ALL CLASSES ARE FIRST COME FIRST SERVE

NOVEMBER Group Fitness Schedule

Group fitness classes are included in your Sportsplex membership!

REGISTER FOR CLASSES AT OC-SPORTSPLEX.COM

PLEASE CHECK-IN AT THE FRONT DESK

SPORTSPLEX HOURS
Mon-Fri 5:30am-10pm
Sat 5:30am-10pm
Sun 12pm-7pm

Monday

6:00-7:00am Spin
Small Studio w. Sharon
8:00-8:50am Water Walking
Rec Pool w. Betty
8:00-8:45am Step
Large Studio w. Dorothy
9:00-9:45am Aqua Step
Rec Pool w. Suzi
9:00-9:45am Strength & Sculpt
Large Studio w. Dorothy
10:00-11:15am Yoga
Large Studio w. Jacqueline
10:30-11:15am Ocean Motion
Deep Pool w. Suzi
11:30-12:30pm Fit & Strong
Large Studio w. Emily

5:00-5:45pm Cardio & Core
Large Studio w. Emily
6:00-7:00pm Les Mills BodyPump
Large Studio w. Beth
6:00-7:00pm Spin
Small Studio w. Laura
7:15-8:00pm AquaBike NEW
Rec Pool w. Kristine

Tuesday

8:00-9:00am Barre
Small Studio w.Starr
8:30-9:30am Les Mills BodyPump
Large Studio w. Trang
8:30-9:15am AquaCircuits
Rec Pool w.Alicia
9:30-10:30am Les Mills BodyBalance
Large Studio w. Trang
10:35-11:35am COMMIT Dance Fit
Large Studio w. Candice

5:15-6:00pm Les Mills BodyPump
Large Studio w. Roxanne
6:00-7:00pm Spin
Small Studio w. Steve
6:15-7:15pm Les Mills BodyCombat
Large Studio w. Becka
7:15-8:15pm YinYoga
Large Studio w. Jeanne

Schedule is subject to change
Must be age 13+ to particpate in these group classes

Wednesday

6:15-7:00am BootCamp
Large Studio w. Trang
7:30-8:30am Step
Large Studio w. Dorothy
8:00-8:50am Water Walking
Rec Pool w. Betty
8:30-9:20am Pilates
Large Studio w. Jeanne
9:00-9:45am Aqua Step
Rec Pool w. Suzi
9:30-10:30am COMMIT Dance Fit
Large Studio w. Candice
10:45-11:30am Senior Cardio
Large Studio w. Beth
11:35-12:35pm Yoga
Large Studio w. Emily

5:00-6:00pm Les Mills BodyPump
Large Studio w. Beth
6:00-7:00pm Yoga
Large Studio w. Jeanne
7:15-8:00pm AquaBike
Rec Pool w. Roxanne

Thursday

6:00-7:00am Spin
Small Studio w. Sharon
8:30-9:15am Les Mills BodyPump
Large Studio w. Trang
8:45-9:30am AquaDance/Fit
Rec Pool w. Emily
9:30-10:30am Dance Fit
Large Studio w. Jennifer
10:00-11:00am Pilates
Small Studio w. Jeanne
10:45-11:30am Senior Chair Yoga
Large Studio w. Beth

5:45-6:30pm Zumba/Commit Dance
Large Studio w. Shannon
6:00-7:00pm Spin
Small Studio w. Jeanne
6:30-7:30pm LesMills BodyCombat
Large Studio w. Trisha

Friday

6:15-7:00am BootCamp
Large Studio w. Trang
7:00-8:00am BodyBalance
Large Studio w. Trang
8:00-9:00am Barre
Large Studio w. Starr
9:00-10:00 Dance Fit
Large Studio w. Starr
8:00-8:50am Water Walking
Rec Pool w. Betty
9:00-9:45am Aqua Step
Rec Pool w. Suzi
10:00-10:45am AquaDance
Rec Pool w. Candice
10:30-11:15am Ocean Motion
Deep Pool w. Suzi
10:45-11:30am Senior Stand & Sit Strength Large Studio w.Beth
11:35-12:35pm Yoga
Large Studio w. Elijah

Saturday

7:20-8:05am Les Mills BodyPump
Large Studio w. Trang
8:15-9:15am Les Mills BodyPump
Large Studio w. Beth
9:00-10:00am Spin
Small Studio w. Steve
9:20-10:20am LesMills BodyCombat
Large Studio w. Becka/Carley/Trisha
10:30-11:30am Zumba/CommitDance
Large Studio w. Candice/Shannon

