying CarbohydrateSmart Over the Holidays

Location: Kettering Recreation Complex (KRC)
KMC's Diabetes & Nutrition Cr (KMC)

Cholesterol/Diabetes Screening

October 21, 2009 8:30-12 KRC Clinic

Kettering Medical Center offers this screening, which measures the risk for cardiovascular disease. The results included in the total lipid profile are: total cholesterol, HDL, LDL, triglycerides and blood glucose. This requires a 12-hour fast and a finger stick. Results are immediate and educational hand-outs are included. Counseling is available and is provided by KMC health professionals. Please call Kettering Medical Center in advance to register (937) 384-4857.

Fee: \$21/Person

Do you have questions about services for older adults?

Visit the City of Kettering's Senior Services Coordinator,

Vickie Carraher

in the lobby of the

Charles I. Lathrem Senior Center

on the third Thursday of each month from 10 a.m. - noon or call 296-3356

for an appointment. The Senior Services Coordinator can address questions on a wide variety of topics including: Medicare, in-home services, senior housing, and transportation.

INDOOR WALK/RUN TRACKS

Two of the most popular spots in Kettering! Two tracks are now offered. (1) at the Kettering Recreation Complex, a 1/12th of a mile track (banked Mondo surface). And (2) at the Kettering Fitness & Wellness Center located adjacent to the James S. Trent Arena and Kettering Fairmont High School, a 1/8th of a mile track (Mondo surface). Both tracks are open during all regularly scheduled complex hours:

Hours of Operation: 6 a.m. - 10 p.m., Mon. - Fri.
7 a.m. - 10 p.m., Sat.
11 a.m. - 8 p.m., Sun.

Drop-in Fee: Free with proper photo I.D./resident;
\$2/non-resident
CIL members free

Annual Pass: \$45/non-resident youth
\$75/non-resident adult

Annual passes are valid for one year from date of purchase.

Age(s):	Hours:
16+ years	All hours
13+ years	Youth track hours only. M - F, 3 - 5 p.m.; Sun., 3:30 - 5 p.m.
5+ years	May participate during Family Drop-in hours. Youth must be accompanied by an adult. See gym schedule on page 38.
Special Pass Hours (5+ years)	M - F, 7 - 9 p.m. To encourage youth fitness, age exception may be made during restricted hours. Inquire at the front desk for a special pass.

Gift Certificates

A great idea for any occasion! Purchase gift certificates for most of the Parks, Recreation and Cultural Arts programs. Purchase certificates at any recreation facility.

Track Information:

- (1, 2) No spectators allowed on track.
- (1, 2) Caution must be used entering and exiting track.
- (1, 2) As a courtesy to others, please refrain from using perfumes/colognes.
- (1) The track is equipped with chin-up bar, vertical AB/DIP, back extension and adjustable decline bench for patrons interested in interval training.
- (1, 2) Walk/Run only in the direction of the arrow posted outside the door.
- (1) Walk on the inside two lanes - run on the outside two lanes.
(2) Walk on the inside lane - run on the outside lane (the middle lane will be used for passing only).
- (1, 2) Proper clean footwear, with rubber or crepe soles, is required on the track. Inappropriate footwear or excessively dirty footwear may result in expulsion from facility.
- (1, 2) For safety, please follow all posted track rules.
- (1, 2) Lap counters are available at Checkpoint or the Front Desk.
- (1) Pace clocks are located in track corners. Charts are available at Checkpoint.
- (1, 2) Coat racks are located to your right before you enter the track.
- (1, 2) We are not responsible for loss, theft or damage to personal property.
- (1) Lockers are available for rent at Checkpoint.
- (1) A fitness wellness information rack is located near the track entrance. Please stop by and pick up current information.
- (1, 2) Walk no more than two abreast; three abreast or more is not permitted.
- (1, 2) All non-walking children (infants or toddlers) must be secured to the accompanying adult by means of an appropriate pack or harness.

OUTDOOR WALKING MAPS

Maps are now available of local walking paths. Each map includes stretching and walking tips as well as distances of various trails. One map includes paths and trails around the Kettering Recreation Complex and Indian Riffle Park. The other map includes trails at other parks, including Lincoln Park, Civic Commons and Delco Park. **You may pick up these maps at the Kettering Recreation Complex main desk or the Kettering Fitness & Wellness Center front desk.**

The Lathrem Senior Center offers transportation for Kettering residents for only \$2 to \$6 for a round trip.



- Grocery Shopping
- Doctor Appointments
- Dental Appointments
- Pharmacy
- Banking

Call 296-2480 for information.

Walk Kettering

In an on-going effort to maintain and increase the health of our residents, the City of Kettering is launching a program called "Walk Kettering". The program is centered on the idea of walking whether it is on one our indoor tracks or in one of our beautiful parks, or just in your neighborhood. The program is designed to give participants useful information such as mileage, different walking venues available, or various health and wellness tips. Please call the Fitness and Adult Sports Supervisor at 296-4346 for more information.

