

Group Fitness Class Descriptions

A-Zeta Kids Fitness – ages 5-7 and 8-13 – Provides 45 minutes of a variety of aerobic activity that may include kickboxing, Latin dance, circuit training, and hip-hop dance. The class will include some of the instruction in Spanish.

BodyCombat– An empowering cardiovascular workout where inhibitions are unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide variety of disciplines such as karate, boxing, Tae Kwon do, Tai Chi and Muay Thai to provide a tremendous cardiovascular workout.

BodyPump - A total body weighted workout using barbells and weight plates. Great music, motivating instructors and participant’s choice of resistance unite to inspire maximum result achieving effort.

BodyStep – Full body cardio and muscle conditioning class, a step-based group class to lift your fitness and tone muscles. Caters to all fitness levels by raising or lowering your step.

Oxford Vital - A 45-minute exercise class focusing on the essentials of fitness. Oxford Vital will be a total body exercise experience that will include a cardio, resistance and core/restorative segments. In addition, Oxford Vital will have weekly-designated fitness equipment.

Spinning – Experience the ultimate cycling journey for total body conditioning. Participants work at their own performance level, while being motivated by the spin instructor, music and an energizing atmosphere. **Registration recommended.**

Spinning Core (+) – Experience the ultimate cycling journey for 45 minutes. Core strengthening exercises will follow for 10 minutes. **Registration recommended.**

Zumba – Is an aerobic fitness program featuring movements inspired by various styles of Latin American dance, such as merengue, salsa, mambo, rumba, flamenco and calypso, perform mostly to Latin American dance music. Music selections include both fast and slow rhythms to help tone and sculpt the body.

Zumba (BCG) - Is a new program that combines some calorie burning cardiovascular **Bursts**, as well as **Core** strengthening and **Glute** toning exercises designed to give participants the results they desire. Turn up the intensity – turn up the fun!

Zumba Gold – Provides 45 minutes of modified, low-impact moves for beginners, active older adults, those recovering from injury and more. All the fun of a regular Zumba class but with simplified choreography and less impact.

Zumba Toning – Blends Zumba moves and body-sculpting using maraca-like weights to tone the arms, core and lower body.

Mind ~ Body Class Descriptions

Jump Board Reformer – A Pilates Equipment Class designed to torch calories, strengthen your core and end with stretching. (pilates equipment experience required) **Registration recommended.**

Mat with Props - A Power Mat class using props, including bands, weights, Rings, and rollers.

Mixed Level Yoga – A Focus on the union of breath and movement, awareness and alignment, strength and *flexibility*. Explore basic poses along with some challenges, back bending, hip openers and twists. Perfect for all levels.

Pilates Equipment - The Reformer, Chair, and Tower are all pieces of equipment used in class. Exercises are performed using the progressive resistance of springs and can give a complete conditioning and flexibility workout for all fitness levels, with a focus on balance and symmetry. **Registration recommended**

Pilates Mat/Power Mat – A transformational method of body conditioning that yields profound results for people of all ages and abilities. All levels of experience are welcome in Pilates mat class. Power Pilates Mat, is a shortened, intensified version of our traditional program.

PiYo – A unique program designed to build strength and flexibility. Challenging and fun choreography developed to make participants sweat.

Power Yoga – A powerful yoga that uses ASANAS (poses) with the breath to develop strength, balance, and energy to the practitioner while encouraging alignment and relaxation.

Restorative Yoga – A gentle, beginner form of yoga that seeks to achieve physical, mental and emotional relaxation,

Vinyasa Flow – Break a sweat in this dynamic yoga flow class. Programming incorporates pranayama (yogic breathing exercises) and ends with deep relaxation.

Warm Yoga with Meditation – Traditional yoga postures done in a warmer environment for added muscular release and flexibility with an added 10-15 minutes of meditation.

Yin Yoga – A slow-paced style of yoga with postures, or asanas, that are held for longer periods of time.

Yoga I - A Level 1 yoga class, where students gain strength, balance, flexibility and will learn correct alignment in poses.

