


	<p>Group Power is your hour of power! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!</p>
	<p>POP Pilates is a 55-minute Pilates class that goes along to the beat of the music, also known as a dance on the mat. Using only your body weight you will incorporate your core, upper body, lower body, cardio and stretching for flexibility. All movements have modifications - making this class inclusive for all fitness levels.</p>
	<p>SilverSneakers® CLASSIC: Increase muscle strength and range of movement, and improve activities for daily living. You will have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level. SilverSneakers® CIRCUIT: Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill. SilverSneakers® YOGA: Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity. TAI CHI for Seniors : This class begins with a full warm up, moves on to Tai Chi movements for balance and stability, and concludes with a comprehensive stretch and relaxation period. You need it more than you know!</p>
	<p>ZUMBA is on hiatus as we search for a new instructor!</p>
<p>20/20/20</p>	<p>20 minutes of cardio-possibly on the Step, Bosu, or floor / 20 minutes of strength training – with the weight bar, hand weights, or resistance band and your body weight / 20 minutes of concentrated core, stretch and relaxation. End the week or start the weekend RIGHT!</p>
<p>YOGA</p>	<p>Clear your mind and breathe while you lengthen and strengthen your muscles. The various poses are intended to have a positive impact on your muscles and joints. The pace and flow of the class should leave you feeling relaxed and refreshed. Your body needs it.</p>
<p>YOGA'LATES</p>	<p>A fusion of yoga and pilates - slow controlled movements intended to maximize the use of your core stabilizing muscles are combined with stretch and relaxation techniques. "NOT TO BE MISSED!"</p>
<p>PUMP & PiYO</p>	<p>A combination of 30 minutes of Pumped up Strength (movement with handheld weights designed to increase metabolism) and 30 minutes of PiYo (combines the muscle sculpting benefits of Pilates with the strength and flexibility advantages of yoga) with cranked up speed and fluid transitions, you will get your strength, sweat, and stretch on – in each workout! Don't be afraid – you CAN do it!</p>
<p>STEP*HIIT</p>	<p>Have you been missing Step classes? This 45 minute class uses the step to for drills focused on power, agility, endurance and balance. Using a high intensity interval training 20/10 format (20 seconds of work and 10 seconds of rest) it's sure to get your heart pumping and your metabolism firing. Modifications will be offered for all fitness levels.</p>
<p>CARDIO& CORE</p>	<p>45-minute cardio/toning workout that gets your sweat on and your blood pumping! Modifications are available for all fitness levels, from beginner to those needing an extra challenge, this is right for you!</p>



CLUB INFORMATION
OCC Total Fitness Center
4 Maple Rd
Oxford, MA 01540
508.987.6002

Hours of Operation:
Monday -Tuesday 8am-8pm
Wednesday – Thursday 8am-7pm
Friday – 8am-5pm
Saturday -7am-Noon
Sunday - scheduled programs only
Amenities include:

Group Fitness Classes
Cardio Room
Weight Room

Contact us: slambert@oxfordma.us
or 508.987.6002

OUR TALENTED AND CERTIFIED INSTRUCTORS PROVIDE MODIFICATIONS TO MAKE ANY CLASS APPROPRIATE FOR ALL FITNESS LEVELS... PLEASE ASK QUESTIONS IF YOU NEED ADDITIONAL MODIFICATIONS.



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Oxford CommunityCenter

Register for a fitness membership – ONLINE AT OXFORDMA.MYREC.COM