

GROUP EXERCISE CLASS DESCRIPTIONS

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!

YOGA SCULPT

This strength-based mind-body practice combines physical postures and light resistance to build strength in your hips, glutes, arms and abs with breathing techniques to promote relaxation.

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!

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.

Sculpt & Core

Sculpt & Core is a fun and challenging program that offers a dynamic and engaging workout designed to enhance your balance, flexibility, and strength. This low-impact, yoga-based class provides a comprehensive workout for your entire body, fostering muscle sculpting and toning through a blend of stretching, isometric poses and controlled movements.

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