



# GROUP FITNESS CLASS DESCRIPTIONS\*



*\*PLEASE NOTE THAT CLASSES ARE SUBJECT TO CHANGE DUE TO CLASS ATTENDANCE AND INSTRUCTOR AVAILABILITY. PLEASE SEE THE APP/WEBSITE FOR A MORE ACCURATE SCHEDULE.*

## **AQUA FITNESS**

### **Aqua Combo**

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

### **Aqua Deep**

This class starts in the shallow water for warm-up and a few exercises. Approximately 75% of the class is in deep water which uses water's 12% resistance to stretch, tone, and strengthen the muscles. This class improves core strength and muscle tone. Registration recommended.

### **Aqua Zumba®**

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

How It Works: Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

Benefits: There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

# ***BOXING***

## ***Amped Up Boxing***

Amped Up Boxing is a class specifically designed to push you to your limits and explore new heights. This class combines many platforms to make a class that is consistently new and different each time. Boxing, kickboxing, and various skills of MMA combined with bursts of HIIT level cardio make for an amazing, calorie burning, sweat session that is sure to make you want to return for more. Each class is 12-15 rounds of boxing, cardio, MMA, and more, with short rest periods in between. Boxing experience is highly recommended. Fitness level is intermediate to advanced. Make your way to the Impact Studio for this experience, you will never regret it. Personal boxing gloves and wraps required.

## ***Box N Burn***

This class is an all-out Burn! 12 rounds of high intensity work will consist of boxing, cardio, strength training, and core work. Personal gloves and wraps required. Registration recommended.

## ***Family Boxing***

Family Boxing Class teaches basic boxing skills and techniques. Designed for youth ages 8 and up, parents welcome to join. This 45min class will give you and your child an incredible workout all while having fun. Personal gloves and wraps required. If this is your first class, try without gloves. If you fall in love with this class, you can purchase gloves in our Pro Shop for an even better workout experience in your next class. Registration recommended.

## ***"Triple Threat" Boxing+Core+Strength***

"Triple Threat" Boxing+Core+Strength is a boxing class with up to 12 rounds of high intensity work that will consist of boxing, cardio, core and strength training. This class will incorporate traditional boxing rounds as well as circuit training which may include battle ropes, resistance bands, weights, calisthenics, HIIT and so much more! Personal boxing gloves and wraps required. Registration recommended.



## ***Kick Boxing***

In 45-minutes you'll build power, stamina, and strength while burning major calories and knocking out stress. Kickboxing challenges and empowers you with dynamic punching and kicking combinations. Newcomers – there is an accelerated warmup hitting the basics. Gloves are optional, but, recommended for maximum results. Registration recommended.

## ***Box Burn Fusion***

Get ready to punch, kick, and sweat in Box Burn Fusion, a high-energy workout blending cardio boxing, strength training, and core conditioning for a full-body burn! The class includes a warmup, boxing drills to boost endurance and agility, strength exercises to target key muscles, and core moves to sculpt your midsection. Suitable for all fitness levels with modifications provided. Personal gloves and wraps required. Registration recommended.

# ***CARDIO CLASSES***

## ***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.

## ***LesMills 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.

## ***Active Aging***

Active Aging is ideal for anyone looking to increase their fitness level without impact or complex choreography. It is set to music and incorporates low impact cardio movements, light weights, and bands. The class will be tailored toward those who want to keep fit for life so they can continue to be active and enjoy daily activities. Registration recommended.



# ***CYCLING***

## ***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.

## ***LesMills Trip***

This cycling class 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.

## ***LesMills Sprint***

Les Mills Sprint is a unique spin on high-intensity interval training, uses the power of pedaling to push your cardiovascular fitness and calorie burn to new heights. This 30-minute High-Intensity Interval Training (HIIT) workout uses an indoor bike to achieve fast results. Sprint classes you can wear your cycling shoes with "SPD Clips/Shimano Pedal Device" or simply wear your athletic shoes and use the Velcro straps to connect to the pedals. Youth ages 12-14 are welcome with a parent. Registration recommended.

# ***DANCE***

## ***Zumba***

Zumba takes the "work" out of workout by mixing low and high intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. Registration recommended.

## ***Youth Dance***

Youth Dance, Move with Me is for children ages 4-6. Move with me is an engaging 45-minute youth dance class designed to inspire creativity through dynamic movement. Participants will explore action-packed dance songs, enjoy interactive games, and enhance motor skills while incorporating props like ribbons and parachutes. Join us for an energetic experience that fosters both fun and fundamental development. 12 students per class.





# ***EXPLOSIVE TRAINING***

## ***Boot Camp***

Interval strength and cardio training with a killer core finisher! Boot camp is as tough as you make it. From kettlebells and dumbbells to resistance bands and bodyweight - no workout is the same. Moves focusing on form and range of motion set the foundation for high intensity options, challenging even the fittest of workout veterans. Registration recommended.

