

fitness & WELLNESS

Please check with your doctor before beginning any fitness program.



Jim Engelhardt is the division manager of fitness programs. To contact him call 296-3280 or email Jim.Engelhardt@ketteringoh.org.



Kelly Nadeau is the fitness coordinator at the KRC. To contact her call 296-2587 or email Kelly.Nadeau@ketteringoh.org.



Kerry Jean Waddle is the fitness coordinator at the KFWC. To contact her call 293-4348 or email KerryJean.Waddle@ketteringoh.org.

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, 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 and strength training equipment
- Cardio theatre system
- 1/8th mile indoor track
- Complete wellness education and assessment services
- Corporate fitness and work wellness programs
- Step-down therapy and sport acceleration programs in conjunction with Kettering Medical Center
- Lockers and towels are available at no cost.

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

Kettering Recreation Complex (KRC) Fitness Center

Located in the Kettering Recreation Complex

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

- Cardiovascular and strength training equipment
- Cardio theatre system
- 1/12th mile indoor track
- 85 group exercise classes per week
- Various wellness screenings and education opportunities
- Lockers and towels are available drop-in rate or annual rental fee.

Other fitness amenities include:

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

Two Great Locations with One Pass!

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

For the KFWC and the KRC

	Res.	Non-Res.
PER VISIT DROP-IN:		
Youth (8 - 15)	\$3	\$6
Youth (16 - 17)	\$3	\$6
Adult	\$4	\$8
CIL Member	\$3	\$6
PUNCH CARD (12 visits)	\$40	\$80
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	\$1,107
DROP-IN PASS:		
Orientation	\$25	\$37.50

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 applying for membership. Children 18 years of age and under are not required to show verification of living in the household.

FITNESS CENTER HOURS

For the KFWC and the KRC

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

Mon. - Fri.:	5:30 a.m. - 10 p.m.
Saturday:	7 a.m. - 8 p.m.
Sunday:	11 a.m. - 6 p.m. (Memorial Day - Labor Day)
Sunday:	11 a.m. - 8 p.m. (Labor Day - Memorial Day)

Special Holiday Hours

Holiday	Date	Hours
New Year's Day	Jan. 1, 2012	Closed
Easter	April 8	Closed

For more information, call 937.296.2587.

YOUTH FITNESS CENTER HOURS

Children ages 8 to 15 can work out during all operational fitness center hours, provided they are directly supervised by an "actively involved" parent and have undergone the mandatory new member orientation (parents must attend the child's orientation).

Children ages 8 to 10 may **only** participate in the cardio portion and stretching areas of the fitness centers which include stationary cycles (upright and recumbent), elliptical machines, stair steppers, treadmills, rowing machines and ergometers.

Children ages 11 to 15 may participate in both the cardio and strength portions of the fitness centers, as well as stretching areas.

A ratio of two children per adult, regardless of age combinations, is required. For additional questions, please contact the KRC at 296-2587 or the KFWC at 293-4348.

FITNESS CENTER INFORMATION

An orientation appointment with a member of the fitness staff is optional and can be scheduled before using the fitness facilities. Please call 296-2587, Kettering Recreation Fitness Center; or 293-4FIT(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 of a full year of usage.

For children ages 8 to 15, orientations are required. A parent or legal guardian must accompany the child/children during their orientation. 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.

Corporate Fitness & Wellness

Corporate fitness/wellness programs are offered at the KRC, KFWC, Polen Farm, various parks, outdoor recreation facilities and at your workplace. Corporate fitness discounts are offered with annual passes to the KRC and KFWC. 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 also are available.

For more information on Corporate Fitness call 296-2587.



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

Body Composition Testing

Age(s): 18+

Schedule an appointment for a body fat analysis. Testing is performed with bioelectrical impedance and is quick, painless and accurate. Shorts and a short-sleeve shirt must be worn to the test (electrodes will be placed on the hand, wrist, ankle and foot). Call 293-4348 to schedule an appointment.

Fee: \$10 per test
Location: 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, and 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 calling 296-2587.

411376-A By Appointment Only.

