

# CLASS PROGRAMMING

1/2/2019



- ~ Register online at [www.oxfordathleticclub.com](http://www.oxfordathleticclub.com) or at the Fitness Desk by calling ext. 4137. Class registration begins at 6:00AM 3 days prior to the class date.
- ~ Class programming is included in Governors level memberships, except paid programming (\$).
- ~ Health Plus Members & Guest Fitness Privileges Include: Aqua Aerobics, BodyCombat, BodyPump, BodyStep, Oxford Vital and Zumba
- ~ Health Plus Members & Guest can pay \$5 per class to participate in the Ride Studio and Zen Studio.

## Oxford Athletic Club (Studio Policies/FAQ)

- All fitness levels welcome in all classes, unless designated.
- All studio classes require pre-registration by either calling the fitness desk and or registering through our website.
- Cell phone use during classes is NOT permitted. This is a time to unplug!
- Please keep studio floors clear from gym bags, coats, etc. We have added cubbies & coat racks in the studio corridor for you to conveniently store gym bags and/or coats.
- Only water will be allowed in the studios. NO food!
- Please keep conversations to a minimum.
- No reserving bikes/equipment/space for members that are not present.
- No late entries to class.

### Age Requirement:

The minimum age for a person to take a fitness class in any of the studios is 14 years old. Minors between 12-13 years old are only permitted to workout at the same time as a parent or legal guardian. If the parent is not taking the workout side-by-side with the minor, the minor is not permitted to work out in the studio.

### Children In-Studio:

Oxford Athletic Club does not permit children under 12 in the studios at any time unless programming permits it.

### Dress Code:

Oxford Athletic Club requires clients to come to classes fully prepared for strenuous activity: enclosed running shoes, athletic shorts/pants, athletic t-shirt, towel. We reserve the right to refuse members entrance into the studios if they are not properly dressed.

### Class Reservations:

Members will be able to reserve a spot online for each class 3 days in advance starting at 6am. Classes can be booked through our website or by calling the Fitness Desk at ext. 4137.

### Member Class Cancellation Policy:

- Class reservations must be canceled 4 hours in advance prior to the start of class.
- Failure to cancel your class reservation at least 4 hours in advance will result in a \$10 fee.

### Late Arrival (Client Late to Workout):

- If you are not present at class start time your spot will become available to waiting members.
- Failure to arrive on time will result in a \$10 fee.

### Waiting List:

If a confirmed member cancels from the full capacity class, a fitness staff employee will contact the first person on the waitlist to notify of the available space. If the waitlist #1 person cannot be contacted or cannot commit to holding the spot the next person on the list will be contacted. Members who drop in the studio when a class is booked to capacity will be allowed to attend class on a first come first in basis if there is room.

## Small Group Training at Oxford

MON	TUES	WED	THUR	FRI	SAT	SUN
8:45AM TRX (45)	6:00AM FUSION	8:00AM BASIC WEIGHT TRAINING \$	6:30AM HIIT TRX (45)	6:00AM GLUTE FACTORY \$	8:30AM FUSION	10:00AM OXFORD SYNRGY (30)
9:30AM POWERFIT \$	6:30AM OXFORD SYNRGY (30)		7:30AM TRX (45)	7:00AM OXFORD SYNRGY (30)	9:30AM FUSION	
12:00PM AQUA YOGA (45)	7:00AM OXFORD SYNRGY (30)		8:30AM OXFORD SYNRGY (30)	9:00AM TRX		
	9:00AM GLUTE FACTORY \$		9:00AM OXFORD SYNRGY (30)	9:30AM POWER FIT \$		
	9:00AM TABATA \$		9:00AM GLUTE FACTORY \$			
	10:30AM TRX (45)		9:15AM TABATA \$			
			10:45AM AQUA HIIT (45)			
6:00PM CORE & MORE (30)	6:00PM OXFORD SYNRGY (30)	6:00PM TRX (45)	6:00PM FUSION			
			7:00PM FUSION			

## Tone at Oxford

MON	TUES	WED	THUR	FRI	SAT	SUN
8:30AM PILATES CHAIR (45)	9:30AM PILATES EQUIP. LVL. 1-2 \$	7:15AM JUMP BOARD REFORMER (45)	9:30AM PILATES EQUIP. LVL. 1-2 \$	8:45AM PILATES CHAIR (45)	9:00AM PILATES CHAIR (30)	
9:30AM PILATES EQUIP. LVL. 1-2 \$	12:00PM PILATES SPECIAL NEEDS \$	9:30AM PILATES EQUIP. LVL. 3 \$		9:30AM PILATES EQUIP. LVL. 3 \$	9:30AM PILATES EQUIP. LVL. 1-2 \$	
11:30AM PILATES EQUIP. BEGINNER \$		10:45AM PILATES EQUIP. BEGINNER \$				
5:45PM PILATES CHAIR (45)		5:45PM PILATES CHAIR (45)				
6:30PM PILATES EQUIP. LVL. 1-2 \$		6:30PM PILATES EQUIP. LVL. 1-2 \$				

