

Aqua Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30am STC Nancy K.			8:30-9:15am Reax Rafts HIIT Pam	8:30-9:30am STC Nancy K.	
9:30-10:30am Combo Donna	9:30-10:15am Aqua Zumba® Alicia	9:30-10:30am Combo Donna	9:30-10:30am Deep Pam	9:30-10:30am Combo Donna	9:00-10:00am Combo Richele/Nancy L.
	7:00-8:00pm Combo Nancy L.	7:00-8:00pm Combo Richele	7:00-8:00pm Combo Nancy L.		

CLASS PROGRAMMING

Sept. 1st – Oct. 31st, 2019



Aerobics - A shallow water mid-impact class designed to raise the heart rate for a great cardio workout.

Combo - This class combines the medium impact of the shallow water with the buoyancy of the deep water to give you a total body workout.

Deep - An all deep class which uses the waters' 12% resistance to stretch, tone, and strengthen the muscles. This class improves core strength and muscle tone.

Reax Rafts H.I.I.T. - High Intensity Interval Training in the water on the Reax Rafts. The fluid Oscillation of water unpredictably destabilizes any movement performed on the floating board. Your training turns out to be unpredictable, effective, and fun. **Registration recommended on-line or at The Fitness Desk by call ext. 4137.

Stretch and Tone Combo (STC) - This class uses the principles of Pilates and yoga to improve balance, strength, and flexibility. Great for rehabilitation.

Zumba - Blends the Zumba philosophy with water resistance, for one pool party. There is less impact on your joints, water creates resistance, which means every step is more challenging and helps tone your muscles.

Please contact Pam Daugherty (724) 933-1911 ext. 4108
pdaugherty@oxfordathleticclub.com

- ~ Register online at www.oxfordathleticclub.com or at the Fitness Desk by calling ext. 4137. Class registration begins at 6:00AM 3 days prior to the class date.
- ~ Class programming is included in Governors level memberships, except paid programming (\$).
- ~ Health Plus Members Fitness Privileges Include: Aqua Aerobics, BodyCombat, BodyPump, BodyStep, Oxford Vital and Zumba.
- ~ Health Plus Members & Member's Guests will be charge a \$10 fee/class when participating in Group Training, Balance Studio, Impact Studio, Ride Studio, Tone Studio and Zen Studio.

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 (ext. 4137) and or registering through our website (OxfordAthleticClub.com).
- 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.
- 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.

Children In-Studio:

Oxford Athletic Club does not permit children under 12 in the studios at any time unless programming permits it.

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.

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.

Group Training at Oxford

MON	TUES	WED	THUR	FRI	SAT	SUN
	6:00AM FUSION		6:30AM HIIT TRX (45)			
	6:30AM OXFORD SYNCRGY (30)		7:30AM TRX (45)			
	7:00AM OXFORD SYNCRGY (30)		8:30AM OXFORD SYNCRGY (30)	7:00AM OXFORD SYNCRGY (30)		
8:45AM TRX (45)			8:30AM REAX RAFT HIIT (45)	9:15AM TRX (45)	8:30AM FUSION	
9:30AM REAXING \$	9:30AM REAXING \$	9:30AM REAXING \$	9:00AM OXFORD SYNCRGY (30)	9:30AM REAXING \$	9:00AM REAXING \$	9:00AM REAXING \$
	10:30AM TRX (45)		9:30AM REAXING \$		9:30AM FUSION	10:30AM OXFORD SYNCRGY (30)
	6:00PM REAXING \$					
	6:00PM OXFORD SYNCRGY (30)	6:00PM OXFORD SYNCRGY (30)	6:00PM FUSION			
	6:45PM BURN (30)		7:00PM FUSION			

Tone at Oxford

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

Zen at Oxford

MON	TUES	WED	THUR	FRI	SAT	SUN
		6:00AM SUNRISE VINVASA FLOW Starting 9/18		5:45AM VIN YOGA	7:30AM POWER HOT YOGA	7:45AM INFRARED HOT YOGA (75)
	8:00AM YOGA 1 (75)	8:15AM PILATES MAT (45)	8:30AM PILATES MAT (45)	9:15AM PIVO	9:00AM MIXED LEVEL YOGA (75)	9:15AM MIXED LEVEL YOGA (75)
10:30AM MIXED LEVEL YOGA (75)	9:30AM PILATES MAT (45)		10:45AM VIN YOGA	10:30AM WARM YOGA WITH MEDITATION (75)	10:30AM VIN YOGA	
	10:30AM VINVASA HOT	10:30AM MIXED LEVEL YOGA	12:00PM TAI CHI			
2:00PM PARKINSON'S YOGA	12:00PM YOGA 1		2:00PM PARKINSON'S YOGA			
4:45PM PIVO	4:45PM PILATES MAT		4:30PM YOUTH YOGA (45) Starting 9/19			
6:00PM VIN YOGA		6:30PM POWER HOT YOGA	6:00PM YOGA 1 (75)			
7:30PM VINVASA HOT	7:30PM POWER HOT YOGA					

