

# OXFORD HEALTH & WELLNESS

## YOGA & GROUP TRAINING CLASSES – 2018 Fall 2

| M  | T  | W  | Th  | F   |
|--|--|--|---|---|
|  |  | <b>Stretch</b><br><b>Method of Modern Movement</b><br>Wednesdays 11:00-11:50pm<br>Nov 7 <sup>th</sup> – Dec 12 <sup>th</sup><br>Instructor: Janelle<br>Fee: \$63 (tax incl.) |   |   |
| <b>Yoga</b><br>Mondays 12:00-12:50pm<br>Oct 29 <sup>th</sup> – Dec 10 <sup>th</sup><br>No Class Nov 12 <sup>th</sup><br>Instructor: Peter<br>Fee: \$63 (tax incl.)   | <b>Women on Weights</b><br>Tuesdays 12:00-12:50pm<br>Oct 30 <sup>th</sup> – Dec 11 <sup>th</sup><br>No Class Nov 13 <sup>th</sup><br>Instructor: Erin<br>Fee: \$63 (tax incl.)                               | <b>Core</b><br>Wednesdays 12:00-12:50pm<br>Oct 31 <sup>st</sup> – Dec 12 <sup>th</sup><br>Instructor: Erin<br>Fee: \$74 (tax incl.)  | <b>Yoga</b><br>Thursdays 12:00-12:50pm<br>Nov 1 <sup>st</sup> – Dec 13 <sup>th</sup><br>Instructor: Jeff<br>Fee: \$74 (tax incl.) |   |
| <b>Core</b><br>Mondays 1:00-1:50pm<br>Oct 29 <sup>th</sup> – Dec 10 <sup>th</sup><br>No Class Nov 12 <sup>th</sup><br>Instructor: Erin<br>Fee: \$63 (tax incl.)      | <b>Yoga Mini Series:<br/>Lower Back &amp; Hips</b><br>Tuesdays 1:00-1:50pm<br>Oct 30 <sup>th</sup> & Nov 6 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup><br>Instructor: Peter<br>Fee: \$42 (tax incl.) | <b>Intervals Express</b><br>Wednesdays 1:00-1:35pm<br>Oct 31 <sup>st</sup> – Dec 12 <sup>th</sup><br>Instructor: Erin<br>Fee: \$59 (tax incl.)                               |   | <b>Location of Classes:</b><br>Cordova Room<br>(7 <sup>th</sup> floor, MNP Tower) |
| <b>Boot Camp</b><br>Mondays 5:15-6:05pm<br>Oct 29 <sup>th</sup> – Dec 10 <sup>th</sup><br>No Class Nov 12 <sup>th</sup><br>Instructor: Erin<br>Fee: \$63 (tax incl.) |  | <b>Zumba</b><br>Wednesdays 5:30-6:20pm<br>Nov 7 <sup>th</sup> – Dec 12 <sup>th</sup><br>Instructor: Maybelin<br>Fee: \$63 (tax incl.)  |   |   |

### Registration

Pre-registration required ~ No drop-ins ~ Minimum number of registrants required to run classes

All classes are non-refundable/non-transferable ~ Cheques/Cash/E-Transfer accepted

To reserve a spot in any of the above classes email Erin Olmstead: [erincolmstead@gmail.com](mailto:erincolmstead@gmail.com)

# Classes

## **Yoga (50 min)**

A blend of flowing yoga poses and sequences with attention to posture and breath to lengthen, strengthen and release tension. All levels welcome.

## **Core (50 min)**

Go beyond traditional abdominal exercises and challenge your core with exercises aimed at improving function for sport and/or everyday life. Everyone is welcome.

## **Women on Weights (50 min)**

A workout for women only! This muscle conditioning class works all the major muscle groups utilizing hand weights, elastic toners and body weight. Posture and proper exercise execution is emphasized. All levels welcome. Limited to 12 registrants.

## **Boot Camp (50 min)**

A workout that checks all the boxes: strength, stamina, agility, and fun! With a focus of proper execution, this class incorporates body weight exercises, agility drills, interval training, and games. Everyone is welcome. Limited to 12 registrants.

## **Intervals Express (35 min)**

A quickie workout using interval training and body weight conditioning to get your heart pumping and muscles working. Everyone is welcome. Limit 12 registrants.

## **Stretch (Method of Modern Movement) (50 min)**

A flowing series of stretches starting from the head and working to the toes while listening to soothing Spanish guitar music. Some exercises require a resistance band to go deeper into stretches and to condition muscles. All levels welcome.

## **Zumba (50 min)**

A dance fitness workout that combines lower intensity and higher intensity cardio intervals. Great music and tons of fun. All levels welcome.

## **Yoga Mini Series: Lower back & hips (50 min)**

A gentle series of exercises and poses aimed at relieving tightness and discomfort in your lower back, spine, hips and legs.