

# Free Fitness Dayton – Summer 2016

Phone: 937-225-5700  
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Master's Swim Group @ 5 AM Bootcamp @ 6 PM Cycling & Multisport Group @ 6:15 PM	Running and Walking Group @ 6 PM Dayton Hikers @ 6:30 PM	Master's Swim Group @ 5 AM Wednesday Wellness Walks @ 12 noon Bootcamp @ 6 PM	Yoga by Ignite Yoga @ 10 AM Dayton Running Club @ 6:30 PM	Master's Swim Group @ 5 AM Dayton Hikers @ 6:30 PM *Free Fitness Friday by the City of Kettering	Running and Walking Group @ 8 AM Bootcamp @ 9 AM

Fitness Class	Date/Time	Location	Contact Information
<ul style="list-style-type: none"> <li>• <b>Bootcamp</b> by The Unit</li> </ul>	Mondays & Wednesdays @ 6 PM Saturdays @ 9 AM	110 E. Monument Avenue Dayton, OH 45402	(937) 503-6751 <a href="http://www.facebook.com/TheUnitDYT">http://www.facebook.com/TheUnitDYT</a>
<ul style="list-style-type: none"> <li>• <b>Cycling &amp; Multisport Group</b> by Up &amp; Running</li> </ul>	Monday @ 6:15 PM	Up & Running Store 6123 Far Hills Avenue Dayton, OH 45459	(937) 432-9210 <a href="http://www.upandrunningdayton.com">http://www.upandrunningdayton.com</a>
<ul style="list-style-type: none"> <li>• <b>Cycling &amp; Multisport Group</b> by Up &amp; Running</li> </ul>	Mondays @ 6:15 PM	Up & Running Store 6123 Far Hills Avenue Dayton, OH 45459	(937) 432-9210 <a href="http://www.upandrunningdayton.com">http://www.upandrunningdayton.com</a>
<ul style="list-style-type: none"> <li>• <b>Dayton Hikers</b></li> </ul>	Date and time varies. Check website.	Location varies. Check website.	<a href="http://www.daytonhikers.org">http://www.daytonhikers.org</a>
<ul style="list-style-type: none"> <li>• <b>Dayton Running Club</b></li> </ul>	Thursdays @ 6:30 PM	Location varies. Check website.	<a href="http://www.meetup.com/Dayton-Running-Club/">http://www.meetup.com/Dayton-Running-Club/</a>
<ul style="list-style-type: none"> <li>• <b>Free Fitness Fridays</b> by the City of Kettering</li> </ul>	First Friday of every month @ various times. Check website.	Location varies. Check website.	(937) 275-PARK (7275) <a href="http://www.playkettering.org">http://www.playkettering.org</a>
<ul style="list-style-type: none"> <li>• <b>Healthy Heart Healthy You</b> by the City of Kettering</li> </ul>	Every Saturday until September 24 <sup>th</sup> @ 9 AM	Location varies. Check website.	(937) 296-2587 <a href="http://www.playkettering.org/recreation/fitness/the-road-to-heart-health-begins-today/">http://www.playkettering.org/recreation/fitness/the-road-to-heart-health-begins-today/</a>
<ul style="list-style-type: none"> <li>• <b>Major Taylor Cycling Club of Dayton</b></li> </ul>	Date and time varies. Check website.	Location varies. Check website.	<a href="http://www.meetup.com/major-taylor-cycling-club-of-dayton/">http://www.meetup.com/major-taylor-cycling-club-of-dayton/</a>
<ul style="list-style-type: none"> <li>• <b>Running &amp; Walking Group</b> by Up &amp; Running</li> </ul>	Tuesdays @ 6 PM Saturdays @ 7 AM	Up & Running Store 6123 Far Hills Avenue Dayton, OH 45459	(937) 432-9210 <a href="http://www.upandrunningdayton.com">http://www.upandrunningdayton.com</a>
<ul style="list-style-type: none"> <li>• <b>Walk with a Doc</b> by Community Health Centers of Greater Dayton and Dayton Children's</li> </ul>	4 <sup>th</sup> Saturday of each month @ 9 AM	Meet at the pavilion at RiverScape, under the white awning.	(937) 528-6850, x2004 <a href="http://www.communityhealthdayton.org">http://www.communityhealthdayton.org</a>
<ul style="list-style-type: none"> <li>• <b>Downtown Walking Wednesdays</b></li> </ul>	Wednesdays @ 12 noon	The Square 10 W 2 <sup>nd</sup> St Suite 611 Dayton, OH 45402	(937) 295-6026 <a href="http://bit.ly/1U6j4bC">http://bit.ly/1U6j4bC</a>
<ul style="list-style-type: none"> <li>• <b>Yoga</b> by Ignite Yoga</li> </ul>	Thursdays @ 10 AM	Whole Foods Market – Dayton 1050 Miamisburg-Centerville Rd. Dayton, OH 45458	(937) 999-6880 <a href="http://www.igniteyogadayton.com">http://www.igniteyogadayton.com</a>