

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. Two 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 (KFWC)

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

The KFWC offers a variety of fitness facilities and programs in a convenient location.

State-of-the-art fitness equipment and services include:

- Cardiovascular equipment
- Strength training equipment
- Cardio Theatre system
- 1/8th mile indoor track
- Complete wellness education and assessment services
- Corporate fitness, work-wellness and recreational programs
- Step-down therapy and sport acceleration programs in conjunction with the Kettering Medical Center



Kettering Recreation Complex Fitness Center (KRC)

Located in the award-winning Kettering Recreation Complex

The Fitness Center includes the following state-of-the-art fitness equipment and services:

- Cardiovascular equipment
- Strength training equipment
- Cardio Theatre system
- 1/12th mile indoor track
- 54 group exercise classes per week in the aerobic dance studio
- 24 water-based group exercise classes per week
- Various wellness screenings and education opportunities

Other fitness amenities include:

- Two full-court basketball courts
- NHL-sized ice rink
- Competition indoor/outdoor pool
- Whirlpool, sauna and steam room



For additional information on any of our fitness facilities, contact Jim Engelhardt at 296-2587.

Two Great Locations with One Pass!

To provide greater convenience for our customers, all Fitness Passes are now good at both the Kettering Recreation Complex and the Kettering Fitness & Wellness Center. This includes individual and family fitness passes and combination passes.



FITNESS CENTER FEES

TWO FOR THE PRICE OF ONE DUAL FITNESS CENTER MEMBERSHIP!

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	\$340	\$508
Family of 4	\$388	\$579
Family of 5	\$415	\$620
COMBINATION PASS		
Youth (8 – 15)	\$102	\$135
Youth (16 – 17)	\$135	\$202
Adult	\$223	\$333
CIL Member	\$196	\$290
Family of 3	\$550	\$833
Family of 4	\$636	\$950
Family of 5	\$691	\$1,017
DROP-IN PASS (Orientation)	\$25	\$37.50

SPECIAL NOTES:

Dual Fitness Center usage is automatically included with your Fitness or Combination Pass.

- 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).

FAMILY PASS: Family is defined as persons living in the same household address. Verification of Residency is confirmed via driver's license or utility bill in the name of the persons applying for membership. Children 18 years of age and under are not required to show verification of living in the household.

Parent or Guardian Must Sign

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

FITNESS CENTER HOURS

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

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

Weekdays: 6 a.m. - 10 p.m.
Saturday: 7 a.m. - 10 p.m.
Sunday: 11 a.m. - 8 p.m. (Through May 23, 2010)
11 a.m. - 6 p.m. (Beginning May 30, 2010 through Labor Day)

SPECIAL HOLIDAY HOURS

<u>Holiday</u>	<u>Date</u>	<u>Hours</u>
Easter	April 4	Closed
Memorial Day	May 31	8 a.m. – 5 p.m.

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 offerings at both 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 call 296-2587 (Kettering Recreation Complex) or 294-4348 (Kettering Fitness & Wellness Center).

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 youths 8-15 years of age during their orientation, and youths 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 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 293-4348 to schedule an appointment.

Fee: \$10 per test

Location: Kettering Fitness & Wellness Center

Please Note: A staff member is scheduled for your orientation appointment or Fit Test. 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+ years

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
- Body Composition
- Blood Pressure
- Muscular Fitness
- Flexibility

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.

211376-A M-Sun. 6 a.m. - 8:30 p.m. April 1 - May 31
 Fee: \$30/resident; \$37/non-resident

Personal Training — Personal Fitness Guidance

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. 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/Adult Sports Supervisor at 296-4346 for an appointment.

	Resident	Non-Resident
Annual Fitness Room Pass	\$136	\$203
Fit Test (optional)	\$30	\$37
Initial Consultation, Program Development & Two 1-Hour Sessions of Private Training (3 sessions total) (Reg. #211377A)	\$45	\$60
Additional Training Fees	\$30/hr.	\$37/hr.