## Zen at Oxford

MON	TUES	WED	THUR	FRI	SAT	SUN
6:15AM HOT YOGA	8:00AM YOGA 1 (75)	5:45AM YOGA 1	6:15AM HOT YOGA	5:45AM VIN YOGA	7:30AM POWER HOT YOGA	9:15AM MIXED LEVEL YOGA (75)
8:45AM GENTLE YOGA (45)	9:30AM PILATES MAT (45)	8:15AM PILATES MAT (45)	8:30AM PILATES MAT (45)	7:30AM YOGA STRETCH	9:00AM MIXED LEVEL YOGA (75)	
10:30AM MIXED LEVEL YOGA (75)	10:30AM VINYASA HOT	10:30AM MIXED LEVEL YOGA	10:45AM VIN YOGA	9:15AM PIVO	10:30AM VIN YOGA	
2:00PM PARKINSON'S YOGA	12:00PM YOGA 1		12:15PM GENTLE RESTORATIVE YOGA (45)	10:45AM WARM YOGA (75)		
4:45PM PIVO	4:30PM PILATES MAT		2:00PM PARKINSON'S YOGA			
6:00PM VIN YOGA	6:00PM YOGA 1 (75)	4:45PM PIVO	4:30PM YOUTH YOGA	6:00PM MIXED LEVEL YOGA (75)		
7:15PM HOT YOGA	7:30PM POWER HOT YOGA	6:00PM MIXED LEVEL YOGA (75)	7:15PM HOT YOGA			
		7:30PM VINYASA HOT	6:00PM YOGA 1			

## Small Group Training at Oxford

**Basic Weight Lifting** - This 60-min class is designed to teach you the basics in proper core engagement to help you succeed in any muscular training environment such as BodyPump®, Kettlebell, Pilates, Tabata or just on your own exercise session. Basic weight lifting incorporates various muscular training modalities, such as bands, body weight exercises, Bosus, free weights, kettlebells, medicine balls, weight training machines. *Registration recommended. Fee based (\$21).*

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

**Glute Factory** - Offering small group training sessions in a motivating and supportive environment. Our highly effective programming will be focusing on *GLUTE ACTIVATION and GLUTE DEVELOPMENT* as well as targeting the core, upper and lower body muscle groups. *Registration recommended. Fee based (\$25).*

**HIIT TRX** - A high intensity interval training session utilizing suspension training, designed to improve strength and build lean muscle. Incorporates exercises that increase cardiovascular fitness, speed, and maximizes calorie burn. *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 Bosus, 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.*

**PowerFit** - A full body conditioning program to boost your metabolism, increase energy and increase lean muscle. Classes will include full body and compound movements, such as lunges, pull-ups and squats. *Registration recommended. Fee based (\$21).*

**Tabata** - is a high-intensity workout protocol that has fitness and weight-loss benefits. You push yourself as hard as you can for 20 seconds and rest for 10 seconds, you typically complete eight sets. Short bursts of high intensity exercise have been proven to build lean muscle, while improving muscular endurance. *Registration recommended. Fee based (\$21).*

**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.*

## Tone at Oxford

**Beginner Pilates Reformer** learn how a reformer class is structured and how it flows. This beginners class was developed for new clients transitioning into group reformer classes from one on one training. *Registration recommended.*

**Jump Board Reformer** - A Pilates Equipment class designed to torch calories, strengthen your core and end with stretching (Pilates Equipment experience required). *Registration recommended. Level 3*

**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 Equipment** - The Reformer, Chiai and Tower are all utilized during 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. *Previous Pilates Equipment experience is required. Registration recommended.*

**Beginner** - A beginner Pilates Equipment class for those just starting out and who have completed 4 one on one sessions and not quite ready for the Level 1&2 classes. Continue to work on the basic exercises and increase your ability to flow from one exercise to the next.

**Level 1 & 2 Beginner to Intermediate level.** Understanding the proper set up and technique for Pilates Reformer Exercises. Classes are set up to demonstrate beginner to intermediate exercises and a slower to intermediate pace.

**Level 3** - requires more experience on the Pilates Equipment since the exercises are more advanced and move quicker and demonstrate a faster pace than level 1 and 2

Any concerns as the where to begin please contact Nicole Rogos or your Pilates Trainer at Oxford.

