



# MAY

## 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

\*The Sportsplex will open at  
7:00am on Saturdays during the Summer  
starting May 25th, 2024

### 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 BootCamp

Large Studio w. Trang

#### 10:00-11:00am SOULfusion™

Large Studio w. Amy

#### 10:30-11:15am Ocean Motion

Deep Pool w. Suzi

#### 11:00-12:00pm Yoga

Large Studio w. Jacqueline

#### 5:00-5:45pm Cardio & Core

Large Studio w. Alicia

#### 6:00-7:00pm Les Mills BodyPump

Large Studio w. Beth

#### 6:00-7:00pm Spin

Small Studio w. Laura

#### 7:15-8:00pm AquaBikeFit

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

#### 10:30-11:30am 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

### 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

#### 11:30-12:30pm Yoga

Large Studio w. Paula

#### 5:00-6:00pm Les Mills BodyPump

Large Studio w. Beth

#### 6:00-7:00pm Yoga

Large Studio w. Jeanne

#### 7:15-8:00pm Aqua Aerobics

Rec Pool w. Kristine

### 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 AquaZumba

Rec Pool w. Steve

#### 9:30-10:30am Zumba

Large Studio w. Jennifer

#### 10:00-11:00am PIYO™

Small Studio w. Amy

#### 10:45-11:30am Chair Yoga

Large Studio w. Beth

#### 5:45-6:30pm Zumba/Commit Dance

Large Studio w. Candice

#### 6:00-7:00am Spin

Small Studio w. Jeanne

#### 6:30-7:30pm LesMills BodyCombat

Large Studio w. Sam

### Friday

#### 6:15-7:00am BootCamp

Large Studio w. Trang

#### 7:00-8:00am Les Mills BodyBalance

Large Studio w. Trang

#### 8:00-9:00am Barre

Large Studio w. Starr

#### 9:00-10:00 Zumba

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

#### 11:30-12:30pm Yoga

Large Studio w. Paula

### Saturday

#### 7:15-8:00am 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

#### 9:20-10:20pm LesMills BodyCombat

Large Studio w. Becka/Sam

#### 10:30-11:30 Zumba

Large Studio w. Candice/Shannon

#### KidsCorner Hours:

Monday - Saturday Mornings

8:00am - 12:00pm

Monday - Thursday Evenings

5:00pm - 8:00pm

Sunday

Closed

### MAY: National Physical Fitness Month

To stay healthy, adults need a mix of moderate-intense aerobic activity (at least 150 min) and muscle strengthening (2 days) each week. It's important to do what you can. Even 5 minutes of activity has benefits.

For info & tips: <https://health.gov/moveyourway>

Memorial Day Hours: 12pm-7pm

No Group Fitness Classes

Schedule is subject to change

Must be age 13+ to participate in these group classes

## 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.

**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 repetition, 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.

**PIYO** combines the strengthening benefits of Pilates with the flexibility enhancing effects of yoga. Set to music, this dynamic, energetic program is designed to provide a full-body workout without straining your body.

**INTERVAL STRENGTH** Offers cardio and strength moves done in alternating intervals.

**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!

**SOULfusion™** is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight and weighted strength training exercises all set to crazy fun music.

**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.

**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** takes the “work” out of the workout by mixing low-intensity & high-intensity moves for interval style and calorie-burning dance fitness party.

