



RIDE STUDIO

Ride at Oxford

MON	TUES	WED	THU	FRI	SAT	SUN
6:00AM TRIP (45)	6:00AM RIDE	6:00AM TRIP (45)	6:00AM TRIP (45)	6:00AM RIDE (45)	7:15AM RIDE	8:00AM RIDE
8:00AM TRIP (45)	9:00AM TRIP (45)	7:30AM RIDE	9:00AM RIDE	8:00AM RIDE	8:30AM TRIP (45)	9:30AM TRIP (45)
10:30AM RIDE (45)	10:00AM RIDE	9:00AM RIDE	10:30AM TRIP (45)	9:30AM TRIP (45)	9:30AM TRIP (45)	11:00AM RIDE (45)
	11:30AM FOUNDATIONS OF CYCLING (45)	10:30AM TRIP (45)		11:45AM RIDE (45)		
6:00PM TRIP (45)	4:30PM TRIP (45)	6:00PM RIDE (45)	6:00PM TRIP (45)			
7:00PM RIDE (45)	5:30PM FUNCTIONAL THRESHOLD POWER (40)	7:00PM TRIP (45)	7:45PM RIDE (45)			

Oxford's state-of-the-art indoor cycling studio featuring Les Mills The Trip™ Immersive Cycling classes, FitMetrix programs, and Matrix power cycling workouts.

This is the only studio in the country offering these cutting-edge programs under one roof!

Foundations of Cycling - A great class to take if you are new to cycling or want to experience our new Matrix bikes. This class focuses on proper bike set-up, ride positions in cycling, using the bike computers, as well as a great workout. *Registration recommended.*

Functional Threshold Power - This Class will determine the riders FTP. This is done with a warm-up and a 20-minute FTP test, followed by a 10-minute cool down. FTP is the highest power output that a rider can maintain in a steady state for one hour without fatiguing. FTP can be used to improve a rider's training regimen. *Registration recommended.*

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.*

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.