



# STONE STUDIO

## Tone at Oxford

MON	TUES	WED	THUR	FRI	SAT	SUN
8:30AM PILATES CHAIR (45) \$	8:15AM YUR BACK \$	7:15AM JUMP BOARD REFORMER (45) \$	9:30AM PILATES EQUIP. LVL. 1-2 \$	8:45AM PILATES CHAIR (45)	9:00AM PILATES CHAIR (30)	
9:30AM YUR BACK \$	9:30AM PILATES EQUIP. LVL. 1-2 \$	9:30AM PILATES EQUIP. LVL. 3 \$		9:30AM PILATES EQUIP. LVL. 3 \$	9:30AM PILATES EQUIP. LVL. 1-2 \$	
11:30AM PILATES EQUIP. BEGINNER \$	12:00PM PILATES SPECIAL NEEDS \$	10:45AM PILATES EQUIP. BEGINNER \$				
1:30PM YUR BACK \$		12:00PM YUR BACK \$				
5:45PM PILATES CHAIR (45)		5:00PM FOUNDATIONS OF CHAIR (45)				
		5:45PM PILATES CHAIR (45)				
6:30PM PILATES EQUIP. LVL. 1-2 \$		6:30PM PILATES EQUIP. LVL. 1-2 \$				
		7:30PM YUR BACK \$				

**Beginner Pilates Reformer** learn how a reformer class is structured and how it flows. This beginners' class was developed for new clients transitioning into group reformer classes from one on one training. *Registration recommended.*

**Foundations of Chair** - A program that provides the participant with a working understanding of the basic Pilates movement principle. *Registration recommended.*

**Jump Board Reformer** - A Pilates Equipment class designed to torch calories, strengthen your core and end with stretching (Pilates Equipment experience required). *Registration recommended. Level 3*

**Pilates Chair (45)** - Using a Pilate's piece of equipment to perform exercises using progressive resistance of springs and can provide a complete conditioning and flexibility workout. *Registration recommended.* \*classes located in the Pilates Room *Power chair is a more dynamic class in a shortened period of time.*

**Pilates Equipment** - The Reformer, Chair and Tower are all utilized during class. Exercises are performed using the progressive resistance of springs and can give a complete conditioning and flexibility workout for all fitness levels, with a focus on balance and symmetry. *Previous Pilates Equipment experience is required. Registration recommended.*

**Beginner** - A beginner Pilates Equipment class for those just starting out and who have completed 4 one on one sessions and not quite ready for the Level 1&2 classes. Continue to work on the basic exercises and increase your ability to flow from one exercise to the next.

**Level 1 & 2 Beginner to Intermediate level.** Understanding the proper set up and technique for Pilates Reformer Exercises. Classes are set up to demonstrate beginner to intermediate exercises and a slower to intermediate pace.

**Level 3** - requires more experience on the Pilates Equipment since the exercises are more advanced and move quicker and demonstrate a faster pace than level 1 and 2

**YUR Back** - A program that combines therapeutic exercise, Pilates and muscle techniques to create a safe and effective exercise session for those recovering from low back pain. *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.