

GROUP FITNESS & SPINNING DESCRIPTIONS

Boot Camp Fusion – A class designed for intermediate to highly conditioned individuals. First half hour focuses on lower body cardio conditioning by utilizing of a variety of drills. Second half hour focuses on upper body strength with cycles of calisthenics featuring abdominal work and push-ups.

BODYPUMP™ – A total body barbell workout that will strengthen your entire body using the best weight room exercises like squats, presses, lifts and curls. Great music, motivating instructors and your choice of weights inspire you to get results. Challenge yourself to new heights by adding this free weight training to your workout routine! Registration recommended. See below.

Cardio Mix – A heart pumping blend of step, hi/lo impact and strength exercise. Sure to leave you feeling energized!

Resist-A-Ball (RAB) Training – Core stability classes based on use of the RAB. Weights and resistance tubing may be used. Appropriate for all levels of exercisers. Modifications of exercises are demonstrated.

SPINNING – Experience the ultimate indoor cycling journey for cardio conditioning. Work at your own level while being motivated by your instructor.

SPIN Express is a 45-minute version of the workout.

SPINNING TW (Training Wheels) offers the perfect ride for beginners by introducing the basics of indoor cycling while you build your aerobic conditioning base.

BOSU Training – a 30-minute balance and core training workout. Appropriate for average to advanced fitness levels. Class will meet on basketball court area.

Step – A choreographed workout utilizing the step bench. A great cardio workout to help strengthen and tone your legs.

Step Interval – A mixture of step combinations with upper body exercises throughout the class.

Total Body Workout – This class offers something for entire body...cardio, strength, balance, flexibility. Appropriate for all fitness levels.

Zumba – Inspired by Latin music this class makes your cardio workout feel more like a 'dance party'. A variety of Latin dance styles and routines are used throughout class (salsa, merengue, mambo, rumba, flamenco and calypso). Musical selections include both fast and slow rhythms to help tone and sculpt the body.

Hip-Hop – A Hip-Hop dance class that is mixed with various musical styles & routines. Enjoy working out to a wide variety of songs and routines!

Our Specialty Classes (**SPINNING, Pilates Mat and Yoga**) are free to **Governors Members**.

All other memberships and guests pay \$5/ specialty class.

It is recommended that participants register for **SPINNING** and **BODYPUMP™** up to 3 days in advance at the **Fitness Desk** or by calling **724.933.1911, ext. 137** during club hours. Class size is limited.

A **\$5 No Show Fee** will be automatically billed to your account if you have pre-signed and fail to cancel 60 minutes before class.

Winter Weather: Please call the club one hour before class begins for updates.

MIND & BODY DESCRIPTIONS

Beginner Yoga – A basic yoga class, where new students will learn various yoga asanas. Great for those new to yoga, yet challenging enough for a more experienced student.

Gentle Restorative – A mix of gentle yoga and restorative yoga. Incorporates the use of props to hold you in position so that you can relax completely. This technique releases tight muscles, relieves pain, and tones internal organs. It also strengthens the immune system and quiets the mind, while providing gentle openings of the muscles. Restorative Yoga is profoundly relaxing and an excellent antidote to stress.

Intro to Pilates Mat – Learn the basics of Pilates Mat in this introductory class.

Mixed Level Yoga – Focus on the union of breath and movement; awareness and alignment; strength and flexibility. Postures are through the breath for a transformative and balancing effect that flows from your practice into your daily life.

MVe Tower (Advanced) – A dynamic, 5 participant, advanced practice for those who want to increase flexibility, strength, and balance.

Pilates Mat/Power Pilates Mat – A transformational method of body conditioning that yields profound results for people of all ages and abilities. Equally engaging your body and mind, Pilates emphasizes the uniform development of all muscle groups while promoting flexibility, circulation and skeletal alignment. The work focuses on core muscle strength, flexibility and stability. All levels of experience are welcome in Pilates mat class. Our evening format, Power Pilates Mat, is a shortened, intensified version of our traditional class.

Pre-School Yoga – Bring yoga to life with fun and creative activity designed to stimulate a young child's growing curiosity. Playful yoga poses, animated breathing exercises and imaginative relaxation techniques, teach children about their growing bodies. Classes are sprinkled with music, stories and games to spark the child's inner yogini while enhancing language development, motor coordination and play. Ages 3-5. **Child must be 3 years of age by January 1st. Registration required- class size limited.**

Rhythmic Yoga Flow – Get ready to break a sweat in this dynamic yoga flow class. Creative flows lead to increased heart rate, deep muscle openings and increased muscular strength. Class incorporates pranayama (yogic breathing exercises) and ends with deep relaxation. You will leave class feeling refreshed for the rest of the day!

Yoga Mix & Restore – Enjoy a 60 minute deep, mixed levels, yoga class followed by a 30 minute restorative practice. Participants may stay for both, or either portion of class.

Yoga I - Learn correct alignment and breathing in basic yoga postures, opportunities will be given for more challenging movements to allow for progression of strength, balance and flexibility.

Yoga II – With an emphasis on precise alignment explore basic poses along with the challenges and joys of handstands, back bending without pain, deep hip openers and twists. Finish with breathing exercises (pranayama) to center the body and quiet the mind.

Yoga HEAT – Traditional yoga postures done in a warmer environment for added muscular release and flexibility.

Group Reformer – The Reformer is the main piece of equipment used in Pilates. Exercises are performed using the progressive resistance of springs and can give a complete conditioning and flexibility workout for all fitness levels with focus on balance and symmetry, as users try to evenly push or pull through an exercise. **A minimum of 4 -60 minute Private Pilates Training Sessions are required before entering a Group Reformer class.** Call Gretchen at ext. 123 or pilates@oxfordathleticclub.com for more information. Fee: \$19 per class