For more information, call 937.296.2587.

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 the 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 the 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 various 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. There is no better way to show your employees that you care, than investing in their health and well-being!

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

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

Do you 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(Kettering Recreation Complex) or 293-4348 (Kettering Fitness & Wellness Center) for an appointment.

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 (Kettering Recreation Complex) or 293-4348 (Kettering Fitness & Wellness Center). Appointments are required. The fee for an orientation is \$25 for residents and \$37.50 for non-residents and may be applied towards 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.

www.ketteringoh.org

DROP-IN EXERCISE CLASSES

Youth Fitness Drop-In Classes (KRC)

On Saturday mornings, we are offering two group fitness classes for parents to attend with their children (ages 11 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, if appropriate), 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.

Drop-in	Sat.	9 a.m.	See schedule on-line
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Cardio Cross Training

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.

Drop-in	Sat.	10 a.m.	See schedule on-line
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Fee:	\$2/resident; \$4/non-resident
Punch Card (12 visits):	\$23/resident; \$46/non-resident
Annual Pass (11 - 17):	\$30/resident; \$47/non-resident
(adult):	\$74/resident; \$111/non-resident

DROP-IN EXERCISE SCHEDULE

The current drop-in group exercise schedule can be located at both the Kettering Recreation Complex, the Kettering Fitness & Wellness Center or on-line at www.ketteringoh.org (click on the "PLAY" link at the top right-hand corner of the main page and then "Drop-In Schedules" link under the "Kettering Recreation Complex" heading). Call 296-2587 for additional information.

DROP-IN EXERCISE FEES

Drop-In Classes	Resident	Non-Resident
Youth (11 - 17)	\$2	\$4
Adult	\$3	\$6
Annual Pass:		
Youth (11 - 17)	\$30	\$47
Adult	\$74	\$111
CIL Member	\$68	\$103
Punch Card (12 visits)	\$23	\$46

SPECIAL NOTES:

- Drop-in fees are per class (class times vary from 55 minutes to 1 hour).
- 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 youths (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.

Pilates

Age(s): 16+ years

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 one hour in duration and are now part of our drop-in schedule.

Drop-In	M/W/F	11:15 a.m. – 12:10 p.m.	Spring
Drop-In	T/Th	9 – 9:55 a.m.	Spring
Drop-In	W	6:30 – 7:25 p.m.	Spring

Location: Kettering Recreation Complex Aerobics Studio

Drop-in Exercise Classes at the CIL

Exercise for the Mature Adult

Age(s): 45+ years

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

AM Exercise CIL Members Only	M/W/F	9 – 9:55 a.m.	CIL
PM Exercise CIL Members Only	M/W/Th	6:30 – 7:30 p.m.	CIL
Strength Training CIL Members Only	M/Th	5:30 – 6:30 p.m.	CIL
Stretch & Move (Chair) Anyone 45+	M/W/Th	10 – 10:50 a.m.	CIL
Lengthen & Strengthen Anyone 45+	M/Th	11 – 11:50 a.m.	CIL

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 (CIL Members): \$1/class – Annual CIL Pass
\$44/year – CIL Annual Exercise Pass
(No drop-in fee; only the Annual Pass)

Fee (Non-CIL Members): \$1/class – CIL Members
\$2/class – Kettering Residents
\$4/class – Non-Kettering Residents
\$44/year – CIL Annual Exercise Pass

Free Fitness Fridays at the KRC —

It's fun, it's fit and it's free! Come and join us the first Friday of every month for our free aerobics day. If you have never been to an aerobics class but have always wanted to check it out, here is your chance. On the first Friday of every month, all aerobics classes at the Kettering Recreation Complex will be free of charge. Anyone can come in and participate; it does not matter where you live, whether you have ever been to the complex before, or even if you belong to another fitness facility. We want everyone to stop in and experience the fun, friendly, energetic, expertly-taught, fat-burning group exercise classes we offer. So, if you have ever wanted to see what we are all about, now is the time.

