



# PULSE STUDIO

## Pulse at Oxford

MON	TUES	WED	THU	FRI	SAT	SUN
5:45AM BODYPUMP	8:15AM BODYPUMP (45)	5:45AM BODYPUMP	9:15AM BODYPUMP	5:45AM BODYPUMP	8:00AM BODYPUMP	9:30AM BODYPUMP
7:15AM KETTLEBELL (30)	9:15AM BODYCOMBAT	7:00AM KETTLEBELL (45)	10:30AM BODYSTEP	9:15AM ZUMBA	9:15AM BODYPUMP	10:45AM BODYCOMBAT
9:15AM BODYPUMP	10:30AM ZUMBA	8:00AM BODYSTEP (45)	11:45PM ZUMBA TONING	10:30AM BODYPUMP	10:30AM OXFORD VITAL (45)	
9:30AM OXFORD VITAL (45)		9:15AM ZUMBA			10:30AM ZUMBA	
10:30AM ZUMBA (BCG)		10:30AM BODYPUMP				
11:45PM ZUMBA GOLD (45)						
5:45PM BODYPUMP	5:30PM BODYPUMP		5:30PM BODYSTEP (55)			
6:45PM BODYCOMBAT (30)	6:45PM ZUMBA	6:00PM ZUMBA TONING	6:30PM BODYPUMP			

**BodyCombat™** - A high energy martial arts-inspired non-contact workout. In the class you'll learn how to punch, kick and strike your way to superior fitness and strength. **Registration recommended.**

**BodyPump™** - This is the original barbell class – a weights class for absolutely everyone. The class gives you a total body workout and will make you toned, lean and fit. **Registration recommended.**

**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. **Registration recommended.**

**Kettlebell** - 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 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. **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. **Registration recommended.**

**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! **Registration recommended.**

**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. **Registration recommended.**

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