Cycle
Cycle/Strength & Fusion
If you want variety, these cycle classes are for you! With Cycle/Strength Fusion, experience segments of class working off of the cycle and integrating strength exercises for a complete workout. All fitness levels welcome. (Max. 12)
Sunrise Cycle, Challenge Ride
Whether you are a beginner to cycle or an avid participant, all fitness levels are welcome in this non-impact environment. Have fun in a non-competitive atmosphere while improving your cardiovascular levels and reaching new cycle heights! (Max. 12)

Mind & Body

Hatha Flow
The physical component of yoga, called hatha consists of poses and breathing techniques that prepare the body for stillness. Class will focus on Hatha Flow with pranayama, working and ending in restorative poses for stress relief calming the mind to get ready for the week ahead! All fitness levels welcome. (Max. 25)

Vinyasa Yoga
A combination of Hatha & Vinyasa style yoga with emphasis on the breath and alignment with internal mind-body awareness. This class will work with a diverse sequence of Asanas or Yoga poses weekly led by the breath with a brief pranayama practice & meditation at the end of class. Modified for all fitness levels. (Max. 25)
Pilates
This intense, non-impact workout focuses on core strength (think abs and back muscles) as well as spinal mobility and stability. Learn how to use your “powerhouse” to improve posture and create leaner muscles. All fitness levels welcome. (Max. 25)

Vinyasa Yoga/Meditation
Yoga is a wonderful opportunity to relax and renew, to strengthen and lengthen the body and your ability to decrease stress. The meditation portion of the Saturday Yoga is often recommended as a remedy for theills of modern living and is praised for its healing benefits and positive influence on personal well-being and relationships. All fitness levels are welcome. (Max. 25)

Soulful Sunday Yoga
Enjoy a vinyasa yoga flow coordinating movement with prana (breath) flowing from one asana (pose) to the next. This class will be energizing, relaxing, and fun while connecting the mind, body, and soul. Sutted for all practitioners. (Max. 25)

Strength

AHA Fit & Toned
Geared more for the “active older adult” population, this fun, social and low impact class mixes a variety of light resistance exercises while incorporating various equipment to improve strength, balance and cardiovascular endurance. Easily modified for various fitness levels. (Max. 25)
Be STRONG, Strictly Strength
This hour class of full on strength exercises will blast and challenge all muscles leaving you feeling strong, sculpted and energized! Different equipment will be utilized including barbells as well as challenging body weight segments. Easily modified for all levels. (Max. 25)

Combo Intervals
This new class will push you weekly and give constant variety for improved fitness levels and results! Start with 45 minutes of cardio/strength intervals for one minute each then proceeding with 20 minutes of core work to strengthen your abdominal and back muscles and then ending with longer stretches to improve flexibility. This class covers it all! For all fitness levels. (Max. 25)

Iron Grit Pilates
Thirty minutes of complete strength focusing on either upper body or lower body followed by thirty minutes of mat based Pilates, core strengthening and stretching. Modified for various fitness levels. (Max. 25)

Totally Toned, Sculpt & Shred
Get a well-rounded workout in these toning classes, combining total body strength exercises plus higher intensity cardio intervals to sculpt the entire body with abdominal work included! Different types of equipment are used including but not limited to free weights, medicine balls and other apparatus. All fitness levels are welcome. (Max. 25)

Lower Body Blast
Have you been looking for a class that specifically targets the “problem areas” of the lower body? This 45 minute format focuses on those areas we all want to get firmer – toned thighs and a lifted butt are just some of the benefits! For all fitness levels. (Max. 25)

Train 2 Sweat
A different take on group exercise training, this new class will incorporate an integration of balance, resistance, agility, strength, and core work designed to challenge the fit and active person of all ages. This class can be modified based on ability. (Max. 25)

Specialty Classes

Pre-registration and additional fee required. Specialty classes have a limited number of sessions and are not ongoing classes. Fees subject to change.

Sunrise Power Hour
Improve your fitness level while working on sports agility training, plyometrics, explosive power drills and basic interval training all in one packed total conditioning class! This class is suitable for individuals at an intermediate level of fitness with no current injuries or major health concerns. Ages 18 & up.