Our schedule for each month will be posted at the KRC Aerobics Room or call 296-2587.

Fridays, April 2 and May 7

If you have questions, please contact the Fitness/Adult Sports Supervisor at 296-4346.

REGISTERED EXERCISE CLASSES

Aerobic Kick-Boxing

Age(s) 16+ years

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.

211322-A	F	5:30 - 6:30 p.m.	April 2 - May 7
Fee:	\$32/resident; \$40/non-resident		
Instructor:	Nancy Williamson and Meg Holmes		

Hatha Yoga

Age(s) 13+ years

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.

Beginning

211300-A	M	6 - 7:15 p.m.	March 29 - May 3
211300-C	Th	6 - 7:15 p.m.	April 1 - May 6
211300-E	M	6 - 7:15 p.m.	May 10 - June 14
211300-G	Th	6 - 7:15 p.m.	May 13 - June 17

Intermediate

211300-B	M	7:30 - 8:45 p.m.	March 29 - May 3
211300-D	Th	7:30 - 8:45 p.m.	April 1 - May 6
211300-F	M	7:30 - 8:45 p.m.	May 10 - June 14
211300-H	Th	7:30 - 8:45 p.m.	May 13 - June 17

Fee: \$39/resident; \$49/non-resident
 Instructor: Kim Whitehead

W.O.W.

Age(s) 18+ years

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 293-4348 in advance to schedule an orientation prior to the start of class. Class is limited to six participants per session.



211380-A	M/W	7:30 - 8:30 p.m.	April 12 - May 19
Fee:	\$120/resident; \$150/non-resident		
Instructor:	Melissa Nestor		
Location:	Kettering Fitness & Wellness Center (3351 Shroyer Road)		

Gentle Stretch Yoga

Age(s) 45+ years

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.

211307-A	T	8:30 - 9:45 a.m.	May 11 - June 29
211307-AA	T	8:30 - 9:45 a.m.	May 11 - June 29
211307-B	Th	8:30 - 9:45 a.m.	May 13 - July 1
211307-BB	Th	8:30 - 9:45 a.m.	May 13 - July 1

Fee: \$45 CIL member; \$55 non-member
 Location: Charles I. Lathrem Senior Center
 Instructor: Kim Zehnder

Find Your Balance

Age(s) 45+ years

This 45-minute class is designed to help you stay independent and healthy as long as possible. 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.

111357-B	M	Noon - 12:45 p.m.	March 29 - May 17
111357-BB	M	Noon - 12:45 p.m.	March 29 - May 17

Fee: \$42 residents; \$48 non-residents
 Location: Charles I. Lathrem Senior Center
 Instructor: Kathy Beals

Chair Yoga

Age(s) 45+ years

Chair Yoga is a more gentle form of Yoga that is practiced in a chair instead of on a mat. The art of Yoga while sitting in a chair was specially developed for individuals with limited mobility. Participants will learn many kinds of Yoga postures, breathing techniques, meditation, and ways of relaxation.

211328-A	Th	10 - 10:30 a.m.	April 29 - June 3
211328-AA	Th	10 - 10:30 a.m.	April 29 - June 3

Fee: \$21 resident; \$26 non-resident
 Location: Charles I. Lathrem Senior Center
 Instructor: Kim Zehnder

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.

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.

MARTIAL ARTS

Tae Kwon Do

Age(s) 8+ years

For self-defense, sport, fitness and fun, learn this ancient martial art. Learn body movement and control involving the skilled application of punches, kicks, blocks and dodges with the hands and feet. Start working on achieving your black belt status now.



211017-A	T/Th	5:30 - 7:30 p.m.	April 1 - 29
	Sat.	Noon - 2 p.m.	
211017-B	T/Th	5:30 - 7:30 p.m.	May 1 - 29
	Sat.	Noon - 2 p.m.	

