



# JANUARY 2021: Group Fitness Schedule



SUN	MON	TUE	WED	THU	FRI	SAT
	<b>NEW!</b> <b>SPIN</b> <b>6:15-7am</b> w. Sharon R <i>INSIDE</i>	<b>BODYPUMP</b> <b>8:45-9:30am</b> w. Trang <i>INSIDE</i>	<b>BOOTCAMP</b> <b>6:15-7am</b> w. Trang <i>INSIDE</i> <b>SPIN</b> <b>6:15-7am</b> w. Sharon R <i>INSIDE</i> <b>CIRCUITS</b> <b>8:45-9:30am</b> w. Daniel <i>INSIDE</i> <b>AQUA STEP</b> <b>9-9:45am</b> w. Suzi <i>REC POOL</i>	<b>SPIN</b> <b>8:30-9:15am</b> w. Jeanne <i>INSIDE</i> <b>BODYPUMP</b> <b>8:45-9:30am</b> w. Trang <i>INSIDE</i> <b>AQUA ZUMBA</b> <b>9-9:45am</b> w. Steve <i>REC POOL</i>	<b>BOOTCAMP</b> <b>6:15-7am</b> w. Trang <i>INSIDE</i> <b>BARRE</b> <b>8:00am-8:45am</b> w. Starr <i>INSIDE</i>	<b>INSANITY</b> <b>7-7:45am</b> w. Beth <i>OUTSIDE</i> (moves <i>INSIDE</i> if below 40 degrees) <b>TAI CHI</b> <b>8-8:45am</b> w. Nish <i>INSIDE-COURTS</i> <b>BODYPUMP</b> <b>8:30-9:15am</b> w. Beth <i>INSIDE</i> <b>SPIN</b> <b>9-9:45am</b> w. Steve <i>INSIDE</i>
<b>INSANITY</b> <b>5-5:45pm</b> w. Beth <i>OUTSIDE</i> (moves <i>INSIDE</i> if below 40 degrees) <b>BODYPUMP</b> <b>6-6:45pm</b> w. Beth <i>INSIDE</i> <b>SPIN</b> <b>6-6:45pm</b> w. Laura <i>INSIDE</i>	<b>NEW!</b> <b>SPIN</b> <b>5-5:45pm</b> w. Steve <i>INSIDE</i> <b>YIN YOGA</b> <b>7-7:45pm</b> w. Jeanne <i>INSIDE</i>	<b>NEW!</b> <b>BODYPUMP</b> <b>5-5:45pm</b> w. Beth <i>INSIDE</i> <b>YOGA**</b> <b>6-6:45pm</b> w. Jeanne <i>INSIDE or Zoom</i>	<b>New Day!</b> <b>KICKBOXING</b> <b>5:00-5:45pm</b> Shannon OUTSIDE-TURF <b>ZUMBA</b> <b>6:00-6:45pm</b> Shannon OUTSIDE-TURF		**attend YOGA class simultaneously at home via ZOOM. Register in advance to receive the class link info. FREE to members \$5 for non-members	

### Friday January 1st:

Sportsplex CLOSED for Fitness & Aquatics.  
 Only open for Public Skating 12-6:00pm

**MUST PRE-REGISTER AT**  
**OC-SPORTSPLEX.COM**

**OUTSIDE CLASSES WILL BE HELD IN THE PARKING LOT BETWEEN THE PASSMORE CENTER/ICE RINK AND THE POND, UNLESS NOTED OTHERWISE.**

**ALL PARTICIPANTS MUST PRE-SCREEN AND CHECK-IN AT THE SPORTSPLEX FRONT ENTRANCE.**

**FACE MASKS ARE REQUIRED**

**PLEASE BRING YOUR OWN WATER, TOWEL, & MAT!**

### **Changes for Sat. JANUARY 9th:**

**7-7:45am INSANITY (w. Beth)**  
 INSIDE on COURTS

**8-8:45am TAI CHI (w. Nish)**  
 INSIDE on COURTS

*No Spin or BodyPump Class*

