



OXFORD CLUB
FITNESS & LIFESTYLE

MAY FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	7 am - Sunrise Yoga with Elena	7 am - Yoga Flow with Elena	7 am - Sunrise Yoga with Sarah		7 am - Vinyasa Yoga with Sarah		
	10 am - Flow Yoga with Sally					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	11:30 am - Back/Biceps/Legs with Alisa	11 am - Sports Fit with Alisa	11:30 am - Chest/Shoulders/Triceps with Alisa	11:30 am - Body Bootcamp with Alisa		
			11:30 am - Spin with Mary	11:30 am - Spin with Mary			
			12:15 Core Yoga with Mary	12:15pm Core Yoga with Mary			
	5:30 pm - Yoga Flow with Christine	5:30 pm - Group Power with Megan	5:15 pm - Sports Fit with Alisa	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>Spin- Get a great workout by interval training on the spin bike. Get your heart rate up, break a sweat, and tone your muscles.</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>							