Oakwood ATHLETIC CLUB
(925) 283-4000

CARPET STUDIO AND AQUA CLASSES WEEKLY SCHEDULE

WEEK OF JANUARY 14th, 2019

At times, instructor substitution may be necessary. Substitute instructors indicated by CAPITALS.
*** indicates Guest Instructors*

Available online www.OakwoodAthleticClub.com

CARPET STUDIO

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	(6:00-7:00) PILATES *WITH PROPS* Tina	(5:45-7:00) ATHLETIC CONDITIONING Ballu	(6:00-7:00) PILATES *WITH PROPS* Tina	(5:45-6:40) H.I.I.T. (Gym) (6:45-7:00) CORE (Gym) Jena	(5:45-7:00) YOGA FOR ALL Ballu		
7:00	(7:05-8:00) PILATES *All Levels* Tina		(7:05-8:00) PILATES *All Levels* Tina	(5:45-7:00) BODY CONDITIONING Lisa A.	(7:05-8:00) GENTLE PILATES & STRETCH Tina		***NEW CLASS!*** (7:00-8:00) MOBILITY MATTERS Christian
8:00	(8:05-9:00) YOGA FLOW *Level 2* Heidi	(7:30-9:00) YOGA 2 Rod	(8:05-9:00) YOGA FLOW *Level 2* Erynn	(7:40-8:55) YOGA 1-2 Rod	(8:05-9:00) LINE DANCING Carah	(8:00-9:00) STEP *JUNE*	(8:05-9:00) CORE & STRETCH Maria
9:00	(9:05-10:00) STEP & MUSCLE Ellen	(9:05-10:00) TOTAL BODY TABATA Sue T.	(9:05-10:00) CARDIO KICKBOXING *HEATHER*	(9:05-10:00) BODY CONDITIONING *HEATHER*	(9:05-10:00) STEP INTERVAL Sue T.	(9:05-10:00) BODY CONDITIONING Sue T.	(9:05-10:00) BODY CONDITIONING Heather
10:00	(10:05-11:00) CARDIO CUT Carah		(10:05-11:00) YOGA TONE Celine		***GYMNASIUM*** (9:15-10:15) TRIPLE KICK Kristy	(10:05-11:30) YOGA *All Levels* Grace	
11:00	(11:05-12:30) YOGA *ENERGY MOVEMENT* Claudia	(11:20-12:15) SCULPT & CORE FUSION Laurie	(11:05-12:35) ROLL, STRETCH & RESTORE Celine	(11:30-12:40) YIN YOGA AND MEDITATION Destiny	(10:05-11:00) BODY CONDITIONING Sue T.	(11:35-1:00) BODYMIND HEALING TAI CHI/QIGONG Dr. Michael Mayer	(11:30-12:45) YOGA 1 Rod
1:30	(1:30-2:30) CHAIR YOGA & MEDITATION Lori	***GYMNASIUM*** (12:30-1:30) BOOT CAMP Charles		(1:00-2:00) NIA®: MOVE TO HEAL Janet	(11:05-12:15) YOGA 1-2 Grace		
4:00	(4:00-5:25) YOGA 1-2 *CELINE*	(1:00-2:00) FUNCTIONAL BODY FOR ACTIVE LIFESTYLE Paul	(4:00-5:25) YOGA 2 Grace		(12:30-1:30) GENTLE FITNESS Chris		
5:30	(5:30-6:30) INTERVAL TRAINING Laurie	(5:30-6:30) ATHLETIC CONDITIONING Ballu	(5:30-6:00) BOSU CORE & BALANCE (6:00-6:40) BODYSHRED® & STRETCH Cheryl	(5:30-6:40) GENTLE FLOW YOGA Lindsay			
6:00	(6:45-8:00) YOGA 1-2 Rod	(6:35-8:00) MINDFUL YOGA Lori	(6:45-8:00) YOGA FLOW 1-2 *HEIDI*	(6:45-8:00) VINYASA FLOW YOGA Lindsay	(6:00-7:30) GENTLE YOGA Veera		

POOL

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30		(9:30-10:25) AQUA-FIT Marian					
11:00	AQUA-FIT Marian		AQUA-FIT Andrea	***POOL CLOSED 1/17-1/25***			
5:30	AQUA-FIT Marian	AQUA-FIT Marian					

Oakwood ATHLETIC CLUB
(925) 283-4000

WOOD STUDIO AND TRX CLASSES WEEKLY SCHEDULE

WEEK OF JANUARY 14th, 2019

At times, instructor substitution may be necessary. Substitute instructors indicated by CAPITALS.
*** indicates Guest Instructor*

Check out our new classes!

