

Orange County Sportsplex Group Exercise Timetable: SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Studio 7:30AM - 8:15AM <i>Circuits</i> 8:15AM - 9:00AM <i>Pilates</i> 9:00AM - 9:45AM <i>Step Moves</i> 9:45AM - 10:30AM <i>Firm & Tone</i> 10:30AM - 11:30AM <i>Yoga Stretch</i> 11:30AM - 12:30PM <i>Zumba Gold</i> 5:00PM - 6:00PM <i>Total Body Conditioning</i> 6:00PM - 7:00PM <i>BODYPUMP™</i> 7:00PM - 8:00PM <i>Interval Step</i> Small Studio 6:00AM - 7:00AM <i>Indoor Cycle</i> 9:00AM - 10:00AM <i>Barre</i> 6:00PM - 7:00PM <i>Indoor Cycle</i> 7:00PM - 8:15PM <i>Yoga</i> Small Group Training (Field House) 6:00AM - 7:00AM <i>Small Group Training</i> 8:30AM - 9:30AM <i>Small Group Training</i> 6:00PM - 7:00PM <i>Small Group Training</i> Passmore Center 8:45AM - 9:30AM <i>Pace Setters Cardio Sculpt</i> 11:00AM - 11:45AM <i>Silver Sneakers Strength</i> AQUA-Rec Pool 8:30AM - 9:15AM <i>Water Walk</i> 9:30AM - 10:15AM <i>Aqua Step</i> 7:00PM - 7:45PM <i>Aqua Bike</i> AQUA-Deep Pool 8:30AM - 9:15AM <i>Ocean Motion</i>	Main Studio 5:45AM - 6:30AM <i>BODYPUMP™</i> 7:00AM - 7:45AM <i>Fusion</i> 8:00AM - 8:45AM <i>Total Body Conditioning</i> 9:00AM - 10:00AM <i>Interval</i> 10:00AM - 11:00AM <i>Zumba</i> 11:00AM - 12:00PM <i>Piyo</i> 7:00PM - 8:00PM <i>Kickboxing</i> Small Studio 9:00AM - 10:00AM <i>Yoga</i> 10:00AM - 11:00AM <i>Restorative Stretch</i> 11:00AM - 12:00PM <i>Silver Sneakers Chair Yoga</i> 6:00PM - 7:00PM <i>Indoor Cycle</i> Small Group Training (Field House) 6:00AM - 7:00AM <i>Small Group Training</i> 6:00PM - 7:00PM <i>Small Group Training</i> Passmore Center 6:00PM - 7:00PM <i>Zumba</i> 7:00PM - 8:00PM <i>Yin Yoga</i> AQUA-Rec Pool 8:45AM - 9:30AM <i>Aqua Cardio Strength</i> 9:30AM - 10:15AM <i>Aqua Kickbox</i>	Main Studio 7:30AM - 8:15AM <i>Circuits</i> 8:15AM - 9:00AM <i>Power Pilates</i> 9:00AM - 9:45AM <i>Step Moves</i> 9:45AM - 10:30AM <i>Firm & Tone</i> 10:30AM - 11:30AM <i>Yoga Stretch</i> 11:45AM - 12:45PM <i>Zumba Gold</i> 5:00PM - 5:45PM <i>Total Body Conditioning</i> 6:00PM - 7:00PM <i>BODYPUMP™</i> Small Studio 6:00AM - 7:00AM <i>Indoor Cycle</i> 9:00AM - 10:15AM <i>Yoga Flow</i> 10:30AM - 11:30AM <i>Zumba</i> 5:30PM - 6:30PM <i>Indoor Cycle</i> Small Group Training (Field House) 6:00AM - 7:00AM <i>Small Group Training</i> 6:00PM - 7:00PM <i>Small Group Training</i> Passmore Center 8:45AM - 9:30AM <i>Pace Setters Cardio Sculpt</i> 11:00AM - 12:00PM <i>Silver Sneakers Cardio</i> AQUA-Rec Pool 8:30AM - 9:15AM <i>Water Walk</i> 9:00AM - 9:45AM <i>Aqua Zumba</i> 9:30AM - 10:15AM <i>Aqua Step</i> 9:45AM - 10:30AM <i>Aqua Kickbox</i> 7:00PM - 7:45PM <i>Aqua Bike</i> AQUA-Deep Pool 8:30AM - 9:15AM <i>Ocean Motion</i>	Main Studio 5:45AM - 6:30AM <i>BODYPUMP™</i> 7:00AM - 8:00AM <i>Fusion</i> 8:00AM - 9:00AM <i>Abs & Arms</i> 9:00AM - 10:00AM <i>Interval</i> 11:00AM - 11:30AM <i>BODYPUMP™</i> 11:30AM - 12:30PM <i>Piyo</i> 5:00PM - 6:00PM <i>Step</i> 6:00PM - 6:50PM <i>SH'BAM™</i> 6:45PM - 7:15PM <i>Power Pilates</i> 7:00PM - 8:15PM <i>Yoga</i> Small Studio 8:00AM - 8:45AM <i>Barre</i> 9:00AM - 10:00AM <i>Indoor Cycle</i> 10:00AM - 11:00AM <i>Hatha Yoga</i> Small Group Training (Field House) 6:00AM - 7:00AM <i>Small Group Training</i> 6:00PM - 7:00PM <i>Small Group Training</i> AQUA-Rec Pool 8:30AM - 9:15AM <i>Aqua Interval</i> 9:15AM - 10:00AM <i>Aqua Noodle</i> 10:00AM - 10:45AM <i>Aqua Dance</i>	Main Studio 7:30AM - 8:15AM <i>Circuits</i> 8:15AM - 9:15AM <i>Cardio</i> 9:00AM - 10:00AM <i>Zumba</i> 10:00AM - 11:15AM <i>Yogalates</i> 5:00PM - 5:45PM <i>Total Body Conditioning</i> Small Studio 9:00AM - 9:45AM <i>Barre</i> 10:00AM - 11:00AM <i>Silver Sneakers Chair Yoga</i> Small Group Training (Field House) 6:00AM - 7:00AM <i>Small Group Training</i> 8:30AM - 9:30AM <i>Small Group Training</i> 6:00PM - 7:00PM <i>Small Group Training</i> Passmore Center 11:00AM - 12:00PM <i>Silver Sneakers Strength</i> AQUA-Rec Pool 8:30AM - 9:15AM <i>Water Walk</i> 9:30AM - 10:15AM <i>Aqua Step</i> AQUA-Deep Pool 8:30AM - 9:15AM <i>Ocean Motion</i>	Main Studio 8:00AM - 9:00AM <i>BODYPUMP™</i> 9:00AM - 9:45AM <i>Step</i> 9:45AM - 10:30AM <i>Abs & Arms</i> 11:45AM - 12:45PM <i>Tai Chi</i> Small Studio 9:00AM - 10:00AM <i>Indoor Cycle</i> Small Group Training (Field House) 8:00AM - 9:00AM <i>Small Group Training</i> Passmore Center 9:00AM - 10:00AM <i>Yoga Basics</i> 10:00AM - 11:00AM <i>Zumba</i>	Main Studio 2:00PM - 3:00PM <i>Yoga</i>

