



# 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)	8:00AM LES MILLS VIRTURAL BARRE (30)
10:30AM BARRE (45)	12:00PM BEGINNER BARRE (45)	10:45AM LES MILLS VIRTURAL BARRE (30)	9:30AM BARRE	8:00AM BARRE (45)		
11:30AM BABY AND ME (45)			11:45AM BEGINNER BARRE (45)			
6:30PM LES MILLS VIRTURAL BARRE (30)		7:30PM BARRE (45)	6:30PM BARRE (45)			

## Class Descriptions:

**Baby and Me** - A program that eases moms back into movement using yoga poses, in an environment that provides bonding time with their child. Designed for babies 6 weeks to crawling.

**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.*

**LES MILLS BARRE™** - is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. (Virtual) *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 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. Lockers are also provided for this purpose.
- 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.

### **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.

**Children in Studios:** Oxford Athletic Club does not permit children under the age of 12 in the studios at any time, unless programming permits it.

### **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.