WOOD STUDIO

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	(5:30-6:30) CYCLE CONNECT Jessica	(5:45-7:00) CARDIO DANCE Carah	(5:45-7:00) CYCLE CONNECT James	(5:45-7:00) CYCLING & ATHLETIC CONDITIONING Ballu	(5:45-7:00) CYCLING & CORE Jena		
7:00	(7:30-8:30) BODY CONDITIONING (8:35-9:00) STRETCH Robin	(7:00-8:15) YOGA STRETCH Veera	(7:30-8:30) BODY CONDITIONING (8:35-9:00) STRETCH Robin	(7:05-8:00) PILATES STRETCH Robin	(7:30-8:30) BODY CONDITIONING (8:35-9:00) STRETCH Laurie	(8:00-9:00) CYCLE CONNECT Sue T.	(8:00-9:00) CYCLE CONNECT James
9:00	(9:05-10:00) CYCLE CONNECT Sue T.	(8:30-10:00) FASTRAC *ROBIN*	(9:05-10:00) CYCLE CONNECT Maureen	(8:05-9:00) BALL CHALLENGE Robin	(9:05-10:00) FRIDAY FEATURE RIDE "CYCLE CONNECT" Laurie	(9:05-10:00) ZUMBA® Noel	(9:05-10:00) CARDIO STRIKE Maria
10:00	(10:05-11:15) TOTAL BODY CONDITIONING Celine	(10:05-11:30) YOGA 1-2 Veera	(10:05-11:15) TOTAL BODY CONDITIONING Heather	(9:15-10:30) OM CYCLE Celine	(10:05-11:15) ROLL, STRETCH & RESTORE Destiny	(10:05-11:00) GROUP CYCLING Noel	(10:05-11:30) YOGA 2 Chris
11:00	(11:20-12:15) ZUMBA® TONING AND CARDIO Cheryl	(11:35-12:30) NIA®: MOVE TO HEAL Janet	(11:20-12:15) ZUMBA® TONING AND CARDIO Cheryl	(10:35-11:30) CORE & STRETCH Laurie	(11:20-12:15) ZUMBA® Kathleen	(11:05-12:00) GENTLE PILATES & STRETCH Noel	(11:35-12:30) BODY AND SOLE Kathleen
Noon	(12:20-1:15) GROUP CYCLING Jena		(12:20-1:15) CYCLE BEATS Ellen		(12:30-1:15) CYCLE CONNECT Celine	(12:00-2:00) STILL MINDFUL IN THE NEW YEAR Lori (fee-based)	
1:00	(4:05-5:00) PILATES SCULPT Melinda		(1:30-2:30) CHAIR YOGA David	(4:30-5:30) BARREFIT Stephanie			
5:00	(5:05-6:00) BARREFIT Melinda	(5:30-6:30) CYCLING & CORE Laurie	(4:45-6:00) ROLL, STRETCH & RESTORE Melinda	(5:30-6:30) ZUMBA® Desi	(3:00-4:15) YOGA FOR MEN David	(4:00-5:30) YOGA 2 Rod	(4:00-5:30) VINYASA FLOW YOGA Celine
6:00	(6:05-7:00) GROUP CYCLING Heather	(6:35-7:30) ZUMBA® Sandra	(6:05-7:00) CYCLE CONNECT James		(4:30-5:45) CORE & STRETCH Celine	Club Hours: M-F: 5a-11p, Sat. 6a-9p, Sun. 7a-9p	

TRX CLASSES (HELD IN GYMNASIUM)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(10:15-11:15) TRX INTERVAL* Sue T.	(9:00-10:00) TRX MUSCLE & MOVEMENT* Paul	(6:00-7:00) TRX BOOT CAMP* Jena	(9:15-10:15) TRX SHRED* James B.		(11:15-12:15) TRX BODY BLAST * Wil	(11:00-12:00) TRX BURN * James B.
	(10:15-11:00) TRX BASICS* Paul	(10:15-11:15) TRX INTERVAL * *MARIE*	(12:30-1:30) TRX INTERVAL * Sue T.			
(6:00-7:00) TRX INTERVAL* Marie			(5:30-6:30) TRX FIT Celine		*Sign up TWO HOURS in advance at the Front Desk, by phone or ONLINE at www.oakwoodathleticclub.com.*	

GROUP EXERCISE CLASS DESCRIPTIONS

ATHLETIC CARDIO

BODYSHRED®: This 30-minute high intensity, fun and effective interval/ metabolic circuit workout is divided into sections of 3 minutes of strength moves, 2 minutes of cardio, and 1 minute of core.

CARDIO STRIKE: This class is a full body conditioning workout that will challenge your cardiovascular endurance while utilizing fun, high-energy boxing drills and powerful Tae Kwon Do kicks.

