



# ZEN STUDIO

## Zen at Oxford

MON	TUES	WED	THUR	FRI	SAT	SUN
		5:45AM YOGA 1	8:30AM PILATES MAT (45)	5:45AM YIN YOGA	7:30AM POWER HOT YOGA	7:45AM HOT YOGA (75)
9:00AM YOGA GOLD	8:00AM YOGA 1 (75)	8:15AM PILATES MAT (45)	9:30AM TAI CHI	9:15AM PIYO	9:00AM MIXED LEVEL YOGA (75)	9:15AM MIXED LEVEL YOGA (75)
	9:30AM PILATES MAT (45)		10:45AM YIN YOGA	10:30AM WARM YOGA WITH MEDITATION (75)	10:30AM YIN YOGA	
10:30AM MIXED LEVEL YOGA (75)	10:30AM VINYASA HOT	10:30AM MIXED LEVEL YOGA	12:15PM GENTLE RESTORATIVE YOGA (45)			
2:00PM PARKINSON'S YOGA	12:00PM YOGA 1		2:00PM PARKINSON'S YOGA			
4:45PM PIYO	4:30PM PILATES MAT	4:45PM PIYO	4:30PM YOUTH YOGA			
6:00PM YIN YOGA	6:00PM YOGA 1 (75)	6:30PM YIN WITH CENTERING (75)	6:00PM HOT YOGA	6:00PM MIXED LEVEL YOGA (75)		
7:15PM HOT YOGA	7:30PM POWER HOT YOGA					

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**Gentle Yoga** - Simplified and specific yoga movements for beginners, the active older adult, and those recovering from injury. *Registration recommended.*

**InfraRed Hot Yoga** - A Mixed Level Yoga class performed in a heated environment using Infrared heating. It is known to be more therapeutic and healthier than traditional hot yoga. It helps to detox and to relax the muscles and joints. *Registration recommended.*

**Mixed Level Yoga** - A Focus on the union of breath and movement, awareness and alignment, strength and *flexibility*. Explore basic poses along with some challenges, back bending, hip openers and twists. Perfect for all levels. *Registration recommended.*

**Power Hot Yoga** - A challenging and powerful 60 min. class set to an energizing playlist. An all levels class that will fire up your core and help to build strength. Connecting your movement with breath will tone your body and mind. *Registration recommended.*

**Pilates Mat/Power Mat** - A transformational method of body conditioning that yields profound results for people of all ages and abilities. All levels of experience are welcome in Pilates mat class. Power Pilates Mat is a shortened, intensified version of our traditional program. *Registration recommended.*

**PIYO** - A unique program designed to build strength and flexibility. Challenging and fun choreography developed to make participants sweat. *Registration recommended.*

**Restorative Yoga** - Restorative Yoga is the practice of doing fully supported poses using bolsters, blankets, and blocks. Poses are held for 5 - 10 minutes. The body is in a state of complete rest which allows for very deep relaxation, thus promoting healing of both body and mind. *Registration recommended.*

**Tai Chi** - Learn movement patterns that will help to increase your strength, flexibility, balance, cardio-respiratory conditioning, brain health, reduced stress, and an improved sense of well-being. Pricing - \$10 a class or all 8 sessions for \$50. *Registration recommended.*

**Warm Yoga with Meditation** - Traditional yoga postures done in a warmer environment for added muscular release and flexibility with an added 10-15 minutes of meditation. *Registration recommended.*

**Vinyasa Flow** - Break a sweat in this dynamic yoga flow class. Programming incorporates pranayama (yogic breathing exercises) and ends with deep relaxation. *Registration recommended.*

**Yin Yoga** - A slow-paced style of yoga with postures, or asanas, that are held for longer periods of time. *Registration recommended.*

**Yin with Centering** - A yin style class with centering, followed by gentle movements followed by a 10-minute savasana. *Registration recommended*

**Yoga I** - A Level 1 yoga class, where students gain strength, balance, flexibility and will learn correct alignment in poses. *Registration recommended.*

**Youth Yoga** - A class designed especially for *children ages 8 - 13*. Yoga for children has been shown to increase focus, and self-esteem, in all aspects of their lives; as well as increase their physical strength and flexibility. *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.