



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
7:00AM 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)	4:30AM A-ZETA (AGES 5-8) (45)					
6:00PM BODYPUMP (45)	5:30PM BODYPUMP		5:30PM BODYSTEP (55)			
6:45PM BODYCOMBAT (30)	6:45PM ZUMBA	6:00PM ZUMBA TONING	6:30PM BODYPUMP			

A-Zeta Kids Fitness - Provides 45 minutes of a variety of aerobic activity that may include kickboxing, Latin dance, circuit training, and hip-hop dance. The class will include some of the instruction in Spanish. **Ages 5-8. Registration recommended.**

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.**

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.