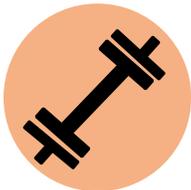


Commit to Get Fit

2019

April 22nd - May 17th



Commit to Get Fit 2019

What is "Commit to Get Fit?"

"Commit to Get Fit" is Oakwood Athletic Club's annual fitness challenge designed to introduce you to different areas of the Club. It's a great time to shake up your fitness routine, cross train, or try a new workout. You are awarded points for each class, workout, or seminar you complete. During the four weeks, watch those points add up to earn exclusive Oakwood prizes! It's free, fun, and great to do with your Oakwood family and friends!

Can I start the Challenge anytime?

Yes! The Challenge runs Monday, April 22nd through Friday, May 17th. Members ages 13 and older can register. All females receive a **GREEN** challenge card and males will receive a **BLUE** challenge card. Please remember that this Fitness Challenge is meant to help you explore new areas and programming Oakwood offers. You will **not** receive credit for workouts outside of Oakwood. Only one card per member.

How does the Challenge work?

Upon entering the Club, pick up your card at the Activities Desk. Participate in group classes, specialty classes, workouts in fitness (you **must** present your card to fitness staff **prior to working out**), and attend seminars! When complete, have the appropriate Oakwood employee initial/date your card, and return your card to the Activities Desk for safekeeping. If you choose to hold onto your card, please turn it into Activities no later than Friday, May 17th or you will not get credit for all of your hard work!

How do I sign up for Seminars & Specialty CTGF classes?

Space for seminars and specialty classes can be reserved online, in-person, or over the phone! Sign-ups open on Thursday, April 18th during Member Happy Hour. Space is limited for specialty classes and Reformer demos.

Points **WILL** be awarded for fee-based clinics, training sessions, or classes. This includes personal training, swim clinics, swim lessons, leagues, reformer classes, or any other fee-based class.

Note: Oakwood is not responsible for lost cards.

Commit to Get Fit 2019

When do instructors initial my card?

After each class, workout session, or seminar, instructors or trainers will initial and date your card. **Each class is worth 2 points.**

Remember: Only one class per category is allowed per day (with the exception of Specialty Classes).

Keep in mind that the goal of our 2019 Commit to Get Fit is to get you to try new areas of the club that you may have never tried before!

Who initials my card for workouts on the Fitness Floor and during seminars?

Check-in with fitness staff before and after your workout on the Fitness Floor. You must workout a minimum of 30 minutes in each category. Attend free seminars and specialty classes offered during the four weeks to quickly add up those points! Please refrain from asking the Activities staff to sign your card, as they cannot verify your workout or attendance. A number of seminars are offered to appeal to a wide variety of interests. You are welcome to attend as many as you like, but only five will count on your card. A manager will initial your card when attending seminars.

Do I have to finish the whole card?

No, you can do as much as you would like! Points are progressive in nature, the more points you earn the more prizes you receive. You can earn bonus points by participating in five specialty classes, attending 5 seminars or donating blood at our blood drive, trying one of our Connect classes or walking the Lafayette Reservoir, trying five of the categories listed on the front of the card, and updating your contact information at the Front Desk.

Just Remember...

Go at a moderate pace, keep hydrated, and have fun! Try a workout you have never done before! Get fit with family and friends. Everyone is a winner!

***One card per member.**

Bonus Points

Bonus Points are available to boost your prize potential!

1 Attend 5 Specialty Classes
We are offering a number of Specialty Classes during CTGF. By attending 5 of these classes, you are eligible for 2 bonus points.

2 Attend 5 Seminars
We are excited to offer a variety of seminars during CTGF. By attending 5 of the seminars, you are eligible for 2 bonus points.

Choose one!

Blood Drive

Thursday, May 2nd

8:00am - 12:00pm & 3:00pm - 7:00pm

Grand Hall

Don't miss an opportunity to donate blood and get two extra points towards your Commit to Get Fit goal! Please remember that you should NOT exercise after donating blood or use the steam room, dry sauna, hot tub, or shower facilities. Please consult the nurses before giving blood if you have questions regarding this.

*Appointment times are available in advance at the Activities Desk.
Walk-ups welcome, time and space permitting.

3 Try a Connect Class using the MyWellness App!
Try one of our Cycle Connect classes! With Cycle Connect, you can watch inspirational videos, move to the beat, measure your power output, track your performance data and save your results, all in the space of a ride. Download the app prior to class and login to your bike.

Choose one!

