



## Corporate Fitness Programs

*“It pays to play!”*

Your membership provides access to the two best fitness centers in Dayton, the **Kettering Fitness & Wellness Center** (at the James S. Trent Arena) and the **Kettering Recreation Complex**.

Both facilities offer a great variety of weight and cardio equipment, individual fitness programs, wellness programs (educational and screening/assessment), and indoor running/walking tracks. The Kettering Recreation Complex also offers comprehensive land- and water-based group exercise programs.

Our staff is equally qualified to deal with special needs cases, follow-up and physician/therapist-directed rehabilitation, and/or personal training. We employ two Exercise Physiologists and a staff of degreed, certified exercise specialists and personal trainers.

ANNUAL ADULT MEMBERSHIP TYPES	RESIDENT RATE	NON-RESIDENT RATE	RESIDENT CORPORATE RATE	NON-RESIDENT COPORATE RATE
Fitness Center Only	\$173.00	\$260.00	\$147.05	\$221.00
Group Exercise Drop-In Membership	\$115.00	\$174.00	\$97.75	\$147.90
Fitness-Group Exercise Membership	\$227.00	\$340.00	\$192.95	\$289.00
Combination Pass*	\$290.00	\$435.00	\$246.50	\$369.75

*\*Combination Pass additions listed on back.*



### Your Fitness Center membership provides:

- Access to the Kettering Recreation Complex **AND** the Kettering Fitness & Wellness Center
- Five free guest passes
- Two-4-Tuesday guest passes to bring a guest any Tuesday

### Your Combination Pass membership provides:

- The benefits listed above **PLUS-**
- Access to unlimited group exercise classes
- Access to open and lap swim time pool use
- Access to Ice Arena open skate times
- Adult basketball/volleyball/family drop-in activities in the Kettering Recreation Complex gym

### Your Group Exercise Drop-In membership provides:

- Access to the unlimited group exercise classes
  - A variety of 93 land-based drop-in exercise classes (Cycling, TRX, Zumba, Pilates, Boot Camp, Step, etc.) and 16 water-based drop-in classes offered weekly.
- See our drop-in exercise class schedule at [www.playkettering.org](http://www.playkettering.org) OR download the free **PlayKettering app**.
- Exercising and learning from experienced and certified instructors.



### Other available amenities for additional fees:

- Personal training is a deal at \$35.00/hour for Kettering residents or \$42/hour for non-residents.
- Registered classes for beginning and advanced cycling, TRX and Tai Chi are available.
- Body composition testing and general fitness assessments.

Please note that the Corporate discount only applies to annual passes, not per-visit drop-in activities, private lessons, personal training or registered program fees.



For additional information, please contact the Fitness and Wellness Supervisor at 296-2587, visit our website @ [www.PlayKettering.org](http://www.PlayKettering.org), or download our free PlayKettering app.

