

Class Descriptions at HealthQuest Oxford

ALL LEVELS BOOT CAMP

All Levels Boot Camp is an interval training class designed to challenge all fitness levels. We use Tabata-style, TRX suspension and much more. Every class challenges you in a new way to keep you from plateauing and make it exciting along the way. We work as a team as well as individually.

CARDIOBLAST

Achieve a high-calorie burn through an exciting fusion of athletic conditioning and strength-challenging movements to tone large and small muscle groups. Heart-pumping music inspires and challenges your cardiovascular system. Class finishes with a deep stretch to restore oxygen, increase flexibility and make your hard work most effective, leaving you invigorated and refreshed. Class is designed with modifications for all levels.

CORE BARRE

Core Barre class combines athletic conditioning with Pilates and Ballet focusing on the small muscle groups to create lean and toned bodies, incredible balance and alignment as well as a strong core! The format of the class is high energy, low impact with a quick pace set to awesome music. The class incorporates a lot of stretching to recover fatigued muscles. You will love how this class transforms your mind and body! HealthQuest of Oxford is the only location in the area that offers the original Core Barre class. Certified in 2012, instructors Cyndy and Michelle were certified by the founder, Monica Hoekstra (Core Barre Smart Movement, Charlotte, NC). For more information on Core Barre, visit: www.corebarre.com

EARLY BIRD CORE / CARDIO CIRCUIT

Core Cardio Circuit is designed to build a strong core while challenging your cardiovascular system through interval training. Start your day right with the energy you gain from this early class!

PILATES

Cyndy DuVal, Certified Stott Pilates Instructor invites you to her class to learn how to engage the mind and condition the body in order to gain better posture, core strength and increased body awareness. A variety of equipment is used for a new workout every class!

TRX FUSION

TRX Fusion is a suspended training system for overall strength along with cardio circuits using various small equipment, such as the bosu, large balls and jump ropes to name just a few. You will feel and see the results from this class. All fitness levels welcome!

ZUMBA GOLD & ZUMBA GOLD TONING

Zumba Gold is a fun, upbeat "exercise in disguise" class where rhythms with a slower pace and less intensity are key. Zumba Gold Toning adds light maraca-style hand weights. Come join this fun and easy dance-fit class and feel refreshed from the beat while you smile, sweat and relieve stress in the process! *No dance experience necessary!*

ZUMBA TONING

Zumba Toning is an awesome dance fitness class where exercise is disguised by upbeat, heart-pumping dance moves with maraca-style weights. High energy cardio dance rhythms to all flavors of music make this class the ultimate fitness party! You will leave this class not only with a sweaty body, huge smile and less stress, but a feeling of exhilaration! *No dance experience necessary!*