Walk or Run the Lafayette Reservoir

Your chance to get some fresh air and a little outdoor fitness. Check in with the Activities Desk before **and** after your Reservoir adventure to get those bonus points.

4 Try 5 Different Categories From Your Challenge Card
There are 12 categories available for you to try during Commit to Get Fit. We want you to try new things and experience new workouts. Getting just one box signed in five different categories gets you 2 bonus points.

5 Update the following for additional Bonus Points:
»Update your account photo. 1 point
»Update mobile number. 1 point
»Update email address. 1 point.
»Update emergency contact info. 1 point

For every **25 points** earned, you will receive 1 raffle ticket to go towards the Grand Prize drawing for an 80 minute massage!
Fill out your entire card and receive an Oakwood prize pack!

Specialty Categories

Senior Squares

Senior Squares offer alternative boxes that can go toward any category on the front of the card. These squares are designed to offer more flexibility for our members 70 and older that want to participate in Commit to Get Fit. Once your age has been verified at the Activities Desk, your card will be stamped to verify senior square eligibility.

Please remember to go at a pace that fits your activity and fitness level.

Family Squares

Get active with your kids at Oakwood! Shoot hoops in the gym, play racquetball, squash, or swim laps. Or, join us for any one of these designated drop-in activities with Coach Eric in the basketball gym:

Family Dodgeball	Monday, 4/22	5:15pm—5:45pm
Family Basketball	Monday, 4/29	5:15pm—5:45pm
Family Soccer	Monday, 5/6	5:15pm—5:45pm
Family Group Games	Monday, 5/13	5:15pm—5:45pm

- All regularly scheduled *Play With Me* classes count!
- Youth ages 13-17 who are participating with parents in Group Classes may use those classes towards Family Squares.
- Parents must participate with children in order to receive points for Family Squares.

Name: _____ Phone #: _____

(Last name, first)



Commit to Get Fit
-2019-
April 22nd - May 17th

During the next 4 weeks, commit to a new, more challenging level of fitness! Try different classes, earn points & win Oakwood prizes!

Each box is worth 2 points, unless otherwise noted.
-Only 1 box per day may be earned in each category (with the exception of Specialty Classes).
-Boxes must be initiated & dated after workouts by instructors or Trainers.
-Challenge cards are kept at the Front Desk/Activities.
-Oakwood is not responsible for lost cards.

Seminars

4/23: Save on Prescription Drugs	2
4/25: Muscle Scan Workshop	2
4/26: Muscle Scan Workshop	2
4/27: Common Knee Injuries	2
4/30: Fascia: The mystery tissue	2
5/1: CoCoSAR	2
5/3: 3 PILLARS	2
5/4: Learning a New Way to Breathe	2
5/6: Mobility Matters	2
5/7: No Innocent Bystander	2
5/8: Gokhale Method	2
5/11: Health & Nutrition Hacks	2
5/13: Mindfulness & Body	2
5/16: Wellness & Behavior Change	2

Specialty Classes & Fitness/Reformer Demos

4/23: Intro to Cycle / Racquetball Clinic	2
4/25: Intro to Step / Fit Demo #1	2
4/26: Reformer Demo	2
4/27: Fit Demo #2 / Bollywood / Life Moves / Intro to Zumba® / Body & Sole	2
4/28: Aqua Zumba® / Intro to Tai Chi Dance / Free Upper Back	2
4/30: Fit Demo #3 / Intro to Cycle / Fit Demo #4	2
5/1: Fit Demo #5	2
5/2: Reformer Tower Demo / Fit to Travel / Racquetball Clinic	2
5/4: Intro to Barre / Cardio Dance / Intro to Yoga / Intro to Cycle Connect / Intro to Aqua	2
5/5: Tread & Pump / Intro to Nia® / Hips & Lower Back	2
5/6: Fit Demo #5 / Tools for Meditation	2
5/7: Fit Demo #6 / Fit Demo #7	2
5/9: Intro to Step	2
5/11: Intro to Kickboxing / Spin Threshold Assessment / Restorative Yoga / Cardio Yoga Fusion	2
5/14: Fit Demo #8	2
5/16: Reformer Tower Demo	2

Group Exercise (Cardio)

2	2	2	2
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Cardio Strike, Step/Step & Muscle/Step Interval, Cardio Cur, BODY-SHRED®, Total Body Tabata, Triple Kick, Athletic Conditioning, Interval Training, Hilti, Boot Camp

Group Exercise (Strength)

2	2	2	2
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Core, Body Conditioning (Total), Gentle Fitness, BarreFit, Sculpt & Core Fusion, Ball Challenge, Bosu Core & Balance, Mobility Matters