Fee: \$30/resident; \$37/non-resident
 Location: KRC Multipurpose Room
 Instructor: Mike Booth, 2nd DAN Black Belt

Aikido

Age(s) 16+ years

Aikido is a defensive Japanese martial art. Aikido's goal is to remove aggression from situations and render attacks harmless without seriously injuring anyone. Aikidoists avoid direct confrontation by blending with an attacker's energy to defend against grabbing, striking and choking attacks. The power of effective aikido comes from centering, relaxing and extending "ki" energy and awareness rather than physical size and strength. The practice of aikido brings enhanced balance, coordination, energy, flexibility and spatial and environmental awareness, as well as develops one's ability to relax and remain calm in mind and body during stressful situations.

211025-A	T/Th	7:30 - 9:30 p.m.	April 1 - 29
211025-B	T/Th	7:30 - 9:30 p.m.	May 4 - 27

Fee: \$30/resident; \$40/non-resident
 Instructor: Jeremy Hughel, Shodan Certified (20+ years experience)

Tai Chi Chaun

Age(s) 18+ years

Combat the 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 even practice it. Weather permitting, these classes will be held outdoors.



Beginning Tai Chi

111014-B	Sat.	10 - 11 a.m.	March 13 - May 1
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Intermediate Tai Chi

111014-D	Sat.	11 a.m. - noon	March 13 - May 1
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Fee: \$40/resident; \$50/non-resident
 Instructor: Tama Martial Arts Center Instructor

Basic Self-Defense Education

Age(s): 14+ years; 11 - 13 years 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.



Tues.	6 - 9 p.m.	March 2 - 23
Tues.	6 - 9 p.m.	May 4 - 25

Fee: \$20; \$10/additional family member
 Instructor: Judy Kohl, Kettering Police Department, Certified RAD Instructor
 Registration: Call Judy Kohl at 296-3266, ext. 5, to register.
 Location: First class of each session meets at the Kettering Police Department, 3600 Shroyer Road. Last three classes of each session will meet at Barnes Gym.

Cadet Judo

Age(s) 4 - 6 years

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 A (only continuing students).

211036-A	M/W	5:30 - 6:30 p.m.	April 5 - 28
211036-B	M/W	5:30 - 6:30 p.m.	May 3 - 26

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

Judo

Age(s) 7+ years

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 how to fall safely, control your body movements, throw and pin your opponent. The program will run year-round allowing you the opportunity to progress in rank. Ten dollar (\$10) discount for additional family members. NO NEW STUDENTS DURING SESSION A (only continuing students).



211038-A	M/W	6:30 - 8 p.m.	April 5 - 28
211038-B	M/W	6:30 - 8 p.m.	May 3 - 26

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

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.

Kung Fu

Age(s) 8+ years

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. It relies on technique to which anyone can learn regardless of size for self-defense and fitness. Participants will also learn ways to help them focus and concentrate with the ancient system of self-defense from the Shaolin Kung Fu. \$10 discount for additional family members.

211039-A	F	7 - 8 p.m.	April 2 - 30
	Sun.	3:30 - 4:30 p.m.	

211039-B	F	7 - 8 p.m.	May 2 - 30
	Sun.	3:30 - 4:30 p.m.	

Fee: \$25/resident; \$30/non-resident
 Location: Kettering Recreation Complex Aerobics Studio
 Instructor: Ron Bey

Brazilian Jiu Jitsu

Age(s) 7 – 12 years

This exciting class will develop self-esteem and teach basic to intermediate skills of Brazilian Jiu Jitsu. Learning to escape and defend from the bottom position, throwing and takedown techniques, as well as submission locks will be taught and practiced. Participants will learn to control without being dominated. This program is a great cardio workout for children. A Jiu Jitsu uniform is mandatory and can be purchased from TAMA Martial Arts Center.

