

## Group Fitness Class Descriptions

**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.

**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 **B**ursts, as well as **C**ore strengthening and **G**lute 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.

**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

**Box/Heavy Bags H.L.I.T (45)** – Provides a full-body strength and conditioning workout, incorporating various bodyweight exercises with 3 minute boxing rounds to create a high-intensity boxing fitness experience.. *Registration recommended. Personal gloves and wraps required.*

**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.**

**Core and More (30)** – A program designed to strengthen and coordinate the major muscle of the torso. As an added bonus the “more” will target Gluteal Muscles. **Minimal equipment. Registration recommended.**

**Foundations of Strength Training for Men (F.S.T)** – Discover the key to making lasting physical changes; develop muscle, gain strength and feel better with professional guidance. *Registration recommended.* \*classes located in the Sports Performance Studio.

**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 designed for **intermediate** to **highly conditioned individuals**. 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.

**Rumble Boxing** – A class experience designed to transport you into the ring. This class will focus on classic boxing training that will produce increased muscle endurance, agility, balance and coordination. *Registration recommended.*

**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.*

# CLASS PROGRAMMING 9/04/2018

- ~ Class programming is included in Governors level memberships, except paid programming (\$).
- ~ Health Plus Members & Guests Pay \$5 per class for SPINNING, YOGA and MAT PILATES classes.
- ~ Register online at [www.oxfordathleticclub.com](http://www.oxfordathleticclub.com) or at the Fitness Desk by calling ext. 4137 up to three days in advance starting at 6:00AM.
- ~ \$10 Fee will be charged to your account if you have registered and fail to cancel 4 hours before class
- ~ 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.

## GROUP FITNESS

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

MON	TUES	WED	THU	FRI	SAT	SUN
<b>5:45AM BODYPUMP Joe</b>	<b>6:00AM SPINNING Joe</b>	<b>5:45AM BODYPUMP Joe</b>	<b>6:00AM SPINNING Pam</b>	<b>5:45AM BODYPUMP Elicia/Pam</b>	<b>7:15AM SPINNING (75) Rotation</b>	<b>8:00AM SPINNING Roni</b>
<b>6:00AM SPINNING (45) Terri</b>	<b>8:15AM BODYPUMP (45) Elicia</b>	<b>8:00AM BODYSTEP Pam</b>	<b>9:15AM SPINNING Roni</b>	<b>8:00AM SPINNING Pam</b>	<b>8:00AM BODYPUMP Donna</b>	<b>9:30AM BODYPUMP Kaitlin/Donna</b>
<b>8:00AM SPINNING Pam</b>	<b>9:15AM SPINNING Laurie</b>	<b>8:00AM SPINNING Terri</b>	<b>9:15AM BODYPUMP Elicia</b>	<b>9:15AM SPINNING (45) Debbie</b>	<b>9:00AM SPINNING Stacey</b>	<b>10:45 BODYCOMBAT Elicia</b>
<b>9:15AM BODYPUMP Pam</b>	<b>9:15AM BODYCOMBAT Elicia</b>	<b>9:15AM SPINNING Pam</b>	<b>10:30AM BODYSTEP Elicia</b>	<b>9:15AM ZUMBA Laurie</b>	<b>9:15AM BODYPUMP Kaitlin</b>	
<b>9:30AM OXFORD VITAL (45) Debbie</b>	<b>10:30AM SPINNING (45) Roni</b>	<b>9:15AM ZUMBA Carmel</b>	<b>10:30AM SPINNING (45) Laurie</b>	<b>10:30AM BODYPUMP Roni</b>	<b>10:30AM OXFORD VITAL (45) Stacey/Kaitlin</b>	
<b>10:30AM ZUMBA Natasha</b>	<b>10:30AM ZUMBA (BCG) Carmel</b>	<b>10:30AM BODYPUMP Pam</b>	<b>12:00PM ZUMBA GOLD(45) Lynette</b>		<b>10:30AM ZUMBA Denise</b>	
<b>10:30AM SPINNING (30) Debbie</b>	<b>5:30PM BODYPUMP Kaitlin</b>		<b>5:30PM BODYSTEP Elicia/Pam</b>			
<b>6:00PM SPINNING Ellen</b>	<b>6:00PM SPINNING CORE (+) Pam</b>	<b>6:00PM SPINNING (45) Debbie</b>				
<b>6:30PM ZUMBA TONING Sarita</b>	<b>6:35PM BODYCOMBAT Kaitlin</b>	<b>6:30PM ZUMBA TONING Ingrid</b>	<b>6:35PM BODYPUMP Kaitlin</b>			

\*All classes are 1 hour unless otherwise noted\*

\*Class schedule is subject to change\*

# SMALL GROUP FITNESS

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

Personal Training Manager: Brian Kridler (ext. 4142) - bkridler@oxfordathleticclub.com

