

# 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 (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
- Computerized fitness programs
- 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 includes the following state-of-the-art fitness equipment and services:

- Cardiovascular equipment
- Strength training equipment
- Cardio Theatre system
- Computerized fitness programs
- 1/12th mile indoor track
- 49 group exercise classes in the aerobic dance studio
- 26 water-based group exercise classes
- 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.

## Two Great Locations with One Pass!

To provide greater convenience for our customers, all Fitness Passes will be good at both the Kettering Recreation Complex and the Kettering Fitness and Wellness Center (effective Jan. 1, 2010). This includes individual and family fitness passes and combination passes.



### Try Before You Buy!

Beginning Dec. 1, 2009 to Jan.

31, 2010, you can try us out for free! To get your free 1-week trial membership, stop at any information desk. You will have access to both fitness rooms, all aerobics classes, indoor pool, ice arena and gymnasium. For more information, call 296-2587.

## 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
<b>PUNCH CARD (12 visits)</b>	<b>\$31</b>	<b>\$62</b>
<b>ANNUAL PASS</b>		
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
<b>COMBINATION PASS</b>		
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
<b>DROP-IN PASS (Orientation)</b>	<b>\$25</b>	<b>\$37.50</b>

### SPECIAL NOTES:

- All Fitness Passes are good at BOTH locations!
- 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 person's applying for membership. Children 18 years of age and under are not required to show verification of living in the household.

## FITNESS CENTER HOURS

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. (Memorial Day through Labor Day) 11 a.m. - 6 p.m. (Labor Day through Memorial Day)

### SPECIAL HOLIDAY HOURS

Holiday	Date	Hours
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
Easter	April 4	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 offerings 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 293-4348.

## 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 Opportunities

The Kettering Fitness and 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 old

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 speak to the Fitness/Wellness Supervisor to schedule an appointment.

Fee: \$10 per test

Location: Kettering Recreation Complex or  
Kettering Fitness and Wellness Center

### Parent or Guardian Must Sign

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

## 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
- 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 293-4348. Registration No. 111376-A. \*Class will not meet on: April 16, Sept. 4, Nov. 23, Dec. 24, Dec. 25, May 28, July 4, Sept. 3, Nov. 22

Fee: \$30/resident; \$37/non-resident

## Personal Training — Personal Fitness Guidance

**Kettering Recreation Complex Fitness Center & Kettering Fitness and 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 “Motivate” you to achieve optimum results from your efforts. An annual fitness room pass must be purchased prior to initial consultation. Call the Fitness/Wellness Supervisor at 293-4348 for an appointment.

	Resident	Non-Resident
Annual Fitness Room Pass	\$136	\$203
Fit Test (optional)	\$30	\$37
Initial Consultation, Program Development & 2 One-Hour Sessions of Private Training (Reg. #511377A)	\$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

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.

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 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 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.

## 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 or 293-4348. 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 293-4348 and ask for Jerry Finley.

***Please register for all these classes at the Kettering Recreation Complex unless otherwise noted. All classes and programs are held at the Kettering Recreation Complex unless otherwise noted.***

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

## YOUTH FITNESS GROUP EXERCISE (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 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

### Walk/Run Track

Please look on page 45 for specific information regarding the walk/run track for youth.

## DROP-IN EXERCISE FEES

Drop-In Classes	Resident	Non-Resident
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

### SPECIAL NOTES:

- Drop-in fees are per class (class times vary from 25 - 55 minutes).
- 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.**

### 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](http://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 CLASSES

### Pilates

Age(s): 16+ years old

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.

Drop-In	M/W/F	11:15 a.m. – 12:15 p.m.	Jan.-March
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Location: KRC Aerobics Studio

### 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.

AM Exercise CIL Members	M/W/F	9-9:55 a.m.	CIL
PM Exercise CIL Members	M/W/Th	6:30-7:30 p.m.	CIL
Strength Training CIL Members	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
Zumba Gold Anyone	T	11-11:55am	KRC

**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): \$2/class – Kettering Residents  
\$4/class – Non-Kettering Residents

### Aerobics Day 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 haven't ever 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 KRC will be free of charge. Anyone can come in and participate; it doesn't matter where you live, whether you've 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've ever wanted to see what we're all about now is the time.

