



ZEN STUDIO

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 YIN 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 YIN YOGA	9:15AM PIYO	10:30AM YIN YOGA	
2:00PM PARKINSON'S YOGA	12:00PM YOGA 1		12:15PM GENTLE RESTORATIVE YOGA (45)	10:45AM WARM YOGA (75)		
4:45PM PIYO	4:30PM PILATES MAT		2:00PM PARKINSON'S YOGA			
6:00PM YIN YOGA	6:00PM YOGA 1 (75)	4:45PM PIYO	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			

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 InfraRed 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.*

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.*