# MIND~BODY

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

MON	TUES	WED	THURS	FRI	SAT	SUN
7:15AM BOXING (30) Pam	5:45AM RUMBLE BOXING Sean <i>*first class 9/11</i>	7:15AM KETTLEBELL (30) Pam	5:45AM RUMBLE BOXING Sean <i>*first class 9/13</i>	6:00AM GLUTE FACTORY Cassidy \$	8:00AM BARRE (45) Nicole	
8:30AM PILATES CHAIR (45) Nicole	6:30AM OXFORD SYNRGY (30) Pam	8:00AM BASIC WEIGHT TRAINING Laura \$	7:45AM TRX (45) Pam	7:00AM OXFORD SYNRGY (45) Elicia/Pam	8:30AM OXFORD FUSION Ryan/Rafael	10:00AM OXFORD SYNRGY (30) Elicia
9:20AM BARRE Nicole	7:00AM OXFORD SYNRGY (30) Pam	9:15AM BARRE Natasha	8:40AM OXFORD SYNRGY (30) Brian	8:00AM BARRE (45) Nicole	9:00AM F.S.T for MEN James \$	
9:30AM POWER FIT Laura \$	9:00AM TABATA Laura \$	9:15AM TRX/BOXING (45) Elicia	9:00AM GLUTE FACTORY Cassidy \$	8:45AM PILATES MUSICAL CHAIR (40) Ricki	9:00AM PILATES POWER CHAIR (30) Nicole	
9:30AM TRX (45) Elicia	9:00AM GLUTE FACTORY Cassidy \$	9:30AM POWER FIT Laura \$	9:15AM TABATA Laura \$	9:15AM TRX Rotation	9:15AM BOX+TRX (45) Rotation	
5:45PM PILATES CHAIR (45) Ricki	9:30AM TRX/BOXING (45) Roni	5:15PM BOXING (30) Brian	9:15AM BOX/HEAVY BAGS H.I.I.T. (45) Maria	9:30AM Power Fit Laura \$	9:30AM OXFORD FUSION Ryan/Rafael	
6:00PM CORE and MORE (30) Brian	6:00PM OXFORD SYNRGY (30) Brian	5:45PM PILATES CHAIR (45) Nicole	9:30AM BARRE Leslie	10:30AM BOX/HEAVY BAGS H.I.I.T. (45) Stacey	10:30AM RUMBLE BOXING Sean <i>*first class 9/15</i>	
6:45PM CARDIO H.I.I.T (30) Kaitlin	6:30PM F.S.T for MEN James \$	6:00PM TRX (45) Brian	6:00PM OXFORD FUSION Ryan/Rafael			
7:00PM BOX/HEAVY BAGS H.I.I.T. (45) Maria	7:30PM GLUTE FACTORY Brian \$	7:35PM BARRE (45) Nicole	7:00PM OXFORD FUSION Ryan/Rafael			
			8:00PM GLUTE FACTORY Brian \$			

**Health Plus Members** Class Rates Provided at Fitness Desk.

**\$** Designates \$25 Class Fee

\*All classes are 1 hour unless otherwise noted\*

\*Class schedule is subject to change\*

MON	TUES	WED	THUR	FRI	SAT	SUN
		5:45AM YOGA Susan				
	8:00AM YOGA I (75) Nancy	8:15AM PILATES MAT (45) Natasha	8:30AM POWER MAT (45) Leslie			
	9:30AM POWER MAT (45) Leslie			9:30AM POWER MAT WITH PROPS (45) Natasha	9:15AM MIXED LEVEL YOGA (75) Annette	9:15AM MIXED LEVEL YOGA (75) Nancy
9:30AM PILATES EQUIP* Leslie \$	9:30AM PILATES EQUIP* Nicole \$	9:30AM PILATES EQUIP* Ricki \$	9:30AM PILATES EQUIP* Nicole \$	9:30AM PILATES EQUIP* Ricki \$	9:30AM PILATES EQUIP* Nicole \$	
10:30AM MIXED LEVEL YOGA Alison	10:30AM VINYASA FLOW Leslie	10:30AM MIXED LEVEL YOGA Lynette	10:45AM YIN YOGA Christiana/ Lynette	10:30AM WARM YOGA WITH MEDITATION (75) Christiana		
	12:00PM <i>Special Needs</i> PILATES EQUIP* Ricki \$			<div style="border: 2px dashed black; padding: 10px; text-align: center;"> <p><b>Pilates Equipment Classes</b> \$23/class</p> <p>4-session package - \$87</p> <p>8-session package - \$165</p> <p>12-session package - \$222</p> <p><b>\$</b> Designates Paid Class</p> <p>4 – 60-minute private Pilates training sessions are required before entering Pilates Equipment class</p> </div>		
4:45PM PIYO Ellen	12:00PM RESTORATIVE YOGA Alison	4:45PM PIYO Donna	4:30PM YOUTH YOGA Liz			
6:30PM PILATES EQUIP* Ricki \$	4:30PM PILATES MAT Ellen	6:00PM MIXED LEVEL YOGA (75) Jamie	6:00PM YOGA 1 Susan/Erin			
6:30PM VINYASA YOGA Jamie	6:00PM YOGA I (75) Annette	6:30PM PILATES EQUIP* Nicole \$	6:00PM Mixed Level Yoga Nancy <i>*starting 10/5</i>			

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