

WINTER GROUP FITNESS & SPINNING SCHEDULE



Effective November 21st 2011 through February 12th 2012

Group Fitness Coordinator: [Monica Duncan](mailto:mduncan@oxfordathleticclub.com) (ext. 108) – mduncan@oxfordathleticclub.com

Health Plus Members & Guests pay \$5 per class for Spinning, Yoga and Pilates Mat class.

Class lengths are 60 minutes unless indicated next to class.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------|------------------------|--------------------------|-------------------|-------------------|--------------------------|-------------------|
| BODYPUMP | SPINNING | BODYPUMP | SPINNING | BODYPUMP | SPINNING (75) | SPINNING |
| 5:45AM Heather | 6:00AM Terri/Dena | 5:45AM Jeremy | 6:00AM Pam | 5:45AM Heather | 7:15AM Pam | 8:00AM Roni |
| SPINNING | BODYCOMBAT | SPINNING | Zumba | SPINNING | BODYPUMP | SPINNING |
| 8:00AM Pam | 9:15AM Jackie | 8:00AM Terri | 8:00AM Lori | 8:00AM Jill | 8:00AM Richele | 9:30AM AJ |
| SPINNING | SPINNING | SPINNING | BODYPUMP | Zumba | SPINNING | BODYPUMP |
| 9:15AM Jill | 9:15AM Laurie | 9:15AM Pam | 9:15AM Rosa | 9:15AM (Rotation) | 9:00AM AJ | 9:30AM Donna |
| BODYPUMP | SPINNING | Zumba | SPINNING | SPINNING | BODYPUMP | BODYCOMBAT |
| 9:15AM Leslie | 10:30AM Roni | 9:15AM Carmel | 9:15AM Roni | 9:15AM Jackie | 9:15AM Seth | 10:45AM Jackie |
| Boot Camp (30/30) | BODYPUMP | BODYPUMP | BODYCOMBAT | BODYPUMP | Boot Camp (30/30) | |
| 9:30 AM Jackie | 10:30AM Donna | 10:30AM Pam | 10:30AM Seth | 10:30AM Jackie | 10:00AM Jackie | |
| Zumba | Zumba Plus (75) | | SPINNING | | SPINNING | |
| 10:30AM Natasha | 1:00PM Carmel | | 10:30AM Monica | | 10:30AM Leslie | |
| BODYPUMP | BODYPUMP | SPINNING (45) | Zumba | | Zumba | |
| 12:00PM Roni | 5:30PM Seth | 5:30PM Dena | 11:45AM Rosa | | 10:30AM (Rotation) | |
| SPINNING | SPINNING | Zumba | BODYCOMBAT | | | |
| 5:30PM Jill | 6:00PM Monica | 6:30PM Lori | 5:30PM Jeremy | | | |
| Zumba | BODYCOMBAT | Boot Camp (30/30) | BODYPUMP | | | |
| 6:30PM Lena | 6:45PM Seth | 6:30PM Monica | 6:45PM Richele | | | |

WINTER MIND & BODY SCHEDULE

All **Group Equipment** classes take place in the **Pilates Zone**. All other classes take place in the **Yoga Zone**.

Class lengths are 60 minutes unless indicated next to class.

Mind Body Coordinator: [Gretchen Dudek](mailto:gdudek@oxfordathleticclub.com) (ext. 123) – gdudek@oxfordathleticclub.com

