

New Class Schedule Starts Monday, February 6



February 2012 Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7-8am Sunrise Yoga <i>Marrana</i>	7-8am Spin & Sport <i>Marrana</i>	7-8am Sunrise Yoga <i>Marrana</i>	7-8am Spin/Yoga <i>Marrana</i>	7-8am Sunrise Yoga <i>Marrana</i>	
	12:45- 1:30 p.m. Xtreme Fit Kirk	11:15- 12:00 p.m. Xtreme Fit Kirk	Meet in Weight Room Kirks Xtreme Fit	11:15 - 12:00 Xtreme Fit Kirk	12:45- 1:30 p.m. Xtreme Fit Kirk	9-10:15 am Group Power Megan
10 to 11:30 am Bliss Yoga SallyElena	11:00-12:00 pm Cardio & Weights Michelle Studio/Weight Room	11:00-11:30 am Ripped Abs & Arms Beckie	11:00-11:45 am Pilates Karen	11:00-11:30 am Ripped Abs & Arms Beckie	11:00-12:00 am Cardio & Weights Michelle Studio/Weight Room	10:30 - 11:30 am Vinyasa Yoga Starts Feb. 18 Renee
	11:30 -12:25 pm Muscle Works Kirk	11:30 -12:15 p.m. Cardio Strength Beckie	11:45-12:25 pm Boot Camp Karen	11:30 -12:15 p.m. Cardio Strength Beckie	11:30-12:25 pm Pilates Karen	
	12:30 -1:25 pm Power Yoga Brandy	12:15 -1:00 pm Fit Barre Beckie	12:30 - 1:25 pm Yoga for WL&T Karen	12:15 -1:00 pm Fit Barre Beckie	12:30-1:25 pm Yoga for Athletes Karen	
	1:30 - 2:30 p.m. Spinning Julietta	1:00 -2:00 pm Power Yoga Brandy	1:30 - 2:30 p.m. Spinning Kirk	1:00- 2:00 pm Yoga for Athletes Brandy	1:30 - 2:30 p.m. Spinning Kirk	
No Zumba Monday, Feb. 6	4:15 - 5:00 p.m. Zumba Suzie	4:15 - 5:15 pm Fit Barre Beckie	4:15 to 5:15 pm Zumba Jamie	4:15 - 5:15 pm FitBarre Beckie		
	5:15 - 6:10 pm Spinning 6:15 - 7:15 pm Anusara Yoga Julieta	5:15-5:30 pm Power Abs 5:30 - 6:30 pm Group Power Megan	5:15 - 6:10 pm Spinning Julieta 6:15 - 7:30 pm All Level Yoga Sarah	5:15-5:30 pm Power Abs 5:30 - 6:30 pm Group Power Megan		

Club Hours:

Monday-Friday 5:30am-8pm
 Saturday 8am-7pm
 Sunday 10am-6pm

1616 17th Street · Denver, CO 80202
oxfordclubspa.com

For more information please call our
 Front Desk at 303.628.5435.

Check out our NEW classes!

Fit Barre: A total body workout that slims your hips, tightens your thighs and lifts your seat. Using ballet movements, intelligent isometrics, change in rhythm/range of motion and progressive core training.

Cardio Strength - This high calorie burning class focuses on cardio intervals and strength, a workout that is bound to produce results!

Ripped Abs & Arms - this 30 minute class tightens the abs and sculpts the upper body.

Vinyasa Flow Yoga - The word Vinyasa means "breath-synchronized movement." expect movement, not just stretching with smooth poses that run together like a dance.

Anusara yoga - classes are designed using principles of sequencing.

Welcome New Instructors: Beckie, Jamie, Julieta, Renee and Suzie