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

Personal Training

KRC and KFWC

Bored with your workout or not getting the results you want? Does it feel more like going to work? Our friendly, certified and knowledgeable personal trainers will consult with you about your fitness goals, preferences, time constraints, medical conditions/restrictions and help you design a fun, challenging, personalized training program that will be varied over time. An annual fitness room pass or daily drop-in fee must be purchased prior to any type of personal training in addition to training fees. Three different types of training are offered:

Personal Fitness Guidance (Personal training trial program):

Includes initial consultation/program development and two, one-hour, private training sessions (three sessions in total). Registration number: 511377-A. Fee: \$50/residents; \$65/non-residents

Personal Training (Individual):

Our trainers work one-on-one with you, ensuring maximum results, variety and enjoyment. Programs will be custom-tailored to initial consultation and on-going feedback/results. Fee: \$30/hour residents; \$37/hour non-residents

Group Personal Training (Two to three people per group):

This offers the benefits of personal training with a group dynamic and a more cost-effective fee. In addition to an outstanding trainer, we offer socialization and support opportunities with an added touch of accountability. Fee: \$22.50/person/hour residents; \$27/person/hour non-residents

Note: All established personal training appointments must be rescheduled 24 hours in advance of appointment time or clients will be charged for the "no show."

To schedule an appointment for personal training or for more information, call: 296-2587 – KRC 293-4348 – KFWC

Starting an Exercise Program

Before beginning an exercise program, you should obtain 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 annual 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 (KRC) or 293-4348 (KFWC). Appointments are required. The orientation fee is \$25/residents and \$37.50/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 296-2587.

Team Fitness Challenge

Age(s) 16+

Looking to lose a few extra pounds but need some help with motivation? Are you competitive? Join together with friends or make some friends in our Team Fitness Challenge at Kettering Fitness & Wellness Center. Teams of five will compete against other teams, working out twice a week over a 6-week period under the supervision of a certified fitness trainer. Similar to the "Biggest Loser" (on TV), teams will try to lose the most total percent of body weight, recorded at biweekly measurements.

Team A	Team B	Team C
111306-A M/W 6:30 - 7:30 p.m. Jan16 – Feb 22	111306-B T/TH 6:30 - 7:30 p.m. Jan 17 – Feb 23	111306-C T/TH 7:30 - 8:30 p.m. Jan 17 – Feb 23

Fees: \$100/resident \$125/non-resident
Location: Kettering Fitness & Wellness Center





Nancy Boss is the group exercise coordinator at the KRC. To contact her call 296-2587 or email Nancy.Boss@ketteringoh.org.

DROP-IN YOUTH GROUP EXERCISE

On Saturday mornings, we offer 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.

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.	8 a.m.	On-going
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Weights

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.	On-going
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Fee: See drop-in exercise fees

DROP-IN GROUP EXERCISE FEES

	Res.	Non-Res.
Drop-In Class:		
Youth (11 - 17)	\$3.50	\$7
Adult	\$4	\$8
Annual Pass:		
Youth (11 - 17)	\$40	\$60
Adult	\$80	\$120
CIL Member	\$72	\$108
Punch Card: (12 visits)	\$40	\$80

SPECIAL NOTES:

- Drop-in fees are per class (classes vary from 45 minutes to 90 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 GROUP EXERCISE SCHEDULE

The current Drop-in Group Exercise Schedule can be located at both the KRC and the KFWC. The schedule can also be found online at www.ketteringoh.org (click on the **PLAY** link at the top right-hand corner of the main page and then the **Drop-In Schedules** link under the **Kettering Recreation Complex** heading). Call 296-2587 for additional information.

Older Adult Drop-In Group Exercise at KFWC

Wellness for Older Adults is an ideal class for members wanting a low-impact cardio workout combined with light strength exercises and stretching. This class includes fun, easy-to-follow exercises to increase cardiovascular and muscular endurance. It is perfect for a safe, energizing routine to strengthen your heart and improve overall body conditioning. It also is a great opportunity to meet people and make new friends.

*This program occurs at Kettering Fitness & Wellness Center

Drop-In	T/TH	10 - 11 a.m.	On-going
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Fee(s): See Drop-In Group Exercise Fees

Mature Adult Drop-in Group Exercise at Lathrem Center

Age(s): 45+

Class descriptions are listed below the schedule.

