



July

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 7am-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 NEW
 Large Studio w. Dorothy

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

9:45-10:30am 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

7:15am BodyPump returns in August

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



**Sportsplex Closed on
 Thursday July 4th**

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 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.

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.

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