## Zen at Oxford

**Gentle Yoga** - a softer, nurturing, slow-paced yoga class that’s well supported and relaxing. *Registration recommended.*

**InfraRed Hot Yoga** - A Mixed Level Yoga class performed in a heated environment using Infrared heating. It is known to be more therapeutic and healthier than traditional hot yoga. It helps to detox and to relax the muscles and joints. *Registration recommended.*

**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. *Registration recommended.*

**Power Hot Yoga** - A challenging and powerful 60 min. class set to an energizing playlist. An all levels class that will fire up your core and help to build strength. Connecting your movement with breath will tone your body and mind. *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. *Registration recommended.*

**PIYo** - A unique program designed to build strength and flexibility. Challenging and fun choreography developed to make participants sweat. *Registration recommended.*

**Restorative Yoga** - Restorative Yoga is the practice of doing fully supported poses using bolsters, blankets, and blocks. Poses are held for 5 - 10 minutes. The body is in a state of complete rest which allows for very deep relaxation, thus promoting healing of both body and mind. *Registration recommended.*

**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. *Registration recommended.*

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

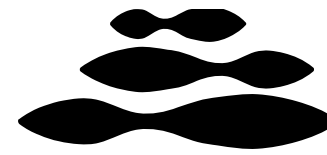
**Yin Yoga** - A slow-paced style of yoga with postures, or asanas, that are held for longer periods of time. *Registration recommended.*

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

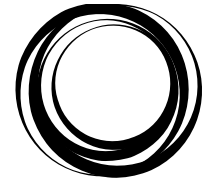
**Yoga Stretch** - Bend and stretch through a series of simple yoga moves while in a warm tempt studio. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You’ll stretch your entire body and leave the class feeling calm and centered. *Registration recommended*

**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. *Registration recommended.*

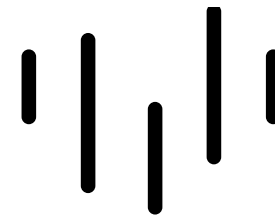
\*Hot classes will be heated by infrared lights to 110 degrees\*



# BALANCE STUDIO



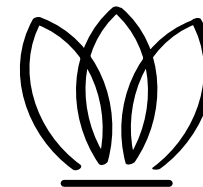
# THRIVE STUDIO



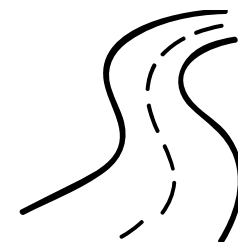
# STONE STUDIO



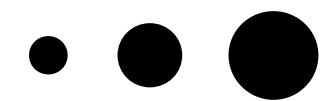
# IMPACT STUDIO



# ZEN STUDIO



# RIDE STUDIO



# PULSE STUDIO

## Balance at Oxford

**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.***

## Impact at Oxford

**Box N Burn** - Boxing workouts can burn as much as 1000 calories per hour. This class is an all-out Burn! 11 rounds of High intensity work, will consist of boxing, strength training using med balls, dumbbells and kettle bells, and 2-3 rounds of core work. ***Registration recommended. Personal gloves and wraps required.***

**Drills and Skills** - From Foundations to Perfection. Learn effective drills to help improve your footwork, punches and correct body mechanics. ***Registration recommended. Personal gloves and wraps required.***

**Eight Count** - Looking for a quick calorie burn before the start of your work day? This high intensity class will consist of 8 - 3:00 minute rounds with a quick recovery. ***Registration recommended. Personal gloves and wraps required.***

**Fight Night** - Get your heart rate up and push yourself to new heights in this cardio heavy bag class. ***Registration recommended. Personal gloves and wraps required.***

**Foundations of Boxing** - A great class to begin with if you are new to boxing. This class focuses on the basics! Working to fine tune stance as well as perfect the punches we use in all our boxing classes. You will still definitely get your sweat on! ***Registration recommended. Personal gloves and wraps required.***

**Golden Gloves** - Designed for the 'mature' athlete that is looking to continue their fitness journey well into their "Golden Years". Boxing mixed with strength training, classes will begin with a 10-minute warm up, 5 rounds of boxing on heavy bags, 4 rounds of strength training and a 5-minute cool down. ***Registration recommended. Personal gloves and wraps required.***

**Kickboxing** - A high energy martial arts-inspired workout. In this class you'll learn how to punch, kick and strike your way to superior fitness and strength. ***Registration recommended. Personal gloves and wraps required***

**Kids HIIT** - Our kids boxing class teaches basic boxing skills and techniques. Designed for kids ages 8-13, this hour-long class will give your child an incredible workout all while having fun. Besides boxing, jump rope, running and strength training will be worked on in every class. ***Registration recommended. Personal gloves and wraps required.***