Group Exercise (Cycling)

2	2	2	2
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Fastrac, Group Cycling, Cycle Beats, Cycling & Core, Friday Feature, OM Cycle, Cycle Connect

Group Exercise (Mind Body)

2	2	2	2
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ALL Yoga classes, Pilates/Gentle Pilates/Pilates Stretch, Pilates Sculpt, Tai Chi/Qi Gong, Roll Stretch & Restore

Group Exercise (Dance)

2	2	2	2
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Zumba®, Body & Sole, Cardio Dance, NIA®, Line Dancing

Aquatics

2	2	2	2
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30 Minutes Lap Swim, Aqua-Fit, H2O Power, Masters, Swim Clinics

Fitness (30 minutes Cardio)

2	2	2	2
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Fitness (30 minutes Strength Training)
(group reformer classes)

2	2	2	2
---	---	---	---

Court Sports
30 minutes
(Basketball, Volleyball, Squash, Racquetball)

2	2	2	2
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TRX
Group & Intro Classes
Sign-up 2 hours in advance online

2	2	2	2
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Please sign-up for all Seminars, Specialty Classes & Demos online or at the Activities Desk.

Sample Back

Family Squares

Fitness with the kids!
Involve your kids in 30 minutes of activity with you at Oakwood! Shoot hoops in the gym, play racquetball or squash, swim laps, or join us for the following designated Family activities in the basketball gym:

Family Dodgeball	Mon. 4/22	5:15pm—5:45pm
Family Basketball	Mon. 4/29	5:15pm—5:45pm
Family Soccer	Mon. 5/6	5:15pm—5:45pm
Family Group Games	Mon. 5/13	5:15pm—5:45pm

Parents must participate with children in order to receive points!

2	2	2	2
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Bonus Points

1	Update your picture	Attend 5 specialty classes
1	Update mobile number	Attend 5 seminars OR Blood Drive
1	Update email address	Try a Connect Class w/app! OR Walk/run the Reservoir
1	Update emergency contact info	Try 5 different categories from the front of the card

Senior Squares

Senior squares offer alternative boxes for **ANY standard category** for our members 70 years and older. Check-in with the Activities Desk for eligibility stamp.

Please remember to go at a pace that fits your activity & fitness level.

2	2	2	2
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Staff	Initials/Date	Size/Gender
T-Shirt Pick-Up		

Bonus prizes

Fill out your entire card & receive an Oakwood prize pack!

Complete all Family Squares & receive a 50% off coupon to Kid's Night Out!

For every 25 points you earn, 1 raffle ticket will go towards the Grand Prize drawing for an 80 minute massage.

Prizes

25 Points	"20 Year" Limited Edition T-Shirt <i>Available as soon as you reach 25 points!</i>
35 Points	2 Oakwood Guest Passes
55 Points <i>Select one!</i>	<input type="checkbox"/> 1 Hour Group Reformer Class or <input type="checkbox"/> 1/2 Hour Session with Personal Trainer
80 Points <i>Select one!</i>	<input type="checkbox"/> 1 Hour Session with a Personal Trainer or <input type="checkbox"/> 50 Minute Massage Certificate

Seminars

All seminars offered are worth 2 points each.

How to Save \$ on Prescription Drugs

with Karen Brockwell and Pam Brown, Registered Medicare Counselors
Tuesday, April 23rd 11:00am - 12:00pm Grand Hall

This seminar focuses on how to save \$ on prescriptions regardless of whether you have Medicare, other insurance, or no coverage at all. The high cost of drugs is a growing problem and affects everyone. Many plans have high deductibles, copay and formulary limitations. How to optimize your coverage under Medicare will be discussed, as well as, various discount programs and ways to save at the pharmacy, regardless of your coverage or income.

Myovision Muscle Scan Workshop

with Dr. Christina Alba, DC

Thursday, April 25th 12:00pm - 1:00pm Multipurpose Room
Friday, April 26th 12:00pm - 1:00pm Multipurpose Room

This interactive workshop will review technology able to detect the amount of tension in the muscles which could be causing the spine to be out of alignment, contributing to the daily aches & pains that many of us deal with. The benefits of chiropractic will be discussed.

Common Knee Injuries in the Athlete

With Dr. Kevin Roth, MD

Saturday, April 27th 11:00am - 12:00pm Grand Hall

This talk will cover common knee injuries in the athlete including anatomy, prevention, diagnosis & treatment.