CARDIO CUT: Need a time-efficient workout? This high-energy class incorporates a combination of high and low impact moves to optimize your cardiovascular conditioning. You will use resistance training to optimize your cardio work out and help tone up! This interval training class will challenge your strength, power and cardio all at once! Prepare to get your heart pumping and your body moving.

STEP AEROBICS: High intensity, low impact workout using broken-down, choreographed patterns on the Step platform. Step & muscle incorporates strength training exercises, either during or at the end of the step workout.

TOTAL BODY TABATA: A fun, challenging workout that's guaranteed to burn fat ... and leave you feeling great! This is true Tabata-style training: 20 seconds of cardio, strength and core followed by 10 seconds of rest, repeated eight times.

TRIPLE KICK: Knock out hundreds of calories through 9 rounds of mixed martial arts conditioning! Whether the focus of the round is stamina, agility or speed, you will punch and kick your way to a lean, tight body, stronger core and better balance!

H.I.I.T. (HIGH INTENSITY INTERVAL TRAINING): This fun and energetic class is the ultimate cross-training workout! It combines both high and low impact movements, cardio intervals and total body strength and power training all for the goal of improving cardiovascular fitness, muscular strength and endurance.

DANCE EXERCISE

BODY & SOLE: A barefoot dance based class that strengthens and lengthens. Find your comfort zone as you mobilize joints and increase stability, balance and body awareness. This fun class is suitable for all levels and is very energetic through world, Latin and urban beats.

CARDIO DANCE: Cardio Dance offers a blast of cardio, coupled with dance-based choreography. You never know which style of dance you'll get from week to week: swing, salsa, hip-hop, modern, African...

LINE DANCING: Exercise your body and mind by dancing to lively, up-beat music. Line dancing is a fun way to dance socially without a dance partner. We'll do the Cha Cha Slide, the Cupid Shuffle, the Wob-ble, the Macarena, the Tush Push, and so much more!

NIA®: Nia® tones your mind and tunes your body. Each workout brings mindfulness to your dance movement experience leaving you energized, mentally clear, and emotionally balanced. Nia® cardio-dance workouts combine 52 simple moves with dance arts, martial arts, and healing arts to get you fit - body, mind, emotion, and spirit. Nia® is practiced barefoot, non-impact, and adaptable.

ZUMBA® FITNESS: This class fuses worldwide rhythms and easy-to-follow moves to create a dynamic workout. ZUMBA® TONING AND CARDIO blends body-sculpting exercises and Zumba moves into one calorie-burning strength and cardio class.

BODY SCULPTING

BARREFIT: BarreFit is a fluid blend of pilates, dance, yoga and the perfect balance of strength, flexibility and cardio. This fun experience on the Ballet Barre alternates deep muscle-toning movements along with cardio intervals set to an upbeat music at a vigorous pace!

BODY CONDITIONING: Treat yourself to an all-around body condition-ing workout with weights, bands, balls combined with timeless, tradi-tional body-weight exercises! This class will condition & strengthen major muscle groups.

CORE & STRETCH: If your goal is to lay the foundation for a strong core, then this class is for you! It will help you improve your posture while developing strong and shapely-defined abdominal, back and hip muscles. Come to class with an open mind, commitment and dedica-tion! Best of all, you will also enjoy specific stretching exercises in the second part of the class.

FUNCTIONAL BODY FOR ACTIVE LIFESTYLE: Functional Body is a low joint impact class designed to train and strengthen the body across all planes of motion. Exercises flow in traditional movement patterns, and build energy, balance and core strength.

GENTLE FITNESS: This class is specifically designed for the active adult seeking an easy-to-follow workout to increase stamina and strength. It includes low-impact cardiovascular conditioning, strength training to improve strength and bone density, flexibility, fall prevention and balance. Emphasis will be on functional fitness and posture.

SCULPT CORE FUSION: This class blends exercises on the BALL, BOSU® balance trainer, weights, gliding discs for a total body toning workout. You will take traditional strength exercises to the next level while working your core dynamically.

TOTAL BODY CONDITIONING: Break free of the traditional strength training workout! You will experience combo workouts utilizing a variety of equipment and blending functional exercises with interval training. You will train your cardiovascular system, but also develop integrated functional strength.

YOGA TONE: This workout consists of functional, full range-of-motion strength training exercises designed to challenge the entire body. It will offer strategically interspersed HIIT exercises, targeted yoga sculpt sequences and deep yoga stretches for a physically and mentally restorative experience.

GROUP CYCLING

CYCLING & CORE: This class starts with 45 minutes of cycling, then 5 minutes of core work off the bike and finishes with a 5-minute stretch.

GROUP CYCLING: This class effectively simulates an outdoor biking experience. Rhythmic drills, form, breathing and intensity control will be emphasized through the use of mental focus and motivational music.