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

*Fri., January 8; Fri., February 5; Fri., March 5; Fri., April 2*

If you have questions, please contact the Fitness & Adult Sports Supervisor at 293-4348.

## REGISTERED EXERCISE CLASSES

### Aerobic Kick-Boxing

Age(s) 16 +

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.

111322-A	F	5:30 - 6:30 p.m.	Jan. 8 - Feb. 12
111322-B	Sun.	2 - 3 p.m.	Jan. 3 - Feb. 7
111322-C	F	5:30 - 6:30 p.m.	Feb. 19 - March 26
111322-D	Sun.	2 - 3 p.m.	Feb. 14 - March 21

Fee: \$32/resident; \$40/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 and keeping the quality of life. This class 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.

111357-A/AA	M	Noon - 12:45 p.m.	Jan. 11 - March 8
111357-B/BB	M	Noon - 12:45 p.m.	March 29 - May 17

Fee: \$42/resident; \$48/non-resident  
 Location: CIL Senior Center  
 Instructor: Kathy Beals, Certified Exercise Instructor

### 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 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. This class is geared towards senior adults and beginner Tai Chi participants. Join our instructor Joy Josephs from the "Tai Chi Center" who will lead our next eight-week session. Sign up now; space is limited.

111356-A/AA	T	1 - 2 p.m.	Jan. 12 - Feb. 16
111356-B/BB	T	1 - 2 p.m.	March 9 - April 13

Fee: \$43/resident; \$53/non-resident  
 Location: CIL Senior Center  
 Instructor: Manuel Taningco

### 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.

111355-A/AA	T	8:30 - 9:45 a.m.	Jan. 5 - Feb. 23
111355-B/BB	Th	8:30 - 9:45 a.m.	Jan. 7 - Feb. 25
111355-C/CC	T	8:30 - 9:45 a.m.	March 9 - April 27
111355-D/DD	Th	8:30 - 9:45 a.m.	March 11 - April 29

Fee: \$45/resident; \$55/non-resident  
 Location: CIL Senior Center  
 Instructor: Kim Zehnder

### Hatha Yoga

Age(s) 13 +

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.

111300-A	M	6 - 7:15 p.m.	Jan. 4 - Feb. 8*
111300-B	M	7:30 - 8:45 p.m.	Jan. 4 - Feb. 8*
111300-C	Th	6 - 7:15 p.m.	Jan. 7 - Feb. 11
111300-D	Th	7:30 - 8:45 p.m.	Jan. 7 - Feb. 11
111300-E	M	6 - 7:15 p.m.	Feb. 15 - March 22
111300-F	M	7:30 - 8:45 p.m.	Feb. 15 - March 22
111300-G	Th	6 - 7:15 p.m.	Feb. 18 - March 25
111300-H	Th	7:30 - 8:45 p.m.	Feb. 18 - March 25

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

### Fresh Start

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

**Topic:** Adult Weight Management Program  
**Location:** Kettering Fitness & Wellness Center at Fairmont High School in the Kettering Medical Center Room, 3351 Shroyer Road

**Date and Time:** To be announced; please call for details about our next program starting date.

**Instructors:** Cindy Cassell, PhD, RD, LD  
 Melissa Nestor, B.S., M.S., CSCS

For more information, call (937) 293-4348 or visit our website at [www.ketteringoh.org](http://www.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:** TBD Mondays and Wednesdays  
**Location:** Kettering Fitness and 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

### 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.

## W.O.W.

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. 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.



111380-A	M/W	7:30 - 8:30 p.m.	Jan. 4 - Feb. 10
111380-B	M/W	7:30 - 8:30 p.m.	Feb. 22 - March 31

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, which 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 individual's needs. Goals and physical challenges will be established each week. 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.

