

OCC GROUP FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Register for a fitness membership – ONLINE AT OXFORDMA.MYREC.COM					
7:30-8:45 AM			**GEAR INDOOR CYCLING – TRACEY 8-8:45			CARDIO & CORE PATI 7:30-8:15
9:00 – 10 AM	 ANGIE	 ANGIE	 TRACEY	BARRE ANGIE/ANGELA	20/20/20 TRACEY	 ROTATION 8:30-9:30
10:30-11:15AM	 CLASSIC - ANGIE	 YOGA -DONNA	 **CARDIO – SHELLEY	 CLASSIC – DONNA/SHELLEY	TAI CHI for Seniors GARY	
5:30 – 6:30 PM	 TRACEY	20/20/20 TRACEY	PUMP & STEP PATI	 TRACEY	PLEASE NOTE: <i>Classes/Instructors are subject to change without notice.</i> <i>Please watch your email and the OCC Facebook page for updates.</i> <i>Oxford CommunityCenter</i>	
5:30-6:30 PM		YOGA DONNA Community Room 5:30 – 6:30		YOGA'LATES DONNA Community Room 5:30 – 6:30	Please watch your email for class changes due to window renovation!	
TAI CHI SPECIALTY CLASS SEPARATE FEE FOR RICHARD'S TAI CHI SESSIONS.	TAI CHI with RICHARD : Tuesday evenings –Session 3 begins January 6, 2026 - register online				<i>December Holiday Hours:</i> <i>Christmas Eve : Wed 12/24 8am-1pm</i> <i>Christmas Day: Thurs 12/25 CLOSED</i> <i>New Year's Eve: Wed 12/31 8am-1pm</i> <i>New Year's Day: Thurs 1/1/26 CLOSED</i>	
	*Be sure to bring water and clean fitness shoes for each class. *Classes are subject to change without notice based upon instructor availability. *As always, if you are not feeling well, please stay home.					



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!



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.



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!

FUNctional CARDIO

FUNCTIONal cardio is old school aerobics with a new focus on functional movements performed in everyday life. Improve your cardiovascular endurance, coordination and agility all while having FUN! Please bring a hand towel to class.

20/20/20

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!

YOGA

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.

YOGA'LATES

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!"

PUMP & PiYO

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!

STEP*HIIT

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.

CARDIO& CORE

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!



CLUB INFORMATION

OCC Total Fitness Center

4 Maple Rd

Oxford, MA 01540

508.987.6002

Hours of Operation:

Monday - Thursday 8am-8pm

Friday 8am-7pm

Saturday 7:15am-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.**



Please like us on
Oxford CommunityCenter

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