Youth Yoga – A class designed especially for children ages 8 – 13. Yoga for children has been shown to increase focus, and self-esteem, in all aspects of their lives; as well as increase their physical strength and flexibility.

Small Group Class Descriptions

Boxing (30) – Boxing style conditioning that will cater to all fitness levels. This 30-minute exercise session will challenge you aerobically and anaerobically. **Registration recommended. Personal gloves and wraps required.**

Boxing + TRX (45) – Boxing style conditioning that will cater to all fitness levels. This 30-minute boxing session will challenge you aerobically and anaerobically. Plus, an additional 15-minutes of high intensity TRX leg exercises. **Registration recommended. Personal gloves and wraps required.**

Cardio HIIT (30) – A program designed for **intermediate to highly conditioned individuals**. Varying interval training using periods of work and recovery. Class will include speed, agility and endurance conditioning. **Minimal equipment. Outside turf weather permitting. Registration recommended.**

HIIT (30) – A program designed for **intermediate to highly conditioned individuals**. Interval training using TRX straps, Kettlebells and functional movements to create an exercise session that focuses on major muscle groups. **Registration recommended.**

Kettlebell (30) - Kettlebell training uses high speed, ballistic motions that derive power from the hips and legs, while sparing and stabilizing the back. Kettlebells build aerobic fitness and promote weight loss. **Registration recommended.**

Oxford Barre – A fun, dynamic, dance inspired class with a combo of Yoga, Pilates and Ballet inspired moves. Series include arm weights, barre work, core work, and stretching. Get ready to shake your booty at the barre! **Registration recommended.**

Oxford Fusion – is a total body aerobic and anaerobic training session. Participants will train using various training equipment, such as Bosu, dumbbells, kettlebells and TRX straps. **Registration recommended.**

Oxford Synrgy – A program designed for **intermediate to highly conditioned individuals**. This is a small group circuit training class that is anything but boring. Each workout will be unique because the options are limitless. You will focus on cardio, strength, endurance, and agility all in one workout. **Registration Recommended.**

Pilates Chair (45) – Using a Pilate’s piece of equipment to perform exercises using progressive resistance of springs and can provide a complete conditioning and flexibility workout. **Registration recommended.** *classes located in the Pilates Room **Power chair is a more dynamic class in a shortened period of time.**

Pilates Musical Chair (30) – Our designed Pilates Chair class choreographed to music to keep the heart rate up and the body moving. **Registration recommended.** *classes located in the Pilates Room.

TRX – Intense, innovative, functional, suspension training. Suspension training leverages gravity and the user’s body weight to perform hundreds of upper body and lower body exercises. **Registration recommended.**

Youth Boxing (30) – Learn how to throw punches properly while using the heavy bag, mitts and box master. The class will be a mixture of boxing technique and conditioning training. For ages 12 -15 years old. **Registration recommended. Personal gloves and wraps required.**

CLASS PROGRAMMING

June 11th – September 2nd 2018

- ~ Health Plus Members & Guests Pay \$5 per class for SPINNING, YOGA and MAT PILATES classes.
- ~ Register online at www.oxfordathleticclub.com or at the Fitness Desk by calling ext. 4137 up to three days in advance. (Class size is limited in Aqua H.I.I.T, Aqua Yoga, Boxing, Cardio HIIT, HIIT, Kettlebell, Oxford Barre, Oxford Fusion, Oxford Synrgy, Pilates Chair, Pilates Equipment, Spinning, and TRX).
- ~ \$10 Fee will be charged to your account if you have registered and fail to cancel 4 hours before class start.
- ~ Must be present at the start of class or reservation is forfeited.
- ~ Numbers are distributing at the Fitness Desk 10 min before the start of PiYo, Yoga, and Pilates Mat.

Included in Governors Memberships

BOXING, HIIT, KETTLEBELL, OXFORD BARRE, OXFORD FUSION, OXFORD SYNRGY, PILATES CHAIR, TRX

AQUA HIIT AND AQUA YOGA CLASSES BEGINNING IN JUNE! SEE SEPARATE MONTHLY INSERTS FOR CLASS DAYS AND TIMES.

