

GROUP FITNESS & SPINNING SUMMER SCHEDULE

Effective June 14 through September 5, 2010

Group Fitness Coordinator: **Jackie Frederick** (ext. 108) – jfrederick@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
SPINNING 8:00AM Jodi/Pam	SPINNING 6:00AM Terri/Dena	BODYPUMP 5:45AM Heather	SPINNING 6:00AM Pam	SPINNING 8:00AM Jill	SPINNING (75) 7:15AM Pam	SPINNING 8:00AM (Rotation)
BODYPUMP 9:15AM Leslie	SPINNING 8:00AM AJ	SPINNING 8:00AM Terri	SPINNING 8:00AM AJ	Zumba 9:15AM Laurie	BODYPUMP 8:00AM Richele	SPINNING 9:30AM (Rotation)
SPINNING 9:15AM Jill	RAB 9:15AM Pam	SPINNING 9:15AM Leslie	BODYPUMP 9:15AM Leslie	SPINNING 9:15AM Jackie	SPINNING 8:45AM AJ	BODYPUMP 9:30AM Seth
Zumba 10:30AM Natasha	SPINNING 9:15AM Laurie	Zumba 9:15AM Carmel	SPINNING 9:15AM Roni	BODYPUMP 10:30AM Jackie	BODYPUMP 9:15AM Donna	
	BODYPUMP 10:30AM Pam	Kick-Ball 10:30AM Donna	Pre-Teen Zumba (45)* 10:30AM Natasha		Boot Camp (30/30) 10:00AM Jackie	
		BODYPUMP 12:00PM Donna	*July 1-29, 2010		SPINNING 10:00AM Leslie	
SPINNING (45) 5:30PM Jill			Step Interval (45) 5:30PM Richele		Zumba 10:30AM (Rotation)	
Cardio Mix 6:00PM Heather	SPINNING 6:00PM Roni	SPINNING (45) 6:00PM Jodi	BODYPUMP 6:30PM Richele	SPINNING (45) 5:30PM (Rotation)		
SPINNING 6:30PM Jackie	BODYPUMP 6:30PM Seth	Boot Camp (30/30) 6:30PM Jackie	SPINNING (45) TW 6:30PM Betty Jo			

MIND & BODY SUMMER SCHEDULE

All Group Reformer 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** (ext. 123) – gdudek@oxfordathleticclub.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mixed Level Yoga (75) 10:30AM Barbara	Group Reformer 8:00AM Angie	Group Reformer 9:15AM Ricki	Group Reformer 9:00AM Angie	Mixed Level Yoga 8:00AM Annette	Pilates Mat 8:00AM Allie	Yoga II (75) 9:00AM Leslie M./Kristi
Beginner Yoga 12:00PM Diane F.	Pilates Mat 9:15AM Angie	MVE & Tower 10:30AM Ricki	Pilates Mat 9:15AM Leslie G.	Pilates Mat 9:15AM Ricki	Group Reformer 9:00AM Allie	Yoga I 11:00AM Rotation
	Rhythmic Yoga Flow (75) 10:30AM Gretchen	Mixed Level Yoga (75) 10:30AM Leslie M.	Mixed Level Yoga (75) 10:30AM Leslie G.	Group Reformer 10:30AM Ricki	Mixed Level Yoga (75) 9:15AM Rotation	
	Preschool Yoga (45)* 12:15PM Annette	Yoga I 12:00PM Colleen		Yoga HEAT (75) 10:30AM Colleen		
	June 15-July 20, 2010			Yoga Groove (45) 12:00PM Gretchen		
MVE & Tower 6:00 PM Ricki	Power Pilates Mat (45) 5:30PM Allie	Mixed Level Yoga (75) 6:30PM Kristi	Group Reformer 7:30PM Betty Jo	*July 30- Aug 20, 2010		Mixed Level Yoga (75) 4:45 PM Annette
Mixed Level Yoga (75) 6:30 PM Gretchen	Beginner Yoga 6:45PM Diane F.					