Class	Day(s)	Time	Location
AM Exercise CIL Annual Members Only	M/W/F	9 - 9:55 a.m.	Lathrem Center
Stretch and Move (Chair) Age(s) 45+	M/W/Th	10 - 10:50 a.m.	Lathrem Center
Lengthen & Strengthen Age(s) 45+	M/Th	11 - 11:50 a.m.	Lathrem Center
Strength Training CIL Annual Members Only	M/Th	5:30 - 6:30 p.m.	Lathrem Center
PM Exercise Age(s) 45+	M/W/Th	6:30 - 7:30 p.m.	Lathrem Center

AM & PM Exercise (Aerobic) — aerobic conditioning, flexibility and strength exercises. 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. Works on strength and flexibility.

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

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

Fee: **CIL Member Only Classes:**

\$1/class – Lathrem Members (Annual CIL Pass)

\$44/year – CIL Annual Exercise Pass (No drop-in fee will be paid per class, only the Annual Fee)

Classes Open to Non-CIL Members

\$2/class – Kettering Residents

\$4/class – Non-Kettering Residents

Free Friday Group Exercise Classes

**Kettering Recreation Complex
Kettering Fitness & Wellness Center**

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 a group exercise class but have always wanted to check one out, here is your chance. On the first Friday of every month, all aerobic classes at the Kettering Recreation Complex will be free of charge. Anyone can come in and participate. It doesn't matter where you live, whether you have 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 about, now is the time.

Classes vary and our schedule for each month will be posted at the Kettering Recreation Complex Group Exercise Room or call 296-2587 to inquire.

Friday, January 6
Friday, February 3
Friday, March 2
Friday, April 6

Aerobic Kick-Boxing and TRX

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 TRX suspension training.

111322-A	F	4:30 - 5:30 p.m.	Jan. 6 - 27
111322-B	F	4:30 - 5:30 p.m.	Feb. 3 - Feb. 24
111322-C	F	4:30 - 5:30 p.m.	March 2 - 23

Fee: \$35/resident; \$45/non-resident
Location: Kettering Recreation Complex
Instructor: Nancy Lynn Boss

REGISTERED EXERCISE CLASSES

Weight Training Class

Age(s) 13 +

Want to learn more about free weights? Join our degreed and certified staff as they teach you proper form, help you to set and reach proper lifting goals, and help you to create a weight lifting program geared toward those goals. Avoid injuries while ensuring maximum results in the weight room. Each session will meet twice a week for two weeks. This program is geared toward teens, but is open to anyone.

111302-A	M/W	6 - 7 p.m.	Jan. 23 - Feb. 1
111302-B	M/W	6 - 7 p.m.	Feb. 6 - 15
111302-C	M/W	6 - 7 p.m.	March 5 - 14

Fee: \$45/resident; \$55/non-resident
Location: KRC Fitness Center
Instructor: Steve Langley, M.S.

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 toward senior adults and beginner tai chi participants. Join our instructor Joy Joseph from the Tai Chi Center who will lead our next eight-week session. Class will be held on Tuesdays at the Lathrem Senior Center. Sign up now. Space is limited. Deadline for registration is four days prior to the start date.

111356-A/AA	T	1 - 2 p.m.	Jan. 3 - Feb. 7
111356-B/BB	T	1 - 2 p.m.	Feb. 21 - March 27

Fee: \$43/resident; 53/non-resident
Location: Lathrem Center

Hatha Yoga

Age(s) 13 +

Hatha Yoga enables those who practice it to achieve better health, spiritual well-being and mental self-discipline. Students learn Yoga posture, deep breathing, relaxation and stress management techniques. Please wear loose, comfortable clothing and bring a mat or blanket.