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------------|---------------------------------|------------------------------|-------------------------------|-------------------------------|------------------------------|------------------------------|
| Pilates Mat | Pilates Equipment | Pilates Mat | Power Pilates Mat (45) | Mixed Level Yoga | Pilates Mat | Yoga II (75) |
| 9:15AM Rotation | 8:00AM Angie | 9:15AM Natasha | 9:30AM Leslie G. | 8:00AM Lara | 8:00AM Allie | 9:15AM Clyde/Kristi |
| Mixed Level Yoga (75) | Pilates Mat | Pilates Equipment | Pilates Equipment | Beginner Pilates Mat | Pilates Equipment | Mixed Level Yoga |
| 10:30AM Barbara | 9:15AM Leslie G. | 9:30AM Ricki | 9:15AM Angie | 9:15AM Betty Jo | 9:00AM Allie | 10:45AM Donna |
| Yoga I | Rhythmic Yoga Flow (75) | Anusara Inspired (75) | Anusara Inspired (75) | Pilates Equipment (75) | Mixed Level Yoga (75) | |
| 12:00PM Barbara | 10:30AM Gretchen | 10:30AM Leslie M. | 10:30AM Leslie G. | 9:30AM Ricki | 9:15AM Annette/Kristi | Mixed Level Yoga (75) |
| Pilates Equipment | Pilates Equipment | Yoga I | | Yoga HEAT (75) | Yoga I | 5:00PM Annette |
| 1:00PM Angie | 10:30AM Leslie G. | 1:00PM Colleen | | 10:30AM Colleen | 10:45AM Annette/Kristi | |
| | Pil Equip for Spec Needs | Mixed Level Yoga (75) | | PreNatal | | |
| | 12:00PM Ricki | 6:30PM Kristi | | 12:00PM Gretchen | | |
| | Preschool Yoga*(45) | | Yoga I | | | |
| | 12:15PM Annette | | 6:30PM Clyde | | | |
| Pilates Equipment | Pilates Mat | | Pilates Equipment | | Power Hour | |
| 6:00 PM Ricki | 5:30 PM Ellen | | 7:00PM Betty Jo | | 4:00PM Lara | |
| Mixed Level Yoga (75) | Pilates Equipment | | | | | |
| 6:30 PM Gretchen | 6:30PM Ellen | | | | | |
| | Yoga I (75) | | | | | |
| | 6:45PM Lara | | | | | |

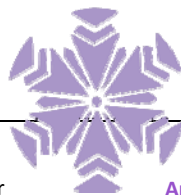


Pilates Equipment Classes – *Fee: \$21 (60) /\$26 (75)

4 – 60 minute Private Pilates Training sessions are required before entering a Pilates Equipment class. Call ext. 123 or pilates@oxfordathleticclub.com for more information.

Classes are designed for those free of injuries or limitations. Reserve your reformer online at www.oxfordathleticclub.com, or at the fitness desk or by calling ext. 137. *prices subject to change

WINTER SCHEDULE CLASS DESCRIPTIONS



GROUP FITNESS & SPINNING DESCRIPTIONS

Boot Camp – A class designed for intermediate to highly conditioned individuals. First half hour focuses on lower body cardio conditioning by utilizing a variety of drills. Second half hour focuses on upper body strength with cycles of calisthenics featuring abdominal work and push-ups.

BODYCOMBAT™ – An empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, Tae Kwon do, Tai Chi and Muay Thai. You will strike, punch, kick and kata your way to gain superior cardio fitness and burn through calories.

BODYPUMP™ – A total body barbell workout that will strengthen your entire body using the best weight room exercises like squats, presses, lifts and curls. Great music, motivating instructors and your choice of weights inspire you to get results. Challenge yourself to new heights by adding this free weight training to your workout routine! Registration recommended. See below.

SPINNING – Experience the ultimate indoor cycling journey for cardio conditioning. Work at your own level while being motivated by your instructor.

Zumba – Inspired by Latin music this class makes your cardio workout feel more like a ‘dance party’. A variety of Latin dance styles and routines are used throughout class (salsa, meringue, mambo, rumba, flamenco and calypso). Musical selections include both fast and slow rhythms to help tone and sculpt the body.

Zumba Plus– All the fun of Zumba plus more!! We’ve added 15 extra minutes for core strengthening and Pilates inspired toning and stretching.

Our Specialty Classes (**SPINNING, Pilates Mat and Yoga**)
are free to **Governors Members**.

All other memberships and guests pay \$5/ specialty class.

It is recommended that participants register for **SPINNING** and **BODYPUMP™**
up to three days in advance online, at the **Fitness Desk** or by calling **724.933.1911**,
Ext. 137 during club hours. Class size is limited.