FASTRAC: Cycling, body conditioning, abdominal training, & stretch-ing in one workout. Class is 90-minute long.

FRIDAY FEATURE RIDE: TGIF! James Bond? Summer of Love? Prince Tribute? You'll experience it all and more in this fun-filled, theme -based cycling class.

OM CYCLE: Rock your ride & roll out your mat! Get your cardio in and balance it out with yoga. The first 40 minutes will boost your cardio in a high-energy ride and get you ready for yoga quicker! We will wind down with a short upper body series and embark on a 30-minute yoga jour-ney to restore balance and flexibility!

YOGA

ENERGY MOVEMENT YOGA: It is a dynamic new way to enhance the range of motions, break through physical and energetic blockages, boost the body's flexibility and strength, creating a more positive body-mind relationship. Along with the flow of postures the emphasis is on breathing which stimulates every cell and releases toxins from the body. All levels are welcome to join this class which awakens the breath, fluidity of the spine, and inner power.

GENTLE YOGA: This form of yoga helps relieve the effects of chronic stress & is based on a series of restful postures designed to cleanse, tone & nourish the organs. It renews the spirit & peacefully restores energy. Slow-moving, floor-supported gentle movements are specifically designed to release stress & tension from the back, hips, neck & shoulders. This class is ideal for those recovering from injuries or illness,& those in need of deep rest, relaxation & rejuvenation.

YIN YOGA AND MEDITATION: The focus of this gentle practice is to create foundation of emotional, mental and physical relaxation. Through supported poses, breath awareness and basic meditation techniques, you will restore health and vitality to your body and mind. From this place of stillness, the body can access its natural ability to heal, rest, and build its immunity.

YOGA: A traditional class that blends varied styles of Hatha Yoga to promote relaxation, strength, flexibility, mental awareness & balance. "Yoga Level 1" focuses on building a solid foundation of poses & breathwork with full awareness & intelligence of the body and mind; perfect for new participants & those who wish to renew their practice. "Yoga Level 2" is suitable for intermediate participants.

GENTLE FLOW YOGA: Gentle Flow is a slower-paced, contemplative integration of postures and breath, with an emphasis on **accessing a calm and empowered body, mind, spirit and soul**. This class focuses on safely and effectively stretching and strengthening as well as exploring breath, relaxation and mindfulness techniques. Classes are appropriate for all levels of experience, and can be modified for those with physical considerations.

VINYASA FLOW YOGA: This practice will alternate between vinyasa (flow) sequences and static postural work with an attention to precise alignment and pose improvement. The direction of this class will vary from week to week, exploring everything from deep forward bends and twists, to core and arm balances, to backbends and inversions. Expect solid work in fundamental poses & progressive sequencing guided by a steady breath to heat the body & cool the mind!

MINDFUL FLOW: Mindful Yoga weaves simple meditation practices with our breath and yoga movements to bring awareness & healthy action on the mat and through the day. A class my include any of these: breath exploration, structural support, fun gentle flow and relaxation techniques

PILATES / STRETCHING

MAT PILATES: Focuses on abdominal strength and spinal flexibility to develop a powerful "core". This method trains the entire body & mind while emphasizing proper alignment & posture, effective body mechanics, correct breathing, improved circulation, and relief of chronic pain & stress.

ROLL, STRETCH & RESTORE: These routines will realign, and repair proper joint range, and promote healthy muscular tone and core strength. Comparable to deep tissue massage, myofascial stretching, and trigger point therapy, this self-care class will help to reduce muscle tension and pain as you improve flexibility and stability for better quality of movement.

Oakwood ATHLETIC CLUB
4000 Mt. Diablo Boulevard
Lafayette, CA 94549
(925) 283-4000

GROUP EXERCISE CLASS GUIDELINES

1. For your safety and courtesy to others, please arrive on time. Please refrain from entering the room ten (10) minutes after the scheduled starting time. Late arrivals may be turned away.
2. Please return all props and equipment to their appropriate location after use.
3. If you are new to exercise, pregnant, have back problems or any limitations; please let the instructor know before class.
4. Be sure your cell phone or pager is turned off or on vibrate.
5. For maximal effectiveness and comfort, avoid eating an hour prior to yoga and Pilates classes.
6. Drink plenty of water before, during, and after exercise.
7. Studio usage is reserved for activities under staff supervision.
9. Classes are a group activity. Please follow instructor's direction. Appropriate modifications are welcomed. Again, let instructor know of any limitations.

For more information, please contact Group Exercise Manager at (925) 283-4000, ext. 117

AQUA FITNESS

AQUA-FIT: Provides a cardiovascular and toning workout in an aquatic environment. As water provides both resistance and buoyancy, it allows vigorous exercise with minimal stress on the joints and the spine.