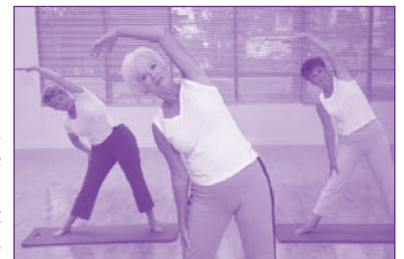
111300-A	Th	7 - 8:15 p.m.	Jan. 5 - 26
111300-B	Th	7 - 8:15 p.m.	Feb. 2 - 23
111300-C	Th	7 - 8:15 p.m.	March 1 - 22

Fee: \$35/resident; \$45/non-resident
Location: KRC Conference Rooms 1 & 2
Instructor: Kim Whitehead

Gentle Stretch Yoga

Age(s) 35 +

Yoga has been proven to help people manage stress, improve posture, and positively affect their general health. This Gentle stretch yoga class



is specially designed for the senior adult and beginning yoga participant and provides many benefits such as stress reduction, relaxation, improvement in balance and flexibility. Kim is a registered yoga teacher with years of experience with many different age groups and abilities. Deadline for registration is six days prior to the start date.

111355-A/AA	T	8:30 - 9:45 a.m.	Jan. 3 - Feb. 14
111355-B/BB	Th	8:30 - 9:45 a.m.	Jan. 5 - Feb. 16
111355-C/CC	T	8:30 - 9:45 a.m.	Feb. 21 - April 3
111355-D/DD	Th	8:30 - 9:45 a.m.	Feb. 23 - April 5

Fee: \$40/resident; \$50/non-resident
Location: Lathrem Center
Instructor: Kim Zehnder

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? 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. 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. Class is limited to six participants per session.

Kettering Fitness & Wellness Center Sessions

111380-A	M/W	7:30 - 8:30 p.m.	Jan. 9 - Feb. 15
111380-B	T/Th	Noon - 12:45 p.m.	Jan. 10 - Feb. 16
111380-C	M/W	7:30 - 8:30 p.m.	Feb. 20 - March 28
111380-D	T/Th	Noon - 12:45 p.m.	Feb. 21 - March 29

Kettering Recreation Complex Fitness Center Sessions

111380-E	M/W	Noon - 12:45 p.m.	Jan. 9 - Feb. 15
111380-F	T/Th	7:30 - 8:30 p.m.	Jan. 10 - Feb. 16
111380-G	M/W	Noon - 12:45 p.m.	Feb. 20 - March 28
111380-H	T/Th	7:30 - 8:30 p.m.	Feb. 21 - March 29

Fee: \$90/resident; \$112/non-resident (sessions B, D, E and G)
 \$120/resident; \$150/non-resident (sessions A, C, F and H)



Triathlon Training

Age(s) 16 +

An introduction to the triathlon for athletes of all skill levels. Fine-tune your swim stroke, cycling and running techniques with our coaches. Club includes three, one-hour sessions per week for four-weeks. Group will meet on Tuesdays at noon in studio A for cycling; on Thursdays at noon in front of studio A for running;

and Saturdays at noon in the main pool for swimming. Benefits of the club include stroke/skill refinement, endurance techniques and group motivation.

111301-A	T/Th/Sat.	Noon - 1 p.m.	Jan. 3 - 28
111301-B	T/Th/Sat.	Noon - 1 p.m.	Jan. 31 - Feb. 25
111301-C	T/Th/Sat.	Noon - 1 p.m.	Feb. 28 - March 24

Fee: \$60/resident; \$75/non-resident

Gift Certificates

A great idea for any occasion! Purchase gift certificates at any facility for most programs.

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.

Classes will meet during the week on Tuesday and Thursday evenings 5:30-7:30 p.m. (KRC multipurpose room) and Saturday afternoons noon - 2 p.m. (KRC Studio C).

111017-A	T/Th	5:30 - 7:30 p.m.	Jan. 3 - 31
	Sat.	Noon - 2 p.m.	
111017-B	T/Th	5:30 - 7:30 p.m.	Feb. 2 - 28
	Sat.	Noon - 2 p.m.	
111017-C	T/Th	5:30 - 7:30 p.m.	March 1 - 31
	Sat.	Noon - 2 p.m.	

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

Location: KRC Multipurpose Room (T/Th), Studio C (Sat.)

