

# OXFORD HEALTH & WELLNESS

## YOGA & GROUP TRAINING CLASSES – 2019 March/April

M	T	W	Th	F
<p><b>Yoga</b> Mondays 12:00-12:50pm Mar 4<sup>th</sup> – Apr 29<sup>th</sup> No Class Apr 22<sup>nd</sup> Instructor: Peter Fee: \$84 (tax incl.)</p>	<p><b>Women on Weights</b> Tuesdays 12:00-12:50pm Mar 12<sup>th</sup> – Apr 30<sup>th</sup> Instructor: Erin Fee: \$84 (tax incl.)</p>	<p><b>Core</b> Wednesdays 12:00-12:50pm Mar 6<sup>th</sup> – May 1<sup>st</sup> Instructor: Erin Fee: \$95 (tax incl.)</p>	<p><b>Yoga</b> Thursdays 12:00-12:50pm Mar 7<sup>th</sup> – May 2<sup>nd</sup> No Class Mar 21<sup>st</sup> Instructor: Jeff Fee: \$84 (tax incl.)</p>	<p><b>Core &amp; Stretch</b> Fridays 12:00-12:50pm Mar 8<sup>th</sup> – May 3<sup>rd</sup> No Class Apr 19<sup>th</sup> Instructor: Zack Fee: \$84 (tax incl.)</p>
<p><b>Intervals Express</b> Mondays 1:00-1:35pm Mar 4<sup>th</sup> – Apr 29<sup>th</sup> No Class Apr 22<sup>nd</sup> Instructor: Zack Fee: \$68 (tax incl.)</p>	<p><b>Yoga Mini Series: The Piriformis &amp; Psoas</b> Tuesdays 1:00-1:50pm Apr 2<sup>nd</sup> – Apr 23<sup>rd</sup> Instructor: Peter Fee: \$42 (tax incl.)</p>	<p><b>Intervals Express</b> Wednesdays 1:00-1:35pm Mar 6<sup>th</sup> – May 1<sup>st</sup> Instructor: Erin Fee: \$76 (tax incl.)</p>	<p><b>Women on Weights</b> Thursdays 1:00-1:50pm Mar 7<sup>th</sup> – May 2<sup>nd</sup> No Class Mar 21<sup>st</sup> Instructor: Erin Fee: \$84 (tax incl.)</p>	<p><b>Location of Classes:</b> Cordova Room (7<sup>th</sup> floor, MNP Tower)</p>
<p><b>Boot Camp</b> Mondays 5:15-6:05pm Mar 4<sup>th</sup> – Apr 29<sup>th</sup> No Class Apr 22<sup>nd</sup> Instructor: Erin Fee: \$84 (tax incl.)</p>		<p><b>Zumba</b> Wednesdays 5:30-6:20pm Mar 6<sup>th</sup> – May 1<sup>st</sup> Instructor: Maybelin Fee: \$95 (tax incl.)</p>	<p><b>Boot Camp</b> Thursdays 5:15-6:05pm Apr 4<sup>th</sup> – May 2<sup>nd</sup> Instructor: Zack Fee: \$53 (tax incl.)</p>	

### 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.

## **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: The Piriformis & Psoas (50 min)**

Tightness in the piriformis and/or psoas (“so-as”) muscles can manifest as hip, groin, low back, and leg pain. We’ll focus on releasing these muscles and practicing stabilizing postures to help relieve pain and promote ease of movement. Everyone is welcome.