211013-A	Th	5:30 - 6:30 p.m.	April 8 - June 3
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Fee: \$95/resident; \$105/non-resident
 Location: TAMA Martial Arts Center (1753 Woodman Dr.)
 Instructor: TAMA Martial Arts Center staff

Muay Thai Kickboxing

Participants will learn and practice the ancient art of kick-boxing. Various punching, kicking and clinching techniques will be taught. Bag workouts, ring drills and sparring will also be included. This program will develop self-confidence, focus, listening and fighting skills. A Muay Thai kit is mandatory and can be purchased at TAMA Martial Arts Center.



This class covers skills beyond the basic introductory level. More intensive offensive techniques and defensive applications will be taught in addition to the introductory/youth kickboxing class. This class offers a great opportunity to get in shape and develop self-discipline, coordination, balance and self-defense.

Adult

Age(s) 13+ years

211003-A	T	7:30 - 9 p.m.	April 6 - June 1
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Youth

Age(s) 7 – 12 years (boys and girls)

211003-B	M	5:30 - 6:30 p.m.	April 5 - June 7
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Fee: \$95/resident; \$105/non-resident
 Location: TAMA Martial Arts Center (1753 Woodman Dr.)
 Instructor: TAMA Martial Arts Center Staff

Boxing

Age(s) 13+ years

This program teaches fundamental boxing skills with intermediate to advanced application and include offensive and defensive punching, combinations, blocking and ring movement techniques. Participants will box with heavy bags and ring partners. This is a great cardio and conditioning class. Boxing gear is mandatory and can be purchased from TAMA Martial Arts Center.

211016-A	T	5:30 - 6:30 p.m.	April 6 - June 1
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Fee: \$95/resident; \$105/non-resident
 Location: TAMA Martial Arts Center (1753 Woodman Dr.)
 Instructor: TAMA Martial Arts Center Staff

Senior Tai Chi

Age(s) 45+ years

Tai Chi is a practice originating in China and has been used for many years to promote health and well being. It has been seen that Tai Chi can help improve balance and relaxation. Tai Chi consists of slow, fluid motions which are done in a standing position.

211309-A	T	1 - 2 p.m.	May 4 - June 8
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211309-AA	T	1 - 2 p.m.	May 4 - June 8
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Fee: \$43 resident; \$53 non-resident
 Location: Charles I. Lathrem Senior Center
 Instructor: Staff – Manuel Taningco

WATER ACTIVITIES FOR FITNESS

The Kettering Recreation Complex offers a variety of fitness activities that take place in the pool. Please see page 25 in the Aquatics Programs section for additional information on water fitness classes.



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. to 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.

WELLNESS PROGRAMS

Fresh Start

Fresh Start is a medically-administered adult weight management program, offered at Kettering Sports Medicine Center. Fresh Start is a team environment where participants work toward common goals. Our program incorporates fitness and nutrition, and family behaviors that attribute to healthy lifestyles. Fresh Start is a 12-week program meeting on Tuesday and Wednesday evenings. Adults will be working with Physicians, Athletic Trainers, Exercise Physiologists, Nutritionist and a Clinical Psychologist. Please call (937) 293-4348 for more information.

- Topic:** Adult Weight Management Program
- Session Begins:** Please call for details about our next program starting date.
- Location:** Kettering Fitness & Wellness Center at Fairmont High School in the Kettering Medical Center Room, 3351 Shroyer Road
- Instructors:** Cindy Cassell PhD, RD, LD
Melissa Nestor B.S., M.S., CSCS

For more information, please call (937) 296-4348 or visit our website, ketteringoh.org.

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.



- Date/Time:** Tuesday and Thursday
10 - 10:55 a.m.
- Location:** Kettering Fitness & Wellness Center at Fairmont High School in the Kettering Medical Center Room, 3351 Shroyer Road
- Fee:** \$60 for a 7-week session (14 classes)
- Registration:** Call 395-3910.