Instructor: Mike Boothe, 2nd DAN Black Belt

Tai Chi Chaun

Age(s) 15 +

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-A	Sat.	10 - 11 a.m.	Jan. 7 - 28
111014-B	Sat.	10 - 11 a.m.	Feb. 4 - 25
111014-C	Sat.	10 - 11 a.m.	March 3 - 31

Intermediate Tai Chi:

111014-D	Sat.	11 a.m. - Noon	Jan. 7 - 28
111014-E	Sat.	11 a.m. - Noon	Feb. 4 - 25
111014-F	Sat.	11 a.m. - Noon	March 3 - 31

Fee: \$25/resident; \$30/non-resident

Instructor: Tama Martial Arts Center instructor

Is My Class Canceled Due to Poor Weather?

When Kettering City Schools are closed due to inclement weather, all registered and instructor-led classes that occur before 5 p.m. are canceled. A decision will be made by 3 p.m. whether evening classes will be canceled. Please call our hotline at 296-3282 for up-to-date weather cancelations.

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.

Basic Self-Defense

T	6 - 9 p.m.	Jan. 3 - 24
T	6 - 9 p.m.	March 6 - 27
Fee:	\$25; \$10/additional family member	
Instructor:	Holly Murchland, Kettering Police Department, Certified RAD Instructor	
Registration:	Call Holly Murchland at 296-2410	
Location:	First class of each session meets at the Kettering Police Department, 3600 Shroyer Road. Last 3 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 SESSIONS B AND D (only continuing students).

111036-A	M/W	5:30 - 6:30 p.m.	Jan. 2 - 30
111036-B	M/W	5:30 - 6:30 p.m.	Feb. 1 - 29
111036-C	M/W	5:30 - 6:30 p.m.	March 5 - 28
Fee:	\$30/resident; \$35/non-resident		
Location:	KRC Multipurpose Room		
Instructor:	Russ Scherer, 5th 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, and throw and pin your opponent. The program will run year-round allowing you the opportunity to progress in rank. NO NEW STUDENTS DURING SESSION B (only continuing students).



111038-A	M/W	6:30 - 8 p.m.	Jan. 2 - 30
111038-B	M/W	6:30 - 8 p.m.	Feb. 1 - 29
111038-C	M/W	6:30 - 8 p.m.	March 5 - 28
Fee:	\$30/resident; \$35/non-resident \$10 discount for additional family members.		
Instructor:	Russ Scherer, 5th DAN Black Belt		

Aikido

Age(s) 13 +

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. It develops one's ability to relax and remain calm in mind and body during stressful situations.

111035-A	T/Th	7:30 - 9:30 p.m.	Jan. 3 - 31
111035-B	T/Th	7:30 - 9:30 p.m.	Feb. 2 - 28
111035-C	T/Th	7:30 - 9:30 p.m.	March 1 - 29
Fee:	\$30/resident; \$37/non-resident		
Instructor:	Jeremy Hughel, Shodan Certified (20+ years of experience)		

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 also will learn ways to help them focus and concentrate with the ancient system of self-defense from the Shaolin Kung Fu. Friday classes will take place from 7 - 9 p.m., Sunday classes will take place from 3:30 - 4:30 p.m.

111039-A	F	7 - 8 p.m.	Jan. 6 - 29
	Sun.	3:30 - 4:30 p.m.	
111039-B	F	7 - 8 p.m.	Feb. 3 - 26
	Sun.	3:30 - 4:30 p.m.	
111039-C	F	7 - 8 p.m.	March 2 - 30
	Sun.	3:30 - 4:30 p.m.	
Fee:	\$30/resident; \$35/non-resident \$10 discount for additional family members		
Location:	KRC Studio B		
Instructor:	Ron Bey		

WELLNESS SCREENINGS

Child Immunization Program 2012

The Combined Health District of Montgomery County offers the following immunizations: 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 are 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.



Please call (937)296-2587 for times or visit Public Health's Web site at www.phdmc.org for the updated schedule.

Kettering Health Network Adult Lecture Series

Age(s) 18 +

Fitting in Fitness

Crunched for time, but want to be healthier? Join our Exercise Physiologist to discuss 10 steps you can take to achieving a healthier you. Learn tips on making healthy choices, guidelines for exercise, and exercises you can do at home to improve your fitness.