MON	TUES	WED	THURS	FRI	SAT	SUN
	6:30AM OXFORD SYNRGY (30) Pam/Elicia	7:15AM KETTLEBELL (30) Pam	7:45AM TRX (45) Pam	7:00AM OXFORD SYNRGY (45) Elicia/Pam	8:00AM BARRE (45) Nicole	
7:15AM BOXING (30) Pam	7:00AM OXFORD SYNRGY (30) Pam/Elicia	9:15AM BARRE Natasha	8:40AM OXFORD SYNRGY (30) Brian	8:00AM BARRE (45) Nicole	9:00AM PILATES POWER CHAIR (30) Nicole	10:00AM OXFORD SYNRGY (30) Elicia
8:30AM PILATES CHAIR (45) Nicole	9:30AM TRX/BOXING (45) Roni	9:15AM TRX/BOXING (45) Elicia <i>new time</i>	9:30AM BARRE Leslie	8:45AM Pilates Musical Chair (40) Ricki	8:30AM OXFORD FUSION Ryan/Rafael	
9:20AM BARRE Nicole		4:30PM YOUTH BOXING (30) Brian <i>last class 8-15</i>		9:15AM TRX Rotation	9:30AM OXFORD FUSION Ryan/Rafael	
9:30AM TRX (45) Elicia <i>new time</i>		5:15PM BOXING (30) Brian		9:15AM BOXING (30) Rotation	9:15AM BOX+TRX (45) Pam	
6:00PM H.I.I.T (30) Brian <i>new time</i>	6:00PM OXFORD SYNRGY (30) Brian <i>new time</i>	5:45PM PILATES CHAIR (45) Nicole		<div style="border: 2px dashed blue; padding: 10px;"> <p style="text-align: center;">Trainer Created Classes</p> <p style="text-align: center;">Tabata (60): Laura Dougherty When: Tuesday 9:00am; Thursday 9:00am \$21/class; 5 Pack \$95; 10 Pack \$170</p> <p style="text-align: center;">Basic Weight Training (60): Laura Dougherty When: Wednesday 8:15am \$21/class; 5 Pack \$95; 10 Pack \$170</p> <p style="text-align: center;">Power Fit (60): Laura Dougherty When: Monday 9:30am Wednesday 9:30am; Friday 9:30am \$21/class; 5 Pack \$95; 10 Pack \$170</p> </div>		
5:45PM PILATES CHAIR (45) Ricki	6:45PM CARDIO H.I.I.T (30) Kaitlin <i>new class</i>	6:00PM TRX (45) Brian	6:00PM OXFORD FUSION Ryan/Rafael			
	7:15PM CARDIO H.I.I.T (30) Kaitlin <i>new class</i>	6:45PM BARRE (45) Nicole <i>In Pilates Room</i>	7:00PM OXFORD FUSION Ryan/Rafael			

Health Plus Members Class Rates Provided at Fitness Desk

GROUP FITNESS

Group Fitness Manager: Pam Daugherty (ext. 4108) - pdaugherty@oxfordathleticclub.com

