



# THRIVE STUDIO

## Thrive Studio

MON	TUES	WED	THUR	FRI	SAT	SUN
					<b>9:00AM REAXING</b>	<b>9:00AM REAXING</b>
<b>9:30am REAXING</b>	<b>9:30am REAXING</b>	<b>9:30AM REAXING</b>	<b>9:30am REAXING</b>	<b>9:30am REAXING</b>	<b>10:00am FOUNDATIONS OF REAXING (45)</b>	
<b>5:45PM FOUNDATIONS OF REAXING (45)</b>	<b>6:00pm REAXING</b>	<b>6:00pm REAXING</b>	<b>6:00pm REAXING</b>			

## SCHEDULE STARTS MAY 15, 2019

**Foundations of Reaxing** - Train your senses, improve your reactivity, boost your performance as you learn the basics of our revolutionary equipment. *Registration recommended.*

### Reaxing:

Neuromuscular Training:

Train your senses, improve your performance, *Registration recommended.*

Reaxing enhances the benefits of training in terms of physical performance and mental well-being, by adding an element of unpredictability. Reaxing boosts training performances to a much higher level in terms of intensity by improving:

1. Coordination
  - a. Improves the awareness and perception of your body.
2. Balance
  - a. The unpredictability causes the body to constantly shift to allow balance to take place.
3. Endurance
  - a. Cardiorespiratory and muscular endurance improve through differentiated programs
4. Muscle Tone/Strength.
  - a. All deep muscles are activated to react to the unpredictability.

## **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.