



# DECEMBER



## 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

**11:30-12:15pm Senior Strength**

Large Studio w. Emily

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

Large Studio w. Arlene

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

Large Studio w. Beth

**6:00-7:00pm Spin**

Small Studio w. Laura

### 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. 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 AquaBike**

Rec Pool w. Roxanne

### 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 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

**11:35-12:35pm Yoga**

Large Studio w. Elijah

### Saturday

**7:15-8am 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 Les Mills BodyCombat**

Large Studio w. Becka/Carley

**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

### 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

### 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 Les Mills BodyCombat**

Large Studio w. Patricia

#### Holiday Group Class Schedule

**Wed 12/24:** No Classes &

No KidsCorner (Sportsplex closes at 4pm)

**Thu 12/25: Merry Christmas**

Sportsplex Closed

**Fri 12/26: Regular Schedule**

**Wed 12/31: New Year's Eve**

No PM Classes & No PM KidsCorner

**Thu 1/1:** Sportsplex only open for Public Skate

**Fri 1/2: 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.

**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.

**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!

**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 and 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.