A **\$5 No Show Fee** will be automatically billed to your account
if you have pre-signed and fail to cancel 60 minutes before class.

A number system is now in place for all non-equipment based classes held in the
Aerobic Zone. Class attendance will be capped at 53 participants. Numbers will be
distributed at the fitness desk starting 10 minutes before class.

WINTER WEATHER POLICY: During inclement weather class cancellations
may take place. Please call the club at least one hour before the start of class
for any updates on cancellations.



MIND & BODY DESCRIPTIONS

Anusara Inspired Yoga – Anusara means to slip into the flow of Grace. Using precise biomechanical alignment we learn how to approach poses with greater skill and ease, and begin to feel better. Each class will include either Pranayama (working with the breath) or a short meditation and every class is an opportunity to go deeper into your own practice.

Beginner Pilates Mat—Learn the basic of Pilates Mat movement in this fun hour long class! A wonderful start for those who have never taken a Pilates class before, or those who prefer a more gentle class.

Mixed Level Yoga – Focus on the union of breath and movement; awareness and alignment; strength and flexibility. Postures are through the breath for a transformative and balancing effect that flows from your practice into your daily life. Explore basic poses along with the challenges and joys of handstands, back bending without pain, deep hip openers and twists. Finish with breathing exercises (pranayama) to center the body and quiet the mind.

Pilates Equipment—Enjoy a group class using a combination of equipment including: the reformer bed, tower, and MVE Chair. Exercises are performed using the progressive resistance of springs and can give a complete conditioning and flexibility workout for all fitness levels with focus on balance and symmetry, as users try to evenly push or pull through an exercise. **A minimum of 4 -60 minute Private Pilates Training Sessions are required before entering a Pilates Equipment class.** Call Gretchen at ext. 123 or pilates@oxfordathleticclub.com for more information. * Fee: \$21 per 60 minute class, \$26 per 75 minutes class. **prices subject to change*

Pilates Equipment for Individual Needs – a flowing class based on the Pilates individual needs exercises, ideally suited for students with musculoskeletal and neuromuscular challenges.

Pilates Mat—A transformational method of body conditioning that yields profound results for people of all ages and abilities. Equally engaging your body and mind, Pilates emphasizes the uniform development of all muscle groups while promoting flexibility, circulation and skeletal alignment. The work focuses on core muscle strength, flexibility and stability. All levels of experience are welcome in Pilates mat class.

Power Hour—Get ready to sweat in this fun, flow class. Great start to your Saturday night!

PreNatal Yoga—Gently flow through a yoga series that will help the ease pain associated with pregnancy, as well as prepare the body for delivery. The deep rest practiced during class will help the expectant mother deal with the stress pregnancy puts on the body, and the mind.

Preschool Yoga – Bring yoga to life with fun and creative activity designed to stimulate a young child’s growing curiosity. Playful yoga poses, animated breathing exercises and imaginative relaxation techniques, teach children about their growing bodies. Ages 3-5. **Child must be 3 years of age by November 21st. Registration required-class size limited.**

Rhythmic Yoga Flow – Get ready to break a sweat in this dynamic yoga flow class. Creative flows, both through moving to breath, and holding asanas (poses), lead to increased heart rate, deep muscle openings and increased muscular strength. Class incorporates pranayama (yogic breathing exercises) and ends with deep relaxation. This is a higher intensity class, so please bring water and a towel!

Yoga I – Gain strength, balance and flexibility as you learn the basics of yoga through correct alignment in poses, and simple breathing techniques. **Perfect for those new to yoga**, or those who prefer a more gentle practice.

Yoga II—Build on the foundation learned in Yoga I, adding more advanced postures, inversions and arm balances.

Yoga HEAT – Traditional yoga postures done in a warmer environment for added muscular release and flexibility.

Youth Yoga – A fun energizing class geared to youth ages 6 to 11. Experience yoga through game play, stories, and fun poses. Great for all kids, regardless of fitness level.