



MARCH 2021: Group Fitness Schedule



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

March is
National Nutrition Month
It is important to pair exercise with
great nutrition for a healthy lifestyle.



Find more info: www.eatright.org

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!