MON	TUES	WED	THU	FRI	SAT	SUN
5:45AM BODYPUMP Joe		5:45AM BODYPUMP Joe		5:45AM BODYPUMP Elicia/Pam		
6:00AM SPINNING (45) Terri	6:00AM SPINNING Joe	8:00AM BODYSTEP Pam <i>new class</i>	6:00AM SPINNING Pam		7:15AM SPINNING (75) Pam	
8:00AM SPINNING Pam	8:15AM BODYPUMP (45) Elicia	8:00AM SPINNING Terri		8:00AM SPINNING Pam	8:00AM BODYPUMP Donna	8:00AM SPINNING Roni
	9:15AM SPINNING (45) Laurie	9:15AM SPINNING Pam	9:15AM SPINNING Roni	9:15AM SPINNING (45) Debbie	9:00AM SPINNING Stacey	9:30AM BODYPUMP Kaitlin/Donna
9:15AM BODYPUMP Pam	9:15AM BODY COMBAT Elicia	9:15AM ZUMBA Carmel	9:00AM BODYPUMP Elicia <i>new time</i>	9:15AM ZUMBA Laurie	9:15AM BODYPUMP Kaitlin	
9:30AM OXFORD VITAL (45) Debbie	10:30AM SPINNING (45) Roni	10:30AM BODYPUMP Pam	10:10AM BODYSTEP Elicia <i>new class</i>	10:30AM BODYPUMP Roni	10:30AM OXFORD VITAL (45) Stacey/Kaitlin	10:45 BODY COMBAT Elicia
10:30AM ZUMBA Natasha	10:30AM ZUMBA (BCG) Carmel		10:30AM SPINNING (45) Laurie		10:30AM ZUMBA Denise	
10:30AM SPINNING (30) Debbie	11:45AM A-ZETA KIDS(5-7) FITNESS (45) Heather <i>last class 7-31</i>		12:00PM ZUMBA GOLD (45) Lynette			
	12:30PM A-ZETA KIDS(8-13) FITNESS (45) Heather <i>last class 7-31</i>					
	5:30PM BODYPUMP Kaitlin		5:30PM BODY COMBAT Elicia/Kaitlin			
6:00PM SPINNING Ellen	6:00PM SPINNING CORE (+) Pam/Elicia	6:00PM SPINNING (45) Debbie				
6:30PM ZUMBA TONING Sarita <i>new format</i>	6:35PM BODY COMBAT Alia	6:30PM ZUMBA TONING Ingrid <i>new format</i>	6:35PM BODYPUMP Alia			

MIND~BODY

Mind/Body Manager: Nicole Rogos (ext. 4123) - nrogos@oxfordathleticclub.com

MON	TUES	WED	THUR	FRI	SAT	SUN
		5:45AM YOGA Instructor's CHOICE Susan/Julia				
	8:00AM YOGA I (75) Nancy	7:15AM Jump Board Reformer* Ricki	8:30AM POWER MAT (45) Leslie	9:30AM POWER MAT with PROPS (45) Natasha		
9:30AM PILATES EQUIP* Leslie	9:30AM POWER MAT (45) Leslie	8:15AM PILATES MAT (45) Natasha	9:30AM PILATES EQUIP* Nicole	9:30AM PILATES EQUIP* Ricki	9:30AM PILATES EQUIP* Nicole	9:15AM MIXED LEVEL YOGA (75) Nancy
10:30AM MIXED LEVEL YOGA (75) Alison	9:30AM PILATES EQUIP* NICOLE	9:30AM PILATES EQUIP* Ricki	10:45AM YIN YOGA Christiana/ Lynette	10:30AM WARM YOGA WITH MEDITATION (75) Christiana	9:15AM MIXED LEVEL YOGA (75) Annette	
	10:30AM VINYASA FLOW Leslie	10:30AM MIXED LEVEL YOGA Lynette				
	12:00PM <i>Special Needs</i> PILATES EQUIP* Ricki					
4:45PM PIYO Ellen	12:00PM RESTORATIVE YOGA Alison		4:30PM YOUTH YOGA Liz			
6:30PM PILATES EQUIP* Ricki	4:30PM PILATES MAT Ellen	4:45PM PIYO Donna	6:00PM YOGA 1 Susan/Erin			
6:30PM VINYASA YOGA Jamie	6:00PM YOGA I (75) Annette	6:00PM MIXED LEVEL YOGA (75) Jamie				

Pilates Equipment Classes

\$23/class

4-session package - \$87

8-session package - \$165

12-session package - \$222

*4 -60 minute Private Pilates Training Sessions are required before entering a Pilates Equipment class. Call Nicole at ext. 4123 or email nrogos@oxfordathleticclub.com for more information. *Fee per class. Packages available.

All classes are 1 hour unless otherwise noted

Class schedule is subject to change