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

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!

YOGA SCULPT (Glutes, Arms & Abs)
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.

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.

JOGA
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