

*All classes are 60 minutes **except** for Meditation, which is 45 minutes.



OXFORD CLUB
FITNESS & LIFESTYLE

DECEMBER FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7 am - Sunrise Yoga with Heather	7 am - Yoga Flow with Elena	7 am - Sunrise Yoga with Sarah		7 am - Vinyasa Yoga with Sarah	
						8 am - Vinyasa Flow Yoga with Elena
10 am - Flow Yoga with Sally						9:15 am - Group Power with Megan
	11 am - Sports Fit with Alisa		11 am - Ski & Snowboard Prep with Alisa			
		11:30 am - Back/Biceps/Legs with Alisa		11:30 am - Chest/Shoulders/Triceps with Alisa	11:30 am - Body Bootcamp with Alisa	
		12:00pm - Spin with Mary	12:00pm - Core Yoga with Mary	12:00pm - Spin with Mary		
			5:15 pm - Ski & Snowboard Prep with Alisa			
	5:30 pm - Yoga Flow with Christine	5:30 pm - Group Power with Megan	5:30 pm - Yoga Flow with Christine	5:30 pm - Group Power with Megan		

<p>Group Power- This blend of step aerobics interspersed with strength-building intervals caters to the participants and can either be simple or advanced depending on the students present in any class.</p>	<p>Ski & Snowboard Prep- Get ready to hit the slopes strong! This dynamic class will help prepare you to be injury free this winter. The focus is on prevention by strengthening core and legs, while improving balance.</p>	<p>Sports Fit: An intense, boot camp style workout that focuses on the coordinative, metabolic, and strength of the sport. This class will give the participants all the essential aspects of physical preparation to succeed in any sport.</p>	<p>Sunrise Yoga: Start your day with this energizing yoga class that focuses on deep breathing practices, warm ups and sun salutations. The class also incorporates deep stretches to restore the mind and prepare the body for the day.</p>	<p>Vinyasa is a "flow" based practice from one movement to the next. In our Vinyasa class we will make a mind body connection by flowing from one pose to the next using our breath.</p>
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