Group Reformer Classes – Fee: \$19/Class (ADV=Advanced class)

Yoga I - Beginner/Intermediate • Yoga II - Intermediate • All classes are 60 minutes or otherwise noted.

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

Classes are designed for those free of injuries or limitations. Reserve your reformer at the fitness desk or by calling ext. 137.

- Yoga Zone Guidelines**
- Please turn off cell phones and pagers. If necessary use vibrate mode.
 - Remove shoes prior to entering Yoga Zone.
 - No entry once 15 minutes has passed in a class.
 - Do not enter or leave the room during meditation or final relaxation.
 - Please advise instructor of any injury/medical condition/limitations **PRIOR** to the start of class.

SUMMER CLASS DESCRIPTIONS



GROUP FITNESS & SPINNING DESCRIPTIONS

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

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.

Cardio-Mix – A cardio workout sure to please everyone who wants to ‘mix up’ their workouts! These classes will offer a variety of cardio options to challenge all fitness levels.

Kick-Ball – This class offers a mix of kickboxing for cardio and resist-a-ball training for core and strengthening work. Appropriate for all levels of exercisers.

Resist-A-Ball (RAB) Training – Core stability classes based on use of the RAB. Weights and resistance tubing may be used. Appropriate for all levels of exercisers. Modifications of exercises are demonstrated.

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

SPIN Express is a 45-minute version of the workout.

SPINNING TW (Training Wheels) offers the perfect ride for beginners by introducing the basics of indoor cycling while you build your aerobic conditioning base.

Step Interval – A mixture of step combinations with upper body exercises throughout the class.

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, merengue, mambo, rumba, flamenco and calypso). Musical selections include both fast and slow rhythms to help tone and sculpt the body. ***Pre-Teen Zumba – Session will run from July 1-29, 2010 (4 weeks) for children ages 10 to 13.** A 45-minute version of our popular Zumba classes scaled to accommodate younger students.

MIND & BODY DESCRIPTIONS

Beginner Yoga – A basic yoga class, where new students will learn various yoga asanas. Great for those new to yoga, yet challenging enough for a more experienced student.

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.

Mve & Tower– A dynamic, 5 participant, advanced practice for those who want to increase flexibility, strength, and balance. Perfectly suited for golfers, tennis players, dancers, hockey players or any athlete who is dominant on one side.

Pilates Mat/Power 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. Our evening format, Power Pilates Mat, is a shortened, intensified version of our traditional class.

Pre-School 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. Classes are sprinkled with music, stories and games to spark the child’s inner yogini while enhancing language development, motor coordination and play. Ages 3-5. **Child must be 3 years of age by June 1st. Registration required- class size limited. Session will run from June 15- July 20, 2010 (6 weeks).**

Rhythmic Yoga Flow – Get ready to break a sweat in this dynamic yoga flow class. Creative flows lead to increased heart rate, deep muscle openings and increased muscular strength. Class incorporates pranayama (yogic breathing exercises) and ends with deep relaxation. You will leave class feeling refreshed for the rest of the day!

Yoga I - Learn correct alignment and breathing in basic yoga postures, opportunities will be given for more challenging movements to allow for progression of strength, balance and flexibility.

Yoga II – With an emphasis on precise alignment 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.

Yoga Groove –A great way to get children, **ages 8-12**, acclimated to yoga in a class that flows to their music, their tempo, their “groove.” Join us for a fun-filled hour of Vinyasa Yoga. During class they will learn sun salutations, and other basic yoga moves. No pre-registration is required. **Session will run from July 30- August 20, 2010 (4 weeks).**

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

Group Reformer– The Reformer is the main piece of equipment used in Pilates. 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 Group Reformer class.** Call Gretchen at ext. 123 or pilates@oxfordathleticclub.com for more information. Fee: \$19 per class

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 3 days in advance 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.