



BALANCE STUDIO

Balance at Oxford

MON	TUES	WED	THUR	FRI	SAT	SUN
9:30AM BARRE (45)	8:00AM BARRE (45)	9:15AM BARRE	7:00AM BARRE (45)	7:00AM BARRE (45)	8:00AM BARRE (45)	
10:30AM BARRE (45)	12:00PM BEGINNER BARRE (45)		9:30AM BARRE	8:00AM BARRE (45)		
			11:45AM BEGINNER BARRE (45)			
		7:30PM BARRE (45)	6:30PM BARRE (45)			

**Our new state-of-the-art Balance Studio offers Barre classes.
Virtual Fitness Classes will be coming soon!**

Class Descriptions:

Beginner Barre – A 45-minute beginner paced Barre class to help those who are new to barre and help to adjust and learn the basic barre movements while still getting a great workout. **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.**