Group Training at Oxford

Burn - A program designed for intermediate to highly conditioned individuals. Varying interval training using periods of work and recovery. Class will include speed, agility and endurance conditioning. **Minimal equipment. Outside turf weather permitting. *Registration recommended.***

HIIT TRX - A high intensity interval training session utilizing suspension training, designed to improve strength and build lean muscle. Incorporates exercises that increase cardiovascular fitness, speed, and maximizes calorie burn. ***Registration recommended***

Oxford Fusion - Is a total body aerobic and anaerobic training session designed for **intermediate to highly conditioned individuals**. Participants will train using various training equipment, such as Bosus, dumbbells, kettlebells and TRX straps. ***Registration recommended.***

Oxford Synergy - A program designed for **intermediate to highly conditioned individuals**. This is a small group circuit training class that is anything but boring. Each workout will be unique because the options are limitless. You will focus on cardio, strength, endurance, and agility all in one workout. ***Registration recommended.***

Reaxing - Is a small group training programming geared towards burning calories and being unpredictable. Burn up to 900 calories in this fun unique class, taught by some of our best instructors. ***Registration recommended. Fee based (\$) First class is free.***

Reax Raft Hiit - Aqua training combines all fitness components with water. Each training program combines toning exercises with coordination and joint mobility activities, in a very efficient and fun way. ***Registration recommended.***

TRX - Intense, innovative, functional, suspension training. Suspension training leverages gravity and the user's body weight to perform hundreds of upper body and lower body exercises. ***Registration recommended.***

Tone at Oxford

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. 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.***

Zen at Oxford

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.***

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.***

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.***

Reax Raft Yoga - The tradition of a thousand-year old discipline meets a brand-new tool. All the deepest muscles are activated, amplifying the benefits of the typical yoga positions. ***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 - An art embracing the mind, body and spirit - Originating in ancient China, tai chi is one of the most effective exercises for health of mind and body.

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

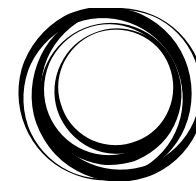
Yin Yoga - A slow-paced style of yoga with postures, or asanas, that are held for longer periods of time. ***Registration recommended.***

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.***



BALANCE STUDIO



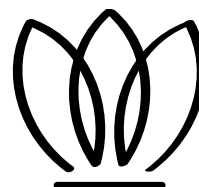
THRIVE STUDIO



STONE STUDIO



IMPACT STUDIO



ZEN STUDIO



PULSE STUDIO

Balance at Oxford

Beginner Barre - A 45-minute beginner paced Barre class to help those who are new to barre and help to adjust and learn the basic barre movements while still getting a great workout. *Registration recommended.*

LES MILLS BARRE™ - Is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. (Virtual) *Registration recommended.*

Oxford Barre - A fun, dynamic, dance inspired class with a combo of Yoga, Pilates and Ballet inspired moves. Series include arm weights, barre work, core work, and stretching. Get ready to shake your booty at the barre! *Registration recommended.*

Reaxing Fluiball - A hi - lo aerobics class taught with a Reaxing Fluiball. The instability and the unpredictability of the water inside the fluiball makes it a truly functional tool: dynamically unpredictable and flexible. *Registration recommended.*

Zumba Toning - Blends Zumba moves and body-sculpting using maraca-like weights to tone the arms, core and lower body. *Registration recommended.*

Impact at Oxford

Box N Burn - Boxing workouts can burn as much as 1000 calories per hour. This class is an all-out Burn! 11 rounds of High intensity work will consist of boxing, strength training using med balls, dumbbells and kettle bells, and 2-3 rounds of core work. A program designed for **intermediate to highly conditioned individuals** *Registration recommended. Personal gloves and wraps required.*

Foundations of Boxing - A great class to begin with if you are new to boxing. This class focuses on the basics! Working to fine tune stance as well as perfect the punches we use in all our boxing classes. You will still definitely get your sweat on! *Registration recommended. Personal gloves and wraps required.*

Kids Boxing - Our kids boxing class teaches basic boxing skills and techniques. *Designed for kids ages 8-13*, this hour-long class will give your child an incredible workout all while having fun. Besides boxing, jump rope, running and strength training will be worked in to every class. *Registration recommended. Personal gloves and wraps required.*

Matinee Boxing- Designed for the 'mature' athlete that is looking to continue their fitness journey well into their "Golden Years". Boxing mixed with strength training, classes will begin with a 10-minute warm up, 5 rounds of boxing on heavy bags, 4 rounds of strength training and a 5-minute cool down. *Registration recommended. Personal gloves and wraps required.*

Kickboxing - A high energy martial arts-inspired workout. In this class you'll learn how to punch, kick and strike your way to superior fitness and strength. *Registration recommended. Personal gloves and wraps required*

Pound for Pound - The ultimate full-body workout that incorporates boxing with strength and conditioning exercises. Throughout this 60-minute class, develop your technical boxing skills with various basic and advanced movement patterns that will leave you feeling strong, tough, and ready to take on the world. *Registration recommended. Personal gloves and wraps required.*