**A★M★E★R★I★C★A★S
PARKS AND RECREATION**

Promoting Unity ★ Educating Kids and Adults
Offering Gathering Places for Hope and Healing
Celebrating Cultural Diversity ★ Bringing Joy
Providing Sanctuary for All Living Things
Creating Memories ★ Unifying Communities

*Protecting Heritage,
Health and Happiness*

Instilling Teamwork ★ Expanding Knowledge
Reducing Stress ★ Enhancing Relationships
Strengthening Neighborhoods ★ Conquering Fear
Eliminating Loneliness ★ Providing Shelter
Providing Places to Enjoy Nature's Wonders

THE BENEFITS ARE ENDLESS...®

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.

- Monday, April 12 and 26 5:30 - 6:30 p.m.
- Monday, May 10 and 24 5:30 - 6:30 p.m.

An appointment is required for this program. Please make your appointment at the Kettering Recreation Complex or the Charles I. Lathrem Senior Center front desk.

- Fee:** \$12 per 10-minute appointment
- Location:** Kettering Recreation Complex

Chair Massage—Oh What A Feeling!

Chair massage is a great way to relieve tense, 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. A soothing relaxing massage is just the thing to melt away the tension. Glenn Dubs from Dubs, LLC will be at the Kettering Recreation Complex on the following dates and times:

- Tuesday, April 13 and 27 10 a.m. – noon
- Tuesday, May 11 and 25 10 a.m. – noon

Each massage is done fully clothed in a special massage chair. The benefits of massage are numerous and you will feel like a new person. It is a great way to treat yourself.

Registration is required. Payment is required at the time of registration. Make your appointment at the Charles I. Lathrem Senior Center or the Kettering Recreation Complex.

- Fee:** \$12 per 10-minute appointment
- Location:** Kettering Recreation Complex

Managing Cholesterol and Your Diet

What is cholesterol? Learn from a Registered Nurse from Kettering Medical Center the risks and problems that can occur when cholesterol is elevated. Discover nine steps to manage your cholesterol and help change your eating patterns. Register at Kettering Recreation Complex (296-2587). For more information, please contact the Sports & Wellness Coordinator at 296-2587.

121945	T	1 - 2:30 p.m.	April 27
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- Fee:** **Free**
Kettering Recreation Complex

SAVE THIS BROCHURE!

It contains information for classes and events March – May.

Our next Activities Guide will be mailed in April for classes and events May – August.

Mother Daughter Day

In Recognition of Women's Health Week

Age(s) 10+ years

Mothers and their daughters will enjoy a day full of fun and laughter. The day will kickoff with a motivational speaker, followed by workshops focusing on self-esteem, nutrition and osteoporosis, healthy body image and communication. End the day together with lunch and a fashion show, demonstrating the latest fashion trends. Every mother will receive a free one-week fitness pass and daughters will take home a surprise gift bag. Inquire upon participating in the fashion show when you register.



Saturday, May 8 9 a.m. – 2 p.m.

Free
Kettering Recreation Complex

Please call (937) 558-3988 to register.

This event is being provided in collaboration with Kettering Health Network, the Ohio Department of Health, Office of Healthy Ohio, Bureau of Health Promotion and Risk Reduction, Violence and Injury Prevention Program and Wright State University's Center for Healthy Communities AHEA Region IV.

Low Vision Seminar

Age(s) All

The Charles I. Lathrem Senior Center is hosting its 9th annual Low Vision Seminar. Educational speakers will consist of a motivational speaker, an Ophthalmologist, and a representative of Visual Tech Connection with new and innovative products from Enhanced Vision. Lunch will be available, along with informational booths, vision screenings, door prizes and raffles. Space is limited; pre-registration is required (296-2480).

221990-B/C Sat. 9:30 a.m. – 2 p.m. April 24

Fee: \$10 seminar and lunch; \$2 seminar only

Location: Charles I. Lathrem Senior Center

WELLNESS SCREENINGS

Kiss Your 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, Pevnar, 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.



BRING COPY OF CURRENT SHOT RECORD.

