

# OXFORD HEALTH & WELLNESS

## YOGA & GROUP TRAINING CLASSES – 2019 Winter

M	T	W	Th	F
		<b>Stretch</b> <b>Method of Modern Movement</b> Wednesdays 11:00-11:50pm Jan 9 <sup>th</sup> – Feb 27 <sup>th</sup> Instructor: Janelle Fee: \$84 (tax incl.)		
<b>Yoga</b> Mondays 12:00-12:50pm Jan 7 <sup>th</sup> – Feb 25 <sup>th</sup> No Class Feb 18 <sup>th</sup> Instructor: Peter Fee: \$74 (tax incl.)	<b>Women on Weights</b> Tuesdays 12:00-12:50pm Jan 8 <sup>th</sup> – Feb 26 <sup>th</sup> Instructor: Erin Fee: \$84 (tax incl.)	<b>Core</b> Wednesdays 12:00-12:50pm Jan 9 <sup>th</sup> – Feb 27 <sup>th</sup> Instructor: Erin Fee: \$84 (tax incl.)	<b>Yoga</b> Thursdays 12:00-12:50pm Jan 10 <sup>th</sup> – Feb 21 <sup>st</sup> Instructor: Jeff Fee: \$74 (tax incl.)	<b>Core &amp; Stretch</b> Fridays 12:00-12:50pm Jan 11 <sup>th</sup> – Mar 1 <sup>st</sup> Instructor: Zack Fee: \$84 (tax incl.)
<b>Intervals Express</b> Mondays 1:00-1:35pm Jan 7 <sup>th</sup> – Feb 25 <sup>th</sup> No Class Feb 18 <sup>th</sup> Instructor: Zack Fee: \$59 (tax incl.)	<b>Yoga Mini Series:</b> <b>Yoga for Skiing/Snowboarding</b> Tuesdays 1:40-2:30pm Jan 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> & Feb 5 <sup>th</sup> Instructor: Jeff Fee: \$42 (tax incl.)	<b>Intervals Express</b> Wednesdays 1:00-1:35pm Jan 9 <sup>th</sup> – Feb 27 <sup>th</sup> Instructor: Erin Fee: \$68 (tax incl.)	<b>Women on Weights</b> Thursdays 1:00-1:50pm Jan 10 <sup>th</sup> – Feb 21 <sup>st</sup> Instructor: Erin Fee: \$74 (tax incl.)	<b>Location of Classes:</b> Cordova Room (7 <sup>th</sup> floor, MNP Tower)
<b>Boot Camp</b> Mondays 5:15-6:05pm Jan 7 <sup>th</sup> – Feb 25 <sup>th</sup> No Class Feb 18 <sup>th</sup> Instructor: Erin Fee: \$74 (tax incl.)		<b>Zumba</b> Wednesdays 5:30-6:20pm Jan 9 <sup>th</sup> – Feb 27 <sup>th</sup> Instructor: Maybelin Fee: \$84 (tax incl.)	<b>Boot Camp</b> Thursdays 5:15-6:05pm Jan 10 <sup>th</sup> – Feb 21 <sup>st</sup> Instructor: Zack Fee: \$74 (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.

## **Core & Stretch (50 min)**

Combine the benefits of core training and stretching in one efficient workout. This class integrates exercises to activate and functionally challenge your core and stretches to improve posture and flexibility. 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.

## **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.

## **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.

## **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: Yoga for Skiing & Snowboarding (50 min)**

An amazing day on the mountain can leave your body feeling stiff and sore. Recover faster, prevent injury and enhance your performance with this series of yoga classes that focus on the mobility, strength and recovery needs of those who want to get as many runs in as they can. Everyone welcome.