Rock Steady Boxing - This class is specifically designed for individuals that suffer from Parkinson's disease. High Intensity training has been shown to help improve the symptoms of PD Only individuals that have met the program criteria will be allowed to participate in this specialized program. *Registration recommended. Personal gloves and wraps required.* Questions: contact Maria Berexa

Tabata Boxing - Tabata style boxing workout on heavy, water and speed bags. Followed by a challenging circuit utilizing heavy ropes, kettlebells and mitt work. *Registration recommended. Personal gloves and wraps required.*

Pulse at Oxford

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.*

Bootcamp - A 45-minute exercise class focusing on the essentials of fitness. Bootcamp will be a total body exercise experience that will include a cardio, resistance and core/restorative segments. In addition, Bootcamp will have weekly-designated fitness equipment. *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.*

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.*

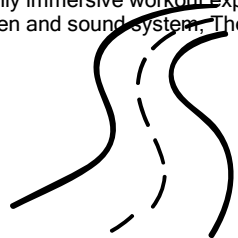
Zumba (BCG) - Is a new program that combines some calorie burning cardiovascular Bursts, as well as Core strengthening, and Glute toning exercises designed to give participants the results they desire. Turn up the intensity - turn up the fun! *Registration recommended.*

Zumba Toning - Blends Zumba moves and body-sculpting using maraca-like weights to tone the arms, core and lower body. *Registration recommended.*

Ride at Oxford

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.*



RIDE STUDIO

Balance at Oxford

MON	TUES	WED	THUR	FRI	SAT	SUN
8:30AM REAXING FLUIBALL (30)	8:00AM BARRE (45)	9:15AM BARRE (45)	9:30AM BARRE	8:00AM BARRE (45)	8:00AM BARRE (45)	8:00AM LES MILLS VIRTUAL BARRE (30)
9:30AM BARRE (45)	12:00PM BEGINNER BARRE (45)	10:45AM LES MILLS VIRTUAL BARRE (30)	11:45AM BEGINNER BARRE (45)	10:00AM REAXING FLUIBALL (30)		
10:30AM BARRE (45)			10:45AM ZUMBA TONING (45)			
6:30PM LES MILLS VIRTUAL BARRE (30)	6:00PM BARRE		6:30PM BARRE (45)			

Impact at Oxford

MON	TUES	WED	THURS	FRI	SAT	SUN
8:30AM BOX N BURN (45)	8:30AM BOX N BURN (45)		8:30AM BOX N BURN (45)		8:30AM BOX N BURN (45)	
9:30AM BOX N BURN (45)	9:30AM BOX N BURN (45)	9:30AM KICKBOXING (45)	9:30AM BOX N BURN (45)	9:30AM TABATA BOXING (45)	9:30AM FOUNDATIONS OF BOXING	
	11:00AM ROCK STEADY (90)	11:30AM MATINEE BOXING (45)	11:00AM ROCK STEADY (90)			
6:00PM KICKBOXING (45)		4:30PM KIDS BOXING (8-13) (45)	5:30PM KICKBOXING (45)			
7:00PM BOX N BURN	7:00PM FOUNDATIONS OF BOXING	6:00PM POUND FOR POUND				

Pulse at Oxford

MON	TUES	WED	THU	FRI	SAT	SUN
5:45AM BODYPUMP		5:45AM BODYPUMP		5:45AM BODYPUMP		
7:00AM KETTLEBELL (30)	8:15AM BODYPUMP (45)	8:00AM BODYSTEP			8:00AM BODYPUMP	
9:15AM BODYPUMP	9:15AM BODYCOMBAT	9:15AM ZUMBA	9:15AM BODYPUMP	9:15AM ZUMBA	9:15AM BODYPUMP	9:30AM BODYPUMP
9:30AM BOOTCAMP (45)					10:30AM BOOTCAMP (45)	10:45AM BODYCOMBAT
10:30AM ZUMBA (BCG)	10:30AM ZUMBA	10:30AM BODYPUMP	10:30AM BODYSTEP	10:30AM BODYPUMP	10:30AM ZUMBA	
	4:30PM A-ZETA (AGES 5-8) (45)					
	5:30PM BODYPUMP					
6:30PM BODYPUMP (45)	6:45PM ZUMBA	6:30PM ZUMBA TONING	6:30PM BODYPUMP			

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)		7:15AM RIDE	8:00AM RIDE
8:00AM TRIP (45)	9:00AM TRIP (45)	8:00AM RIDE	9:15AM RIDE	8:00AM RIDE	8:30AM TRIP (45)	9:30AM TRIP (45)
10:30AM RIDE (45)	10:00AM RIDE	9:15AM RIDE (45)	10:30AM TRIP (45)	9:30AM TRIP (45)	9:30AM TRIP (45)	11:00AM RIDE (45)
		10:30AM TRIP (45)				12:30PM TRIP (45)
6:00PM TRIP (45)	4:30PM TRIP (45)	6:00PM RIDE (45)	6:00PM TRIP (45)			
		7:00PM TRIP (45)				