111385-A	M/W	7:30 - 8:30 p.m.	Jan. 4 - Feb. 10
111385-B	M/W	7:30 - 8:30 p.m.	Feb. 22 - March 31

Fee: \$120/resident; \$150/non-resident

Location: Fitness & Wellness Center

**Please register for all these classes at the Kettering Recreation Complex unless otherwise noted. All classes and programs are held at the Kettering Recreation Complex unless otherwise noted.**

## 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.

## MARTIAL ARTS

### Tae Kwon Do

Age(s) 8 +

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. \*Class will not meet on: Jan. 23 or Feb. 20



111017-A	T/Th	5:30 - 7:30 p.m.	Jan. 5 - 30*
	Sat.	Noon - 2 p.m.	
111017-B	T/Th	5:30 - 7:30 p.m.	Feb. 2 - 27*
	Sat.	Noon - 2 p.m.	

Fee: \$30/resident; \$37/non-resident

Location: KRC Multipurpose Room

Instructor: Mike Booth, 2nd DAN Black Belt

### Tai Chi Chaun

Age(s) 18 +

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. \*Class will not meet on: Jan. 23 or Feb. 20.

#### Beginning Tai Chi

111014-A	Sat.	10 - 11 a.m.	Jan. 2 - March 6*
111014-B	Sat.	10 - 11 a.m.	March 13 - May 1*

#### Intermediate Tai Chi

111014-C	Sat.	11 a.m. - noon	Jan. 2 - March 6*
111014-D	Sat.	11 a.m. - noon	March 13 - May 1*

Fee: \$50/resident; \$60/non-resident

Instructor: Tama Martial Arts Center instructor

### Brazilian Jiu Jitsu

Age(s) 7 - 12 (boys and girls)

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.

111013-A	Th	5:30 - 6:30 p.m.	Jan. 21 - March 18
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Fee: \$110/resident; \$120/non-resident

Location: TAMA Martial Arts Center (1753 Woodman Dr.)

Instructor: TAMA Martial Arts Center staff

## Muay Thai Kickboxing

Age(s) 7 - 12 (boys and girls)

Participants will learn and practice the ancient art of kickboxing. 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.

111015-A	M	5:30 - 6:30 p.m.	Jan. 18 - March 15
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Age(s) 13 - Adult

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 kick-boxing class. This class offers a great opportunity to get in shape and develop self-discipline, coordination, balance and self-defense.

111015-B	T	7:30 - 9 p.m.	Jan. 19 - March 16
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Fee: \$110/resident; \$120/non-resident  
 Location: TAMA Martial Arts Center (1753 Woodman Dr.)  
 Instructor: TAMA Martial Arts Center Staff

## Boxing

Age(s) 13 +

This program teaches fundamental boxing skills with intermediate to advanced application and includes offensive and defensive punching, combinations, blocking and ring movement techniques. Participants will box with heavy bags, hand 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.

111016-A	T	5:30 - 6:30 p.m.	Jan. 19 - March 16
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Fee: \$100/resident; \$110/non-resident  
 Location: TAMA Martial Arts Center (1753 Woodman Dr.)  
 Instructor: TAMA Martial Arts Center Staff

## 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.

Tues.	6 - 9 p.m.	Jan. 5 - 26
Tues.	6 - 9 p.m.	March 9 - 30

Fee: \$20; \$10/additional family member  
 Instructor: Judy Kohl, Kettering Police Department, Certified RAD Instructor

Registration: Call Judy Kohl at 296-3266 to reserve a spot  
 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

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 SESSION B (only continuing students).

111036-A	M/W	5:30 - 6:30 p.m.	Jan. 4 - 27
111036-B	M/W	5:30 - 6:30 p.m.	Feb. 1 - 24
111036-C	M/W	5:30 - 6:30 p.m.	March 1 - 31

Fee: \$25/resident; \$30/non-resident  
 Location: KRC Multipurpose Room  
 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 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. \$10 discount for additional family members. NO NEW STUDENTS DURING SESSION B (only continuing students).

