

OxyFit-ness Classes

***Mats required for all classes**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7:30 AM						Spin Lisa		
8:00 AM	Silver Sneakers Classic Jill			Silver Sneakers Classic Jill		Turbo Kick Nicole S		
9:00 AM			■ Complimentary Personal Training					
9:10 AM	Zumba Gold Donna B	★ Spin Melanie	Zumba Krista	Drill JoAnne	Zumba Krista	Spin JoAnne	R.I.P.P.E.D. Kylie	Zumba Hilary/Jacalyn
10:15 AM	Pilates Jill	Silver Sneakers Classic David P	Seniorcise Magic Don	Gentle Yoga Ericka	★ Tabata JoAnne/Kylie	Yoga Kim	PiYo Lindsay	
11:20 AM	Silver Sneakers Yoga Stretch Donna O	R.I.P.P.E.D. Kylie	Silver Sneakers Yoga Stretch Donna O	Sculpt JoAnne			Caribbean Heat Magic Don	

1:00 PM		Silver Sneakers Circuit Jill				
1:30 PM				Silver Sneakers Circuit David P	Zumba Gold (Beginner) Donna B	
4:25 PM	Sculpt Joanie	Zumba Toning Donna B	Tone, Core, & More Magic Don	Turbo Kick Sara		
5:30 PM	Zumba Tessy & Pedro	■ Complimentary Personal Training	Sculpt Blast Joanie	Power Interval Training Tanya	PiYo Caren	
6:00 PM				★ Spin David J		
6:35 PM		Turbo Kick Caren		Country Heat Live Nicole R		
7:35 PM	Yoga Jan/Ericka					



★ 45 minute class

■ Must sign up 24 hrs in advance

Class Descriptions

Caribbean Heat: bringing the Caribbean sunshine to fitness this high energy fitness class to the sweet sounds of the Caribbean will give you that island getaway you've been looking for. This is a high energy, moderate impact fitness/dance class that incorporates Caribbean music and dance moves such as calypso, merengue, salsa, soda, and African drums. This exercise PARTY will help to strengthen core muscles, burn calories, and develop an overall tone body.

Complimentary Personal Training: a great way to get familiar with the equipment in the gym. Trainers will guide you on the gym floor and properly show you how to use the different types of machines we have to offer.

Country Heat Live: a high energy, low impact country dance inspired workout that's so much fun you'll barely notice you're getting a total body workout as you work up a sweat. It's so easy to do and no experience is necessary. You'll want to come back for more!

Drill: a high intensity interval circuit class that mixes strength, cardio and agility drills to make you stronger, increase your stamina, and help you burn calories! It's a fun class guaranteed to make you sore, sweaty, and challenged. Exercises change weekly so you won't hit a ceiling and you'll never be bored.

Gentle Yoga: de-escalate after your workout or busy, hectic morning. A time to build strength, flexibility, and find relaxation through easy breathing exercises and postures. Chairs provided, mats optional.

Pilates: a series of floor based exercises designed to improve core, strength, balance, and flexibility. Class exercises vary week to week. All Fitness levels are welcome.

PiYo: a hybrid, athletic workout which combines the mind/body practices of Yoga and Pilates, as well as the principles of stretch, strength training/conditioning, and dynamic movement.

Power Interval Training: High Intensity interval training incorporating a variety of exercises which will build strength and endurance and target the whole body. Broken down into three rounds. Round 1= 1 exercise performed for 20 seconds with 10 seconds rest, repeated 8 times. Round 2= 2 exercises alternating for 20 seconds with 10 seconds rest, repeated 4 times. Round 3= 3 exercises alternating performed for 40 seconds with 20 seconds, rest repeated 3 times. All abilities welcome as modifications will be provided.

R.I.P.P.E.D.: stands for Resistance, Intervals, Power, Plyometrics, Endurance, and Diet Suggestions. Total body, high intensity style, changing every 6 - 9 minutes.

Sculpt: resistance training for every muscle group using a variety of equipment, bars, bands, stability balls, and dumbbells.

Sculpt Blast: a blend of cardio and sculpting including strength training, stretching, flexibility, core stability, and abdominal work.

Seniorcise: consists of 3 segments...movement to work on balance and coordination, toning with light weights, balls, and bands, and stretching for flexibility.

Silver Sneakers Circuit: combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Focus on upper-body strength with hand-held weights, and use resistance tubes and a SilverSneakers ball for a low-impact aerobics workout. A chair is used for support.

Silver Sneakers Classic: move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for support.

Silver Sneakers Yoga Stretch: move through a whole-body series of seated and standing yoga poses and breathing exercises. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Spin: an energetic, fast moving spin class. Burn lots of calories, improve your cardio, and sweat away the day's stress while listening to great music. Challenges for all stages of fitness in a fun and friendly setting.

Tabata: is the most results-driven form of High Intensity Interval Training (HIIT). You'll perform cardio and strength exercises at a super high-intensity for 20 seconds followed by 10 seconds of recovery and repeat for 8 sets. These bursts of intense work will torch calories and strengthen your entire body. During a typical session expect to use a step platform, an exercise mat, a weighted bar, and 2 sets of dumbbells (light and heavy). *Note: we will be doing plyometric cardio and high-intensity strength training! If you are new to this or have limitations, please alert your instructor before class begins!

Tone, Core, & More: a combination of the body and mind. This class will improve flexibility, balance, coordination, core strength, burn calories, and reduce stress. Low impact.

Turbo Kick: a high energy class combining kickboxing and dance moves with intense intervals of strength and endurance training.

Yoga: any methods or disciplines prescribed, in a series of postures and breathing exercises practiced to achieve control of the body and mind. A mixed level class, with a combination of Ashtanga and Iyengar yoga focuses on proper alignment and balance. It improves flexibility, strength, as well as cardio.

Zumba: a high impact cardio Latin Dance Party featuring choreographed moves with easy steps to follow! This great work out will help you lose weight, lose inches around the waist line, tone the legs and make you sweat! No dance background necessary! You will be toned and energized when you finish the class.

Zumba Gold: a great cardio workout for anyone who wants to dance at a slower and easier pace without hurting yourself! It is modified so that the dance moves are slow and manageable. Build cardiovascular health by challenging the heart and working the muscles of the hips, legs, and arms with Latin dance moves.

Zumba Toning: Zumba® Toning is for those who want to party, but it puts extra emphasis on toning and sculpting to define your muscles. It offers the challenge of adding resistance by using optional Zumba® Toning Sticks or light weights to focus on specific muscle groups so you (and your muscles) stay engaged!

Class Sign Ups: You must register for any of our classes which can be done 2 days prior to the class. You can register online or through the OxyFit App.

Please see a Front Desk Associate to set up your user name and password.

For the spin classes, if you have never taken one before, please arrive 15 minutes prior to the start of class to get set up with the bike.

(Please cancel your registration if you cannot make it in to the class)

***If you did not register online or through our OxyFit App, you will not be guaranteed a spot.**