**One Step/One Punch/One Round** - Work on strength, speed and endurance in this intense 60-minute heavy bag class. ***Registration recommended. Personal gloves and wraps required.***

**Pound for Pound** - The ultimate full-body workout that incorporates boxing with strength and conditioning exercises. Throughout this 60-minute class, develop your technical boxing skills with various basic and advanced movement patterns that will leave you feeling strong, tough, and ready to take on the world. ***Registration recommended. Personal gloves and wraps required.***

**Rock Steady Boxing** - This class is specifically designed for individuals that suffer from Parkinson's disease. High Intensity training has been shown to help improve the symptoms of PD Only individuals that have met the program criteria will be allowed to participate in this specialized program. ***Registration recommended. Personal gloves and wraps required.*** Questions: contact Maria Berexa

**Rumble Boxing** - A class experience designed to transport you into the ring. The class will focus on classic boxing technique that will produce increased muscle endurance, agility, balance and coordination. ***Registration recommended. Personal gloves and wraps required.***

**Stick and Move** - This class will challenge you mentally and physically. Various boxing combinations will be incorporated in each class along with partner mitt work. ***Registration recommended. Personal gloves and wraps required.***

## Pulse at Oxford

**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.***

## Ride at Oxford

**Ride** - 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.***

**The Trip™** - is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. With its cinema scale screen and sound system, The Trip takes motivation and energy output to the next level, burning serious calories. ***Registration recommended.***

## Balance at Oxford

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

## Impact at Oxford

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>6:00AM EIGHT COUNT (30)</b>	<b>6:00AM POUND FOR POUND</b>	<b>8:30AM STICK AND MOVE (45)</b>	<b>6:00AM RUMBLE BOXING</b>	<b>8:30AM BOX N BURN (45)</b>	<b>8:30AM RUMBLE BOXING (45)</b>	<b>8:30AM DRILLS AND SKILLS (45)</b>
<b>8:30AM BOX N BURN (45)</b>	<b>8:30AM FOUNDATIONS OF BOXING (45)</b>	<b>9:30AM KICKBOXING</b>	<b>7:30AM FOUNDATIONS OF BOXING</b>	<b>9:30AM STICK AND MOVE (45)</b>	<b>9:30AM FOUNDATIONS OF BOXING</b>	<b>9:30AM ONE STEP/ONE PUNCH/ONE ROUND</b>
<b>9:30AM BOX N BURN (45)</b>	<b>9:30AM BOX N BURN (45)</b>		<b>8:30AM BOX N BURN (45)</b>			
<b>11:30AM GOLDEN GLOVES (45)</b>	<b>11:00AM ROCK STEADY (90)</b>	<b>11:30AM GOLDEN GLOVES (45)</b>	<b>9:30AM FOUNDATIONS OF BOXING</b>			
<b>4:30PM KID\$ BOXING (8-13)</b>		<b>4:30PM KID\$ BOXING (8-13)</b>	<b>11:00AM ROCK STEADY (90)</b>			
<b>6:00PM KICKBOXING (45)</b>	<b>7:00PM POUND FOR POUND</b>	<b>6:00PM POUND FOR POUND</b>	<b>7:00PM FIGHT NIGHT (45)</b>			

## Pulse at Oxford

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

## Ride at Oxford

MON	TUES	WED	THU	FRI	SAT	SUN
<b>6:00AM TRIP (45)</b>	<b>6:00AM RIDE</b>	<b>6:00AM TRIP (45)</b>	<b>6:00AM TRIP (45)</b>	<b>6:00AM RIDE (45)</b>	<b>7:15AM RIDE</b>	<b>8:00AM RIDE</b>
<b>8:00AM RIDE</b>	<b>9:30AM TRIP (45)</b>	<b>7:30AM RIDE</b>	<b>9:00AM RIDE</b>	<b>8:00AM RIDE</b>	<b>8:30AM TRIP (45)</b>	<b>9:30AM TRIP (45)</b>
<b>10:30AM TRIP (45)</b>	<b>10:00AM RIDE</b>	<b>9:00AM RIDE</b>	<b>10:30AM TRIP (45)</b>	<b>9:30AM TRIP (45)</b>	<b>9:30AM TRIP (45)</b>	<b>11:00AM RIDE (45)</b>
		<b>10:30AM TRIP (45)</b>				
<b>6:00PM TRIP (45)</b>	<b>4:30PM TRIP (45)</b>	<b>6:00PM RIDE (45)</b>	<b>6:00PM TRIP (45)</b>			
<b>7:00PM RIDE (45)</b>	<b>5:30PM RIDE (45)</b>	<b>7:00PM TRIP (45)</b>				