

Annual Membership Fees

	<u>Resident Rate</u>	<u>Non-Resident Rate</u>
Youth (ages 8-15)	\$85	\$127
Youth (ages 16-17)	\$104	\$156
Adult (ages 18+)	\$136	\$203
C.I.L. Member	\$110	\$166

Or for \$78 per year you can add on Kettering Fitness & Wellness Center privileges to a Kettering Recreation Complex existing fitness center membership (allowing dual fitness center usage) or Combination Pass at the Kettering Recreation Complex!

People who live or work within the Kettering city limits qualify for resident rates (call 293-4348 with questions).

Personal Trainers Available

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

	<u>Resident</u>	<u>Non-Resident</u>
Initial Consultation:	\$45	\$60
Personal Training Fees	\$30/hr.	\$37/hr.

*Without a doubt ...
the best value in town!*

www.ketteringoh.org

Hours of Operation

M – F: 6 a.m. – 10 p.m.
Sat.: 7 a.m. – 10 p.m.
Sun.: 11 a.m. – 6 p.m.
 (Memorial Day – Labor Day)
11 a.m. – 8 p.m.
 (Labor Day – Memorial Day)

Fitness Equipment

CARDIOVASCULAR:

- Treadmills (Life Fitness)
- Ellipticals (Life Fitness)
- Upright & Recumbent Bikes (Lifecycle, Sci-Fit bio-directional resistance)

STRENGTH:

- Leverage (Hammer Strength)
- Selectorized (Life Fitness, Hammer Strength)
- Free Weight (Hammer Strength, Life Fitness)

A wide array of state-of-the-art, ergonomic fitness equipment that is effective and fun to train on!



Kettering Fitness & Wellness Center

at

**The James S. Trent Arena and
Kettering Fairmont High School**



**3351 Shroyer Road
Kettering, Ohio 45429
293-4348
www.ketteringoh.org**

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


Kettering Sports Medicine Center.
Kettering Medical Center Network

This public recreation/fitness center is available to both Kettering residents and non-residents and features 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 — offer individualized fitness programs to meet your needs, likes and fitness goals.

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

Corporate fitness, worksite wellness and recreational programs will be offered as well. Let our award-

winning department improve your company's bottom line by reducing healthcare costs, decreasing absenteeism and turnover while improving work force productivity and morale. Show your employees that you care by investing in their health and wellness!



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

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



Limited locker room facilities are available.



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

Limited locker room facilities are available.