Price per session: $105 (Resident Rate)

Zumba®
Oaks Fitness Center members receive 10% off all Zumba classes! You must register at The Oaks Front Desk to receive your discount.
Join our dynamic Zumba® instructor Lisa to achieve long term benefits while having a blast and burning tons of calories! Zumba® mixes Latin rhythms and easy to follow moves to create an awesome, exhilarating workout that will leave you breathless and wanting more.

Ages 16 & up.

Price per session: $48 (Resident Rate)

Strong by Zumba®
This new, HIIT-style (high-intensity interval training) class is for participants looking to increase their intensity levels of training, maximize workout benefits and see real results from their efforts! STRONG by Zumba is designed to improve all aspects of fitness: strength, stamina, cardio power, mobility and balance. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. High-intensity moves are interspersed with lower intensity moves throughout the workout, making it possible for people of all fitness levels to participate.

Ages 16 & Up.

Price per session: $48 (Resident Rate)

AOA Member Discounted Zumba® Class

AOA Gentle Yoga
“Active Older Adult” Gentle Yoga is an hour yoga class incorporating flexibility & basic yoga components to improve range of motion throughout the aging process. Learn how to decrease stress & tension as well as lengthening the body. Ages 21 and up.

Price per session: $60 (Resident Rate)

Tai Chi Qigong
Tired? Stressed? No energy? Improve your health, balance and coordination by letting the slow, gentle movements of Tai Chi/Qigong set the tone for your day. Quiet your mind and in just 8 weeks learn to relax anytime and in any place. Improve the quality of your life for the rest of your life.

Price per session: $63 (Resident Rate)
MONDAY
6:15 am (45 min)
Sunrise Cycle (CY)
Chesnut / Bev
8:00 am (60 min)
Boot Camp (C)
Cypress / Vikki
9:00 am (45 min)
Pilates (M)
Walnut / Vikki
9:15 am (60 min)
Total Body Conditioning (C)
Cypress / Paulette
9:45 am (45 min)
Challenge Ride (CY)
Chesnut / Kristin
5:30 pm (60 min)
Totally Toned (S)
Cypress / Paulette
6:30 pm (60 min)
Cypress / Paulette
6:45 pm (60 min)
Hatha Yoga (M)
Walnut / Olga

TUESDAY
6:45 am (60 min)
Sunrise Power Hour (SP$)
Field House / Laura
8:00 am (60 min)
Yoga (M)
Walnut / Izzzy
9:00 am (60 min)
Cycle Fusion (CY)
Chesnut / Vikki
9:30 am (60 min)
Combo Intervals (S)
Cypress / Bev
10:00 am (60 min)
AOA Gentle Yoga (SP$)
Walnut / Linda
4:45 pm (45 min)
Cardio Rip (C)
Cypress / Paulette
5:30 pm (45 min)
Quick Burn (C)
Cypress / Paulette
7:00 pm (60 min)
Pilates (M)
Walnut / Vikki

WEDNESDAY
5:15 am (60 min)
Sunrise Cycle (CY)
Chesnut / Bev
8:00 am (55 min)
Strictly Strength (S)
Cypress / Laura
9:00 am (60 min)
Boot Camp (C)
Field House / Laura
9:15 am (60 min)
AOA Fit & Toned (S)
Cypress / Emily
10:30 am (60 min)
Tai Chi Qigong (SP$)
Walnut / William
5:30 pm (60 min)
Iron Grit Pilates (S)
Cypress / Vikki
6:00 pm (45 min)
Lower Body Blast (S)
Walnut / Laura
6:30 pm (60 min)
Zumba® (SP$)
Multi Purpose / Lisa
6:50 pm (60 min)
Circuit Intervals (C)
Cypress / Laura
4:45 pm (60 min)
Vinyasa Yoga (M)
Walnut / Sherie

THURSDAY
6:45 am (60 min)
Sunrise Power Hour (SP$)
Field House / Laura
8:00 am (45 min)
Challenge Ride (CY)
Chesnut / Kristin
9:15 am (60 min)
Train 2 Sweat (S)
Cypress / Luke
5:30 pm (60 min)
Cycle Strength Fusion (CY)
Chesnut / Vikki
6:30 pm (60 min)
Pilates (M)
Walnut / Vikki
7:00 pm (60 min)
Zumba® (SP$)
Multi Purpose / Lisa