## ***HIIT + Core***

High Intensity Interval Training testing your cardio conditioning. Intervals of bodyweight cardio and strength exercises designed to maximize heart conditioning and calorie burn combined with core strength and stability training.

## ***Fusion***

Fusion is a 45-minute class and 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 Bosu, dumbbells, kettlebells and TRX straps. Registration recommended.

## ***Fusion + TRX***

Fusion + TRX is 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.

## ***Thrive (\$)***

Next level strength training concept class, utilizing free weights, cardio, and calisthenics to strengthen and sculpt the body. Not a beginner fitness class, experience with resistance and high intensity training is mandatory. Workouts are programmed by our OAC NASM certified trainers with extensive exercise science experience. Programmed workouts are split into 3 sections: Monday and Thursday Upper Body, Tuesday and Friday Lower Body, Wednesday, and Saturday Total Body. Thrive monthly subscription required to sign up. Visit or contact the membership office at extension 4210. Drop in participation allowed at Trainer discretion, A 10-dollar drop-in fee will apply. Contact Lead Trainer Ian Donovan at [idonovan@oxfordathleticclub.com](mailto:idonovan@oxfordathleticclub.com) for additional information.



# ***FUNCTIONAL TRAINING***

## ***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.

### ***TRX for Functional Living***

A TRX class is a type of fitness class developed by former Navy Seal, Randy Hetrick. This class uses a device called a TRX Suspension Trainer, which is a set of straps that can be attached to a wall, ceiling, or other anchor point. The TRX Suspension Trainer allows you to perform various exercises using your own body weight and gravity as resistance. A TRX class can help you improve your strength, balance, flexibility, and core stability,

Some benefits of a TRX class are:

It can be adapted to any fitness level and goal, as you can adjust the difficulty by changing your body position or angle. This class is recommended for beginners. It can work multiple muscle groups at once, as most exercises require you to engage your core and stabilize your body. It can enhance your mobility and range of motion, as the straps allow you to stretch and lengthen your muscles between intervals. Registration recommended.

# ***PILATES***

## ***Pilates Group Reformer (\$)***

The Pilates Reformer apparatus uses varying spring loads for assistance and resistance in a controlled series of exercises to achieve core strength, proper muscle length and strength, skeletal alignment, and balance. It is uniquely suited to accommodate all fitness levels and is ideal for rehabilitation. Additionally, the coordinated movements stimulate the neuromuscular system, the parasympathetic nervous system and provide a complete low impact workout. Pilates Reformer Classes at Oxford Athletic club are instructed by highly trained Pilates Professionals to help you meet all of your fitness goals. This is a fee-based class and previous Pilates Reformer Experience is required. Registration recommended.

## ***Pilates Chair***

The Pilates Chair is a multipurpose apparatus using springs that challenge strength, balance and coordination providing a total body workout for every fitness level. Registration recommended.

## ***Advanced Pilates Musical Chair***

This class uses the Pilates Chair with more advanced strength and balance exercises to the beat of music. The additional level of mental coordination required provides an intense workout for participants who would like to advance their Pilates Chair skills. Registration recommended.

## ***Yur Back (\$)***

*"You Under Reconstruction"*

A Pilates Program for a Healthy Back:

A program that combines therapeutic exercise, Pilates, and muscle balancing techniques to create a safe and effective work out for those recovering from low back pain.

For whom: Someone recovering from Back Pain (Herniations, Degenerative Disk Disease, SI Joint Dysfunctions, Stenosis, Spondy's, Osteoporosis, and other back issues).

What & Why: Pilates Equipment based exercises are performed to help increase activity level without increasing symptoms of back pain. In some cases, there will be a decrease in pain due to strength and flexibility improving.

\*All participants must have prior one on one experience with the Pilates equipment and a YUR Back Assessment.



## ***STRENGTH***

### ***LesMills BodyPump***

BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned, and fit – fast.

Using light to moderate weights with lots of repetition, BODYPUMP™ gives a total body workout. Instructors will coach you through scientifically backed moves and techniques pumping out encouragement, motivation, and great music - helping you achieve much more than on your own! BODYPUMP™ really is the ultimate calorie-burning resistance training workout. You'll leave the class feeling challenged and motivated, ready to come back for more. Arrive early to set up equipment. Registration recommended.

## ***Senior Fit***

This functional training program involves a variety of exercises targeting the core muscles of the lower back and abdomen. By working these muscles, activities of daily life will be performed more easily.

Functional training exercises can increase strength and endurance, burn calories, and help recover muscles after an injury. They also support cardiovascular health and enhance physical performance.

Key benefits of functional training include:

- Improves balance and coordination.
- Designed to optimize movement.
- Enhances athletic performance.
- Increases strength and endurance.
- Helps muscles recover faster from injuries.
- Strengthens core muscles.
- Involves compound exercises that mimic real life movements.
- Suitable for people of all ages and fitness levels!
- Restores posture, muscle imbalances, and dynamic stability.
- Burns fat.
- Relieves stress.
- Alleviates back pain.