Abs & Arms

Focus on strength training for the core and upper body. Combine Pilates style moves for the core with a weighted workout for the upper body to provide balance to the body as a whole.

Aqua Bike

Biking in the pool is a great option for those with knee issues or those who enjoy the cardiovascular workout of biking but also want to work the upper body and core. Meet by the pool office to set up your bike.

Aqua Cardio Strength

A class devoted to strengthening your whole body! We will use a variety of equipment in the shallow pool to work arms, legs and core.

Aqua Dance

Dance infused water fitness.

Aqua Interval

This aqua fitness class combines the benefits of aerobic conditioning and resistance training. Enjoy the class camaraderie as you work various muscle groups in the shallow water.

Aqua Kickbox

This class incorporates basic martial arts movement with the resistance of the water. This total body cardiovascular work out will help increase your strength, coordination, endurance, mental focus, and physical flexibility.

Aqua Noodle

You will be surprised how many exercises you can do in the pool with a noodle. Enjoy a fun, creative workout in the shallow pool, using..... you guessed it! A noodle!

Aqua Step

The fast paced Aqua Step class provides a great cardiovascular workout to the latest music. These aqua step classes will challenge participants at every level, beginners all the way to the most experienced fitness participant! Then we move to aerobic workouts in the 4 feet and the shallow end. You never know what kind of fun you'll have!

Aqua Zumba

Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout.

Barre

A soothing, yet upbeat class of stretching and toning using influences from ballet. Fusing ballet moves with Pilates movements to form an elegant and effective full-body workout that will make you sweat, tone your muscles and centralize your balance.

LES MILLS BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

Cardio

Get your heart pumping with periods of low and high impact moves. Challenge your fitness with fun, fresh movements for any fitness level!

Circuits

Stations of strength training or cardio positioned around the room. Participants spend a designated amount of time at each station before moving to the next. Get a full body workout!

Firm & Tone

Total body workout for all levels using a variety of equipment. Firm & tone your body.

Fusion

Get your heart going and muscles burning with a blend of cardio and strength moves.

Hatha Yoga

This is a yoga class which concentrates on physical health and mental well-being. Hatha yoga uses bodily postures (asanas), breathing techniques (pranayama), and meditation techniques (dhyana) with the goal of bringing about a sound, healthy body and a clear,

peaceful mind.

Indoor Cycle

Led by an instructor who takes you through a simulated "ride" changing the speed and resistance of your stationary bike. New to group fitness? This is a great place to start your fitness journey!

Interval

Cardio and strength moves done in alternating intervals

Interval Step

Intervals of exercises utilizing an elevated step platform to blast the legs and glutes to build cardio endurance & tone muscles.

Kickboxing

Class combines martial arts techniques with fast-paced cardio. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Ocean Motion

Join us in the "cool" water of the deep pool while we make "waves"! Get a great cardio workout using various styles of water ambulation all while strengthening and toning. For intermediate exercisers and beyond.

Pace Setters Cardio Sculpt

Specifically designed for members 55 and older. Focuses on Cardio, strength and balance. Tone and sculpt your upper and lower body by efficiently combining low-impact cardio exercises with strength training.

Pilates

Using traditional Pilates moves to combine breathing, controlled movements, and stamina to strengthen and lengthen your core and posture.

Piyo

A total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.

Power Pilates

By combining traditional Pilates movements with powerful stamina exercises Power Pilates will strengthen and tone your arms, abs, and legs.

Restorative Stretch

Yoga with an focus on stretching. Instructor will guide you through relaxation and stretching sequences. Experience not required.

LES MILLS SH'BAM

SH'BAM™ is a fun-loving, insanely addictive dance workout. Your instructor will guide you through simple, sassy dance moves, all set to a party playlist.

SILVER SNEAKERS CARDIO

A safe and heart-healthy aerobics class geared towards active seniors to energize your lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance.

SILVER SNEAKERS CHAIR YOGA

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SILVER SNEAKERS STRENGTH

Standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support.

SMALL GROUP TRAINING