111038-A	M/W	6:30 - 8 p.m.	Jan. 4 - 27
111038-B	M/W	6:30 - 8 p.m.	Feb. 1 - 24
111038-C	M/W	6:30 - 8 p.m.	March 1 - 31

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

## 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. 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.

111039-A	F/Sun.	7 - 8 p.m.	Jan. 3 - 31
	Sun.	3:30 - 4:30 p.m.	
111039-B	F/Sun.	7 - 8 p.m.	Feb. 5 - 28
	Sun.	3:30 - 4:30 p.m.	
111039-C	F/Sun.	7 - 8 p.m.	March 5 - 28
	Sun.	3:30 - 4:30 p.m.	

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

### 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.

**WELLNESS CLASSES**

**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.

**Monday, Jan. 11 & 25 5:30 – 6:30 p.m.**

**Monday, February 8 & 22 5:30 – 6:30 p.m.**

**Monday, March 8 & 22 5:30 – 6:30 p.m.**

An appointment is required for this program. Please make your appointment 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, 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, January 12 & 26 10 a.m. – noon

Tuesday, February 9 & 23 10 a.m. – noon

Tuesday, March 9 & 23 10 a.m. – noon

Each massage is done fully clothed in a special massage chair. The benefits of massage are numerous. For only \$12, you will feel like a new person after only 10 minutes. It is a great way to treat yourself.

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

Fee: \$12 per 10-minute appointment

Location: Kettering Recreation Complex

**WELLNESS SCREENINGS**

**Kiss Your Child Immunization Program 2010**

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 to 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 inability 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. PLEASE BRING A COPY OF CURRENT SHOT RECORD.** For additional information, please call 225-4550.

Drop-In	M	4 - 7 p.m.	January 4
Drop-In	M	4 - 7 p.m.	February 1
Drop-In	M	4 - 7 p.m.	March 1

**Blood Sugar / Blood Pressure Screenings**

Stop in for a complimentary Blood Sugar and Blood Pressure Screening at the Lathrem Senior Center. Senior Independence, Crestview Manor, Heartland Manor Care Facilities, Oaks of West Kettering, and Wells Institute provide these free screenings and are able to provide information on diabetes. The screenings take place in the Senior Center wing of the Kettering Recreation Complex and the KRC lobby.

Jan. 6	W	10 a.m. – noon	Oaks of West Kettering/CIL
Jan. 11	M	11 a.m. – 1 p.m.	Crestview Manor/CIL
Jan. 14	Th	9 a.m. – noon	Heartland Manor Care/CIL
Jan. 18	M	9 a.m. – noon	Wells Institute/KRC
Jan. 27	W	11 a.m. – 1 p.m.	Senior Independence/CIL
Feb. 3	W	10 a.m. – noon	Oaks of West Kettering/CIL
Feb. 8	M	11 a.m. – 1 p.m.	Crestview Manor/CIL
Feb. 11	Th	9 a.m. – noon	Heartland Manor Care/CIL
Feb. 15	M	9 a.m. – noon	Wells Institute/KRC
Feb. 24	W	11 a.m. – 1 p.m.	Senior Independence/CIL
March 3	W	10 a.m. – noon	Oaks of West Kettering/CIL
March 8	M	11 a.m. – 1 p.m.	Crestview Manor/CIL
March 11	Th	9 a.m. – noon	Heartland Manor Care/CIL
March 15	M	9 a.m. – noon	Wells Institute/KRC
March 24	W	11 a.m. – 1 p.m.	Senior Independence/CIL

Fee: No Charge

**Hearing Screenings**

Has the volume on your television increased over the years? Do you consistently ask people to repeat themselves? Free monthly Hearing Screenings are now being offered at the Lathrem Senior Center. This 15-minute screening is provided by Avada Audiology and Hearing Care on the 4<sup>th</sup> Wednesday of each month. An appointment is required. Please call 296-2480 to schedule a time.

Wed.	Jan. 27	10 a.m.-noon	Call 296-2480
Wed.	March 24	10 a.m.-noon	Call 296-2480

Fee: No Charge

Location: Lathrem Senior Center

**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.

**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](mailto:kettprca@ketteringoh.org).**

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

## INDOOR WALK / RUN TRACKS

One of 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))

### 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.

### 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. In appropriate 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 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.

## 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 293-4346 for more information.