FRIDAY
5:15 am (60 min)
Cycle/Strength Fusion (CY)
Chesnut / Bev
8:00 am (45 min)
H.I.I.T. Training (C)
Cypress / Laura
9:00 am (60 min)
Strong by Zumba® (SP$)
Cypress / Emily
9:00 am (60 min)
NEWT Sculpt & Shred (S)
Multi Purpose / Lisa
10:00 am (75 min)
Yoga/Meditation (M)
Cypress / Izzzy

SATURDAY
8:00 am (45 min)
Circuit Craze (C)
Cypress/Paulette
8:30 am (60 min)
Challenge Ride (CY)
Chesnut / Terry
4:45 am (60 min)
NEWT Strong by Zumba® (SP$)
Multi Purpose / Lisa
9:00 am (60 min)
NEWT Strong by Zumba® (SP$)
Multi Purpose / Lisa

SUNDAY
9:00 am (60 min)
Challenge Ride (CY)
Chesnut / Sandi
10:00 am (60 min)
Train 2 Sweat (S)
Cypress / Luke
10:00 am (60 min)
Soulful Sunday Yoga (M)
Walnut / Nicole

(*Denotes a change in time, format or instructor to that class.  (C) Cardio  (CY) Cycle  (M) Mind & Body  (S) Strength  (SP$) Specialty class, fees apply)

GROUP EXERCISE CLASS POLICIES
All participants must check in at the Front Desk prior to class.

- Please be on time for class. The warm-up is an important component and prepares your body for exercise by increasing circulation to the muscles.
- If max numbers are met at time of check-in, please be aware that you may not be able to participate. Classes are on a first come, first serve basis.
- Classes are subject to cancellation if participation is 5 or less for consecutive weeks.
- Cycle classes require a pass to participate. Passes are available at the Front Desk. Passes are limited. It is recommended to arrive 10-15 min. before class to receive a Cycle pass.
- Non-fitness center members may purchase a punch card or single class admission at the Front Desk. Members of the fitness center receive unlimited participation in Group Exercise classes (excluding specialty classes).
- Specialty Classes—preregistration is required for specialty classes (fee based programs with limited sessions) denoted on this schedule with a (SP$). Fees are subject to change.
- Schedule and instructors are subject to change.

CARDIO
May contain strength components.

Boot Camp
Boot Camp is a mix of athletic drills and/or circuit interval training that will challenge your limits. Through various strength, endurance, and cardio exercises, this workout will build muscle strength and stamina in an interval format. Train to improve your cardiovascular endurance & core strength. Modified for all fitness levels. (Max. 25)

Circuit Intervals
A challenging, ever-changing workout using the principles of interval training to get stronger, increase endurance, build your body’s aerobic and anaerobic capacity and improve core strength and balance. All fitness levels are welcome. (Max. 25)

Circuit Craze
Geared towards improving cardiovascular fitness, muscle definition and tone, this class will include series of exercises (strength, cardio and core work), doing stations in one continuous cycle to burn maximal calories within 45 minutes. All fitness levels! (Max. 25)

H.I.I.T. Training
Jump start your metabolism by using short bursts of high intensity interval training (H.I.I.T.), a quick intense strength training session, finishing off with more H.I.I.T. training to crush those calories and maximize your workout in a shorter amount of time. Modified for various fitness levels. (Max. 28)

Quick Burn
This faster paced interval training class delivers improved fitness while teaching participants the progression for their personal level. Beginning with a series of cardio & strength exercises meant to increase your heart rate while building lean muscle mass. This class will push and challenge for better training results and higher calorie burn, long after your workout! All fitness levels! (Max. 25)

Total Body Conditioning
Get a full conditioning workout while combining various cardio intervals and total body strength exercises. Use a variety of group exercise equipment weekly to build your strength, bone density & body shape as well as decreasing body fat and adding more lean muscle! (Max. 25)

Cardio Rip
Challenge your cardiovascular fitness level with the best training and variety weekly to improve your aerobic and anaerobic threshold. Step, kickboxing and other forms of cardio are included as well as segments of abdominal exercises. (Max. 25)