



# IMPACT STUDIO

Impact at Oxford

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>6:00AM EIGHT COUNT (30)</b>	<b>8:30AM FOUNDATIONS OF BOXING (45)</b>	<b>8:30AM STICK AND MOVE (45)</b>	<b>6:00AM POUND FOR POUND</b>	<b>8:30AM BOX N BURN (45)</b>	<b>8:30AM BOX N BURN (45)</b>	<b>8:30AM DRILLS AND SKILLS (45)</b>
<b>8:30AM BOX N BURN (45)</b>	<b>9:30AM BOX N BURN (45)</b>	<b>9:30AM KICKBOXING (45)</b>	<b>8:30AM BOX N BURN (45)</b>	<b>9:30AM BOX N BURN (45)</b>	<b>9:30AM FOUNDATIONS OF BOXING</b>	<b>10:00AM ONE STEP/ONE PUNCH/ONE ROUND</b>
<b>9:30AM BOX N BURN (45)</b>			<b>9:30AM 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>11:00AM ROCK STEADY (90)</b>			
<b>4:30PM KIDS BOXING (8-13)</b>		<b>4:30PM KIDS BOXING (8-13)</b>				
<b>6:00PM KICKBOXING (45)</b>		<b>6:00PM POUND FOR POUND</b>				
<b>7:00PM BOX N BURN (45)</b>	<b>7:00PM POUND FOR POUND</b>		<b>7:00PM FIGHT NIGHT (45)</b>			

**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 Boxing** - 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

## **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.