KidsCorner Hours:

Monday – Saturday Mornings
8:00am – 12:00pm
Monday – Thursday Evenings
5:00pm – 8:00pm
Sunday
Closed

THANKSGIVING HOLIDAY HOURS

Wed 11/25: No PM Classes & KidsCorner
Thu 11/26: HAPPY THANKSGIVING!
Sportsplex Closed
Fri 11/27: Sportsplex Open,
No classes & KidsCorner
Sat 11/28: Regular Schedule

Group Fitness Class Descriptions

AQUA AEROBICS is cardio & water resistance training using in a fun and enjoyable atmosphere
AQUA BIKE delivers a great ab workout and Spin Class in a pool! Enjoy the ride with less impact!
AQUA CIRCUITS exercise circuits in water. The added resistance of the water makes for a great workout, with lower impact to the muscle groups. This will have you burning the calories but not feeling like your all sweaty.
AQUA DANCE is an aqua fitness class that is a fun mix of dance tracks for low impact cardio with the challenge of water resistance in the pool.
AQUA STEP is a fast paced aerobics class that combines the excitement of a step-aerobics class with the resistance of the water. Participants will be stepping on step platforms designed to remain on the pool bottom.
AQUA ZUMBA is a dance party in the pool! Take the "work" out of the workout by low-impact moves for interval style and calorie-burning dance fitness in the water.
AQUA: OCEAN MOTION Join us in the cool water of the competition pool. Get a great cardio workout using various styles of water ambulation all while strengthening and toning.
BARRE is a soothing yet upbeat class of stretching and toning using influences from ballet. Fusing ballet moves with Pilates to form an elegant and effective full-body workout that will make you sweat; tone your muscles and centralize your balance.
BOOTCAMP is an interval training class that mixes calisthenics and bodyweight exercises with cardio and strength training. These classes are designed to push participants harder than they'd push themselves.
CARDIO & CORE A challenging mix of intense, dynamic core-stabilizing exercises and cardiovascular endurance to get the blood flowing and heart rate elevated. Suitable for all levels with plenty of options for all!
COMMIT Dance Fitness is a dynamic, fun-filled HIIT-style dance fitness workout that focuses on essential fitness elements created to a variety of popular music, from all over the world, that will inspire everyone to get moving.
FIT & STRONG Low impact cardio, tone, & strength class that focuses on fun & functionality. Utilizing a chair, light weights, resistance bands, small exercise ball, & music. Fit and Strong is a lively and enjoyable experience and accessible to all.
Les Mills BodyCombat is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress & have a blast.
Les Mills BodyBalance is ideal for anyone and everyone. It is the yoga-based class that will improve your mind, your body and life. Bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.
Les Mills BodyPump is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit–fast. Using light to moderate weights with lots of reps, BODYPUMP gives you a total body workout. Through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music–you'll achieve much more than on your own! Leave the class feeling challenged and motivated, ready to come back for more.
PILATES mat-based class focuses on strength, stability, posture, and flexibility. Work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles. Classes will use slow, controlled movements.
SENIOR CARDIO Aerobic exercise is the highlight of this class which features upper-body strength using hand-held weights, elastic tubing with handles and other fun accessories in non-impact aerobic activity. A chair is available for support and easy head-to-toe stretching.
SENIOR CHAIR YOGA Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.
SENIOR STAND & SIT STRENGTH Something for everyone, regardless of fitness level, and can help improve overall strength and flexibility, helping you stay healthy and independent; go at your own pace.
SPIN is 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!
STEP makes cardio fitness fun and challenging for all levels. Step up, around, and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles.
STRENGTH & SCULPT combines 3 key components for longevity; weights for strength and metabolic health, unilateral movements for balance and symmetry, and core work for stability. Timed cycles of work & rest to regulate pace for a personalized workout. This holistic approach to fitness helps you thrive at every stage of life.
WATER WALKING Enjoy music and community during a low impact water walking class. A great way to stay active, stretch, and move your joints.
YOGA where basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated.
YIN YOGA is a quiet, meditative practice with long, deep holding of passive poses. Using mindful muscle relaxation, yin postures target the connective tissue nourishing joints, ligaments, and fascia promoting the healthy flow of chi (energy).
ZUMBA/Dance Fit takes the "work" out of the workout by mixing low-intensity & high-intensity moves for interval style and calorie-burning dance fitness party.