

GROUP EXERCISE CLASS DESCRIPTIONS

CYCLE + CORE

Motivating music & a little voice in your ear saying “go, go, go!” In this class you will get 30 minutes of high intensity cardio and a CORE-blasting routine; build a more stable, powerful abdomen and lower back to improve fitness, straighten posture and provide a foundation for active living

KICKBOXING

Join us for a heck of a workout! This is a 45-minute session of technical punching and kicking using Thai pads. A great way to learn the basics and give your all without any consequences.

SUPER CIRCUIT

Strengthen and tone in this circuit and station based class. A full-body and core burner incorporating weights, bands and other equipment. All fitness levels welcome!

WELL BUILT

This strength focused class is designed to define all major muscle groups. This class utilizes dumbbells, body bars and more to improve muscular power, strength and endurance. The self-paced format will appeal to all levels from novice to advance.

STEP

Put the fun back in fitness with this high energy cardio class, performed on an adjustable platform. Fun, easy to follow choreography will make you forget you're working out. All levels welcome!

POWER CYCLE

This high energy cycle class includes a combination of speed, strength and power drills designed to increase cardiovascular endurance, build lean muscle mass and improve overall fitness. Bring your water bottle and a towel!

Barre-CORE

Barre-CORE offers a dynamic and engaging workout designed to enhance your balance, flexibility, and strength. This low-impact class provides a comprehensive workout for your entire body, fostering muscle sculpting and toning through a blend of stretching, isometric poses and controlled movements, all set to an energizing playlist.

YOGA

This mind body practice combines physical postures to build strength and increase flexibility, with breathing techniques to promote relaxation. **Yoga mat required.

YOGA

Joga is designed to build muscle memory and balance joint stability with mobility through an increase range of motion. Utilizing both dynamic and static stretching, movements are designed to improve athletic ability and agility as well as coordination and breathe pattern. *Yoga mat required.

SHRED IT!

Shred It is for fitness enthusiasts of all levels. Activities include circuits, body weight exercises as well as plyometric and Tabata training. With functional strength and fitness at the core of this class, get ready to train all muscles of the body, including the heart.

Online class sign-up for each day begins the day prior.
In person sign-up will be available at the desk.

This is a dynamic schedule and will change with member needs.

Classes may not run with 3 or fewer participants.

No classes on Holidays

Class instructor may vary due to injury/illness.

OXFORD