111317-A T 7 - 8 p.m. Feb. 28

Fuel Your Fire - Nutrition Tips for Athletes & Fitness Training

Join KMC registered dietician as she discusses proper nutrition for the serious healthy athlete. Learn practical tips, meal planning ideas, and understand vitamin and sports supplement recommendations. Get recipes and more!

111317-B T 7 - 8 p.m. March 27

Location: Kettering Recreation Complex

Instructor: Kettering Health Network

Kettering Health Network Senior Adult Lecture Series

Age(s) 55 +

A Positive Attitude is a Healthy Attitude

Studies consistently show that a positive attitude can be of significant benefit. Learn how this can apply to you! Presented by Christine Ferens, M.Ed., PCC from the Kettering Behavioral Medicine Center.

111318-A T 1 - 2 p.m. Jan. 31

Starting an Exercise Routine

Part I of Starting an Exercise Routine is lecture. Discussion will focus on the fundamentals of exercise and the basic components of any exercise program. Learn tips on starting safely, setting goals, and sticking with your program.

111318-B T 1 - 2 p.m. Feb. 28

Advance Directives - Living Wills & Durable Power of Attorney

Learn what needs to be done legally to assure that your wishes are known in the event of an emergency. Paperwork will be filled out at this short session and a Notary Public will be on hand.

111318-C T 1 - 2 p.m. March 27

Location: Kettering Recreation Complex

Instructor: Kettering Health Network

Fee: Free



Blood Pressure Screenings

Know your numbers! Kettering Medical Center nursing staff will be outside the fitness room to take your blood pressure and answer any questions you may have.

Date: Mondays, January - March

Time: 5 - 7 p.m.

Location: KRC Fitness hallway

Cost: Free

For more information, call 937.296.2587.



New Year's Challenge

(KFCW and KRC)
**5 - 2 - 1 . . .
ALMOST NONE!**

**FIVE-TWO-ONE
ALMOST NONE**

It's time to kick it up a notch. Your challenge:

1. Eat **5** servings of fruits and vegetables per day
2. Limit TV/screen time to **2** hours per day
3. Visit KRC or KFCW to get **1** hour of exercise per day

What are you waiting for? Come to KRC or KFCW to register and pick up your challenge sheets and begin saving your life today.

www.getupmc.org 

Osteoporosis Screening

This screening will determine bone loss without radiation. Kettering Medical Center RN will administer this simple test that takes less than five minutes. Results are immediate and counseling is provided. Registration is required by calling 937-558-3988.

Date: January 31

Time: 6 - 8 p.m.

Location: Kettering Recreation Complex

Cost: \$10 Years Ahead Plus+ members, all others \$15

Weight Loss Lecture

Age(s) 16 +

Are you frustrated with your exercise program after being inspired by extreme weight loss television shows and then not being able to lose weight? Come and participate in a fun, 45-minute session of games to teach and inspire you to continue on your path to weight loss. You learn how you can make some simple changes to your current diet and exercise plan, as well as challenge your brain and learn the ways that you may self-sabotage without even knowing it.

Individual consultation sessions are available. Call 293-4348 for additional information or to schedule an appointment.

111303-A T 6 - 7 p.m. Jan. 10

Fee: \$10/resident; \$12.50/non-resident

Location: Fitness & Wellness

Instructor: Melissa Schlenger, MD, MS.



www.ketteringoh.org



Running Track at KFWC

OUTDOOR WALKING MAPS

Outdoor Walking Maps

Maps are 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 main desk at the Kettering Fitness & Wellness Center.



NURSERY INFORMATION

Please refer to page 6 for information regarding nursery services. Nursery hours are available to you while you use the Kettering Recreation Complex.

INDOOR WALK/RUN TRACKS

One 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 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:** 5:30 a.m. - 10 p.m., Mon. - Fri.
7 a.m. - 8 p.m., Sat.
11 a.m. - 6 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	Ages 5+ may participate during Family Drop-in hours. Youth must be accompanied by an adult. See gym schedule, next page.

NOTE: To encourage youth fitness, age exception may be made. Please inquire at the Front Desk for a special pass.

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 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.