

 **Monday-Friday:** 5:00 AM-8:00PM

 **Saturday-Sunday:** 8:00 AM-12:00PM

**(530) 662-4444 www.OasisClubandSpa.com**

 \*Please Allow 5 Minutes to Set Up and Break Down\*

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| Current As of 10/11/2019 | **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  | **Saturday**  |
| **5:00 - 6:00 AM**  | ***Zumba Strong/Strength Training****Janet* | ***Upper Body Strength***Susie | ***Physique*** ***Fitness***Katie D. | ***Lower Body Strength***Susie | ***Muscle Mix***Katie D.  |   |
| **6:00-7:00am** |  |  | ***Cycle & Stretch***Katie D. |  | ***Cycle & Stretch******Katie D.*** |  |
| **8:00 - 9:00 AM**  | ***\*8:30-9:30 AM*****Butts & Guts** Erin  | ***\*8:00-8:45******Pilates******\*8:45-9:15******Pop Pilates***Theresa  | ***Conditioning*** Roni | ***Pilates*** Theresa  |  ***\*8:00-8:45*** ***T.G.I.F.*** Mallory | ***\*8:30-9:30 Mix It Up*** All Staff  |
| **9:10 - 10:10 AM**  |   | *\*9:00-9:45AM* ***CYCLE****Christy*  | ***Gentle Yoga***  CORY | *\*9:00-9:45AM* ***CYCLE****Christy* | ***\*8:45-9:30******Body Balance*** Mallory |   |
| **9:45 -10:45 AM**  | **SilverSneakers® Classic****Mallory** |   | ***\*10:15-11:15******Low Impact Circuit***CORY |   | **SilverSneakers® Classic****Chuck** |   |
| **4:30 -** **5:30 PM**  |   | ***\*4:30-5:15******Butts & Guts***Mallory  |  | ***\*4:45-5:45*** ***Tai Chi/Yoga*** Chuck  |   |   |
|  **5:30-****6:15 PM** |  | ***Zumba/Strong***Janet |  |  |  |  |
|  |   | ***\*6:00-6:45******Cycle*** Theresa  |   | ***\*5:45-6:30******Cycle***Chuck  | ***\*5:30-6:30*** ***Body Works*** Chuck  |   |
| **5:45 - 6:45 PM**  | ***Muscle*** ***Pump*** Katie/Ann  |   | ***Body*** ***Strength*** Chuck  | ***\*6:00-6:45 New Step*** **City** Sabrina  |   |   |
| **6:45 - 7:30 PM** | ***\*7-7:45pm*** ***Yoga***Katie  |  |  | ***Strength &*** ***Stretch*** Sabrina  |  |  |

 **EXERCISE CLASS DESCRIPTION**

## BODY BALANCE

## A wonderful class filled with floor work combining CORE strength, balance, stretch and relaxation

## BODY STRENGTH/MUSCLE PUMP

This 60 minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for and fast.

 **BODY WORK**

This is a 60 minute class targeting your whole body. Extra concentration on your Abs and cardio sculpt. A total body class to improve your fitness level.

**BUTTS & GUTS**

Work off the weekend with this fun mix of cardio and focus on lower body and abdominals.

**CONDITIONING**

This class is designed to burn calories and fat with a mix of weights, bodyweight exercises, cardio, TRX, and HIIT training for all levels.

**CORE STRENGTH**

This is a 30 minute class of intense abdominal work.

 **CYCLE & Stretch (All Levels)**

What a workout! Combines a foundation of basic cycling movements, motivational coaching techniques and breathing awareness. The last 15 minutes of class enjoy a combination of foam rolling/static stretching and release to keep those joints, and muscles happy.

**\*\* SUMMER CYCLE 6/11-7/18 Join us for this mid morning sweat session! Raise that heart rate and burn some calories**

 **FIT EXPRESS**

This is a 30 minute class that is a mix of weights, cardio, and body weight exercises that will help sculpt the body and build strength.

**GENTLE YOGA/ PI-YO MIX**

This is a Sivanada-inspired yoga practice and has a similar structure to the Mind and Body Yoga class. You will enjoy deeper relaxation, increased flexibility, and improved technique. PI-YO: mixture of Pilates and Yoga

**INTERVAL TRAINING**

Cardio/Sculpting with intervals. Floor aerobics, step, tai-box and drills. Sculpting and free weights. Ending with 15 minutes of abs and stretching.

## LOW IMPACT CIRCUIT

This class is formatted for our seniors. Get your heart rate up in this low-impact class. Combines seated & standing weight training and cardio. Stability balls, bands & much more! All classes are similar, but we mix it up enough so that you continue to see progress, keep you motivated and interested.

**MIX IT UP/MUSCLE MIX**

Similar to interval training. Energetic, fun music, combination of sculpting, strength & cardio blasts

**MUSCLE PUMP**

This multilevel strength training class gives a great mix of strength training and muscle conditioning to help inspire you to get the results you came for and fast.

## NEW STEP CITY

Smooth transitions, thoughtful choreography and teaching style. Excellent opportunity to move and grove while moving on the step. Come on down and get your "Step On" total Cardio Class. Party over here!

## PILATES

The perfect class for both beginning and advanced students. Pilates conditions the entire body and promotes balanced musculature flexibility and agility. Enhance your core condition with balls, bands, and other props. Walk away from class with improved posture and core control.

**PHYSIQUE FITNESS**

Tighten up and lean out with this HIIT (High Intensity Interval Training) class. Combination of strength and cardio

**POP PILATES**

Choreographed Pilates inspired core workout set to Top 40 Pop music

 **SilverSneakers® CLASSIC**

Move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing with handles, and a SilverSneakers**®** ball are offered for resistance. A chair is used for support.

**STRENGTH & STRETCH**

Finish up your New Step City workout with this fabulous conditioning and stretch workout. Tone and lengthen your muscles at the same time.

**SUPER SCULPT**

A 30 minute cardio session and 45 minute weight toning mix for the perfect way to end your day

**T. G. I. F.**

Tone, Glutes, Interval, FUN Friday class. Get your workout in!

 **UPPER/LOWER BODY STRENTH**

 **Strength and conditioning workout focusing on the large and small upper and lower body muscles. Get ready to Burn!**

 **ZUMBA/STRONG**

Zumba combines high energy and motivating Latin and International music with easy to follow body sculpting dance moves and combinations. Work every muscle with this killer strength training class coupled with great music!