

Orange County Sportsplex Group X class descriptions

Yoga- Classes are based on the Hatha style of Yoga, but each instructor brings their own unique style and expertise to the class.

Yoga Basics- Great for beginners or those who want to refresh themselves with the finer details of Yoga.

Pilates- Similar to Yoga moves, but concentrates on core muscle groups.

Power Pilates- Pilates moves done in a consecutive pattern to create an endurance workout.

Stretch- An instructor will guide you through relaxation and stretching sequences.

Firm & Tone- A fast paced total body workout using a variety of equipment. **Strength & Stretch-** Targeted strength & stretching moves for major muscle groups.

Step & Step X-press- Workout using a step to increase effort. Great cardio and toning benefits. Beginners are welcome in the step class (check the schedule- once a quarter we offer an **Intro to Step class** for beginners!) but the Step Xpress class if for intermediate/advanced steppers.

Abs & Arms- ½ hour class focusing on abdominals & arms/shoulders. It is strongly recommended you warm up prior to this class.

Zumba- Workout combines high energy and motivating music with Latin flavored dance moves and combinations. Easy to learn and fun!

Indoor Cycle- Classes led by an instructor who takes you through a simulated “ride” changing the speed and resistance of your stationary bike. Each instructor brings their own style to the class. **Cycle & Run** includes a quick run outside at the end of class.

2nd chance spin- if you come at 6 and the class is full, you are guaranteed a spot at the 7pm class. Just sign in then go work out for an hour and come back to claim your bike!

Interval- The cardio and strength moves are done in alternating intervals.

Circuit Training- Stations of strength training or cardio are positioned around the room. Participants spend a designated amount of time at each station before moving to the next.

Kickboxing- High energy/ High intensity. Choreographed routines w/ upper and lower body moves based on martial arts and boxing. You do not need to know any martial arts to participate.

Pace Setters Cardio Sculpt- Specifically designed for members 55 and older. Focuses on Cardio, strength and balance. Class meets in lobby by the front desk then goes to the Sr. Center.

Prenatal Exercise- This class is in the pool and is run by Healthy Mom’s NC. You will need to preregister for this class at www.healthymomsonc.com

SilverSneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity. Go to www.silversneakers.com for more information or ask the Front Desk if you qualify for this program!

