

OXFORD HEALTH & WELLNESS

YOGA & GROUP TRAINING CLASSES – 2020 Early Spring

M	T	W	Th	F
<p>Yoga Mondays 12:00-12:50pm Mar 2nd – April 27th No Class April 13th Instructor: Peter Fee: \$84</p>	<p>Muscle Mix Tuesdays 12:00-12:50pm Mar 10th – Apr 28th Instructor: Zack Fee: \$84</p>	<p>Core Wednesdays 12:00-12:50pm Mar 11th – Apr 29th Instructor: Erin Fee: \$84</p>	<p>Yoga Thursdays 12:00-12:50pm Mar 5th – Apr 30th Instructor: Jeff Fee: \$95</p>	<p>Yoga Fridays 12:00-12:50pm Mar 6th – May 1st No Class Mar 27th & Apr 10th Instructor: Denise Fee: \$74</p>
<p>Glider Express Mondays 1:00-1:35pm Mar 2nd – April 27th No Class April 13th Instructor: Erin Fee: \$68</p>	<p>Release & Stretch Tuesdays 1:00-1:50pm Mar 10th – Apr 28th Instructor: Erin Fee: \$84</p>	<p>Intervals Express Wednesdays 1:00-1:35pm Mar 11th – Apr 29th Instructor: Kerri Fee: \$68</p>	<p>Women on Weights Thursdays 1:00-1:50pm Mar 5th – Apr 30th Instructor: Erin Fee: \$95</p>	<p>Location of Classes: Cordova Room (7th floor, MNP Tower)</p> <p>All fees include tax</p>
<p>Boot Camp Mondays 5:15-6:05pm Mar 2nd – April 27th No Class April 13th Instructor: Erin Fee: \$84</p>	<p>Zumba Tuesdays 5:30-6:30pm Apr 7th – Apr 28th Instructor: Maybelin Fee: \$42</p>	<p>Boot Camp Wednesdays 5:15-6:05pm Mar 11th – Apr 29th Instructor: Emma Fee: \$84</p>	<p>Yoga & Meditation Thursdays 5:15-6:05pm Mar 5th – Apr 30th No Class March 12th Instructor: Peter Fee: \$84</p>	

Registration

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

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

To reserve a spot in any of the above classes email Erin Olmstead: 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.

Yoga & Meditation (50 min)

A gentle yoga and meditation class designed to help you let go of the stress and tension and increase your flexibility and focus. Modifications to meet your needs. Everyone welcome.

Release & Stretch (50 min)

Massage and release muscle adhesions using a small ball, then enjoy a full body stretch aimed to improve mobility and posture. Everyone is welcome.

Core (50 min)

Go beyond traditional abdominal exercises and challenge your core with exercises aimed at improving function for everyday life. All levels 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. All levels welcome.

Muscle Mix (50 min)

A muscle conditioning class targeting all the major muscle groups mixed with balance and core training. Dumbbells, elastic toners and body weight may be used. All levels welcome.

Boot Camp (50 min)

A workout that checks all the boxes: strength, stamina, agility, and fun! This class incorporates body weight exercises, cardio intervals, agility drills, and games. Some small equipment may be used. Everyone is welcome.

Zumba (60 min)

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

Glider Workout Express (35 min)

This quick workout challenges your strength and stability with this full body workout utilizing gliding discs. Alignment and proper exercise execution is emphasized. Everyone is welcome.

Intervals Express (35 min)

A quickie workout using timed intervals; combines body weight conditioning exercises with simple cardio drills to get your heart pumping and muscles working. Some small equipment may be used. All levels welcome.