## ***TONE***

### ***Barre***

A fun, dynamic, dance inspired class with a combo of Yoga, Pilates and Ballet inspired moves. The series includes arm weights, barre work, core work, and stretching. Get ready to shake your booty at the barre! Registration recommended.

### ***Barre + PiYo***

A traditional Oxford barre class but with the elements of PiYo added in for extra fun! Included exercises are squats, lunges, and planks with a beautiful and fluid yoga flow section to polish off the workout. Please bring your mat. Registration recommended

### ***Pilates 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. Please bring your mat. Registration recommended.



## **Senior Mat Core**

This is a mat core class that will focus on strengthening the core as well as the back and the glutes. Please note, we will get on the mat once and get off the mat once. The core acts as the central foundation of our body, providing stability, balance, and support during everyday movements and physical activities. By strengthening your core, you will reap a multitude of benefits including better balance, simplifies daily tasks, promotes better posture, reduces pain, helps with coordination. Registration recommended.

## **LesMills Core**

Les Mills Core is a scientific core workout inspired by elite athletic training principles. It is designed to strengthen your core muscles and improve stability, endurance, and sports performance.

## **PiYo**

PiYo is a unique program that takes you through stretching, strengthening, and bodyweight resistance-based exercises at a fast, flowing pace. Designed to sculpt and define every muscle, while burning major calories. Training using your own body weight to promote lean muscle development for definition and strength without the bulk. It contains intense, nonstop cardio that helps you burn calories, vaporize fat, and elevate your metabolic rate for the ultimate Body transformation. Every class will be challenging and have fun choreography developed to make participants sweat. Please bring a mat. Registration recommended.



# YOGA

## **Aerial Yoga (\$)**

A unique yoga adventure that utilizes a silk hammock suspended from the ceiling as a prop to assist the student in traditional yoga postures in a new way. Aerial yoga provides tremendous benefits in body awareness, coordination, and mind/body connection. It is truly a fitness adventure that also provides emotional and mental health benefits through trust, surrender, and relaxation. Fitness/yoga attire is appropriate, and most students find it helpful to refrain from large meals before class. Like our studio yoga, it is easily modified and appropriate for all levels.

Leave at home:

- Sharp/large jewelry
- Clothing with zippers
- Judgment and self-doubt

Bring with you:

- A yoga mat
- Water bottle
- A positive attitude ready for adventure!

## **Family Yoga**

This is a 45-minute yoga class for parents and children ages 8 and up. Age-appropriate yoga poses that encourage family bonding time while building confidence and self-esteem. This is fun for the entire family! Please bring a mat. Registration is recommended.

## **Yoga 1**

A Level 1 yoga class, where students gain strength, balance, flexibility and will learn correct alignment in poses. Please bring your mat. 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. Please bring your mat. Registration recommended.



## ***Mixed Level Yoga 26 & 2***

Hot 26&2 is an all-levels yoga class that includes 26 postures and two pranayamas (breathing exercises). It is a progressive workout where each posture stretches and strengthens the muscles, ligaments, and joints needed for the next posture in the series. Although challenging at first, then addictively enjoyable, the heat and consistency of the poses guide you into a moving meditation while strengthening and opening your entire body. The class is 60 minutes long and the room is heated to 80 degrees. Students are advised to bring a towel and water. Registration recommended.

## ***Power Vinyasa***

A challenging and powerful 45 min. class. All levels welcome. This class will fire up your core and help to build strength. Connecting your movement with breath will tone your body and mind. Registration recommended.

## ***Vinyasa Flow***

Break a sweat in this dynamic yoga flow class. Programming incorporates pranayama (yogic breathing exercises) and ends with deep relaxation. Please bring your mat. Registration recommended.

## ***Yin Yoga***

Yin yoga is a slow-paced practice either seated or laying, mainly working the lower part of the body. Poses are held for 3-5 minutes. These longer held, passive poses target the deep connective tissue. Improving muscle strength and prevents injury. Yin is a challenging yet quiet form of yoga, complimenting all forms of exercise and lifestyles. Registration recommended.

## ***Power Yoga Sculpt***

Experience the fusion of flow and fitness in Power Yoga Sculpt, where you'll elevate your practice with a dynamic blend of yoga and full-body sculpting. Ignite your legs, core, and shoulders for enhanced strength and tone, gaining both the mental clarity of traditional yoga flow and the physical benefits of conventional workouts. Suitable for all fitness levels and body types. Be ready to break a sweat! Registration recommended.

## ***Youth Yoga***

Youth Yoga, for ages 4-9, offers playful poses, mindful games, and simple breathing techniques to build body awareness, relaxation, balance, and mindfulness. Kids develop strength, flexibility, focus, stress management, and confidence in a fun, supportive environment. Registration recommended.