For more information, call the Combined Health District at 225-4550.

Drop-In	M	4 - 7 p.m.	April 5
Drop-In	M	4 - 7 p.m.	May 3

Blood Pressure & Sugar Screening

Come see us for a free blood pressure check. Nurses from Crestview Manor, HCR Manor Care, Oaks of West Kettering, Senior Independence, and Wells Institute will be at our complex on the following dates to provide free blood pressure and sugar screenings:



Date	Day	Time	Provider/Location
April 7	W	10 a.m. – noon	Oaks of West Kettering/CIL
April 8	Th	9 a.m. – noon	HCR Manor Care/CIL
April 12	M	11 a.m. – 1 p.m.	Crestview Manor/CIL
April 19	M	9 a.m. – noon	Well's Institute/KRC
April 28	W	11 a.m. – 1 p.m.	Senior Independence/ CIL
May 5	W	10 a.m. – noon	Oaks of West Kettering/CIL
May 10	M	11 a.m. – 1 p.m.	Crestview Manor/CIL
May 13	Th	9 a.m. – noon	HCR Manor Care/CIL
May 17	M	9 a.m. – noon	Well's Institute/KRC
May 26	W	11 a.m. – 1 p.m.	Senior Independence/CIL

Fee: **Free**

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 Charles I. Lathrem Senior Center. This 15-minute screening is provided by Avada Audiology and Hearing Care.

Date	Day	Time	Location
April 15	Th	10 – 11:30 a.m.	CIL
May 20	Th	10 – 11:30 a.m.	Kettering Connection

Appointment required; please call 296-2480.

Gift Certificates

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

Cardiovascular Health Assessment

Kettering Medical Center will offer a Cardiovascular Health Assessment Screening through Kettering Cardiac Services. Early detection can save your life. These screenings help detect risk at an early stage, before cardiovascular symptoms occur.

Thickening of an artery provides the earliest detectable evidence of atherosclerosis. A new ultrasound-imaging test, known as CIMT or Carotid Intima Media Thickness can assess future risk of heart attack by measuring the layers of the carotid artery. This test provides your physician with valuable new information to assess your arterial and cardiovascular health. Additional ultrasound tests detect plaque in carotid arteries (neck) and check for poor circulation in lower extremities.

May 4	T	9 a.m. – 4 p.m.
Fee:	\$119 for all exams (\$109 Years Ahead Plus Members)	
Location:	Kettering Recreation Complex	

Registration is required. Please call (937) 558-3988 for an appointment.

Body Fat Analysis

Ever wonder how much of your body weight is made of muscle and how much is made of fat? This test will measure lean versus fat weight using a handheld bioelectrical impedance machine. Results are immediate, and recommendations for fat loss will be discussed by a KMC healthcare professional. Appointments are available and walk-ins are welcome, if time permits. You can register at (937) 558-3988.

May 18	T	6 a.m. – 9 a.m.
Fee:	\$5	
Locations:	Kettering Fitness & Wellness Center	

RMR (Resting Metabolic Rate) Screening

This screening will give a reading of your resting metabolic rate (RMR) and determine body fat analysis. This will help determine your nutritional needs and evaluate your healthy lifestyle choices. A 4-hour fast is required.

May 18	T	5 – 7:30 p.m.
Fee:	\$25; Years Ahead \$23	
Location:	Kettering Fitness & Wellness Center	

INDOOR WALK / RUN TRACKS

The most popular spots in Kettering—two tracks are offered for our residents' health & fitness—(1) At the Kettering Recreation Complex, a 1/12th of a mile track (banked Mondo surface); and (2) at the Kettering Fitness 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: 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 old	All hours (parental supervision is not required)
5+ years old	All hours (parents must accompany child and "actively" supervise. Youth Track cards must also be acquired prior to participation (inquire at the front desk)

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.**

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 all 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 and wellness information rack is located near the track entrance. Please stop by and pick up the 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.