Fascia: The Mystery Tissue That Holds You Together

with Tim Appleford, Physical Therapist at Lafayette Physical Therapy

Tuesday, April 30th 11:00am - 12:00pm Grand Hall

Fascia is a connective tissue that forms a continuous system throughout the body. Problems in that system can create pain & movement limitations. Many things can affect the health of your fascia including hydration, exercise, stress, nutrition & more. Come learn about the fascia system & how to keep it healthy & what to do if it's not!

Contra Costa Search & Rescue (CoCoSAR)

with Sergeant John Sutter of Contra Costa County Sheriff's Department Search & Rescue

Wednesday, May 1st 6:00pm - 7:00pm Grand Hall

An informative overview of the Contra Costa Search & Rescue, followed by a brief Q&A.

More Seminars

3 PILLARS

with Carol Monti, Oakwood Certified Personal Trainer

Friday, May 3rd 11:00am - 12:00pm Grand Hall

Learn how through better VISION and BALANCE, we create better more efficient MOVEMENT. Increase athletic performance, decrease pain improve flexibility, mobility and stability. Your world will expand as your MOVEMENT expands.

"Learning a New Way to Breathe Changed My Life"

with Ken O'Shea, Certified Wim Hof Method Instructor

Saturday, May 4th 11:00am - 12:00pm Grand Hall

Learning the Wim Hof Method was so much more than just a new breathing technique for me. It changed my life and now I have made it part of my mission to spread the word about the power of breathing and amazing effects it has on both the body and mind.

Mobility Matters: Improve Your Balance & Reduce Your Risk for Falls

with Chris Thompson, Oakwood Group Ex Instructor

Monday, May 6th 6:00pm - 7:00pm Grand Hall

Over 25% of older adults fall every year and many lead to injuries and reduction in quality of life. This seminar will explain the physical factors that relate to balance and fall risk and provide tips on how to reduce risk. Exercises that have been shown to improve balance will be introduced and practiced.

No Innocent Bystanders: You Are Responsible for Your Safety

with Michael Bloom, Senior Karate Instructor & Oakwood Member

Tuesday, May 7th 11:00am - 12:00pm Grand Hall

If you don't put yourself in danger, you never have to defend yourself. This seminar teaches you how to avoid trouble, how to recognize danger, how to extricate yourself, and if necessary, how to defend yourself. It highlights techniques that work, and just importantly, which ones don't.

The Gokhale Method

with Amy Smith, Teacher Gokhale Method & Oakwood Member

Wednesday, May 8th 6:00pm - 7:00pm Grand Hall

Healthy Posture for a pain-free life. Reduce discomfort and eliminate pain. Effects are often immediate and last a lifetime. Gokhale Method emphasizes everyday movement rather than periodic exercise sessions.

Please sign-up for Specialty Classes, Demos & Seminars online or at the Activities Desk! Space is limited.

Monday	Tuesday	Wednesday	Thursday
<p>22 April</p> <p>CTGF begins!</p> <p>5:15pm - 5:45pm Family Dodgeball Gym Week 1</p>	<p>23</p> <p>11am - 12pm Save on Prescription Drugs Seminar</p> <p>4:30pm - 5:30pm Intro to Cycle Wood</p> <p>5:30pm - 6:15pm Racquetball Clinic Courts</p>	<p>24</p> <p>8am - 8:45am Intro to TRX Gym</p>	<p>25 10:15am Intro Racquetball</p> <p>10:30am Intro Gym</p> <p>11am - 12pm Fitness</p> <p>12pm Muscle & Bone Multipurpose</p>
<p>29</p> <p>5:15pm - 5:45pm Family Basketball Gym Week 2</p>	<p>30</p> <p>9:30am - 9:50am Fitness Demo #3</p> <p>11am - 12pm Fascia Seminar</p> <p>4:30pm - 5:30pm Intro to Cycle Wood</p>	<p>1 May</p> <p>1pm - 1:20pm Fitness Demo #4</p> <p>6pm - 7pm CoCoSAR Seminar</p>	<p>2 8am - 3pm Blood ** Bonus 11:30am Reformer Pilates</p> <p>3:30pm Fit to Tra</p> <p>4:30pm Intro to 5:00pm 5:45pm Racquetball Courts</p>
<p>6</p> <p>10:30am - 10:50am Fitness Demo #5</p> <p>5:15pm - 5:45pm Family Soccer Gym</p> <p>6pm - 7pm Mobility Matters Seminar</p> <p>7pm - 8pm Tools for Meditation // Wood Week 3</p>	<p>7 8am - 8:45am Intro to TRX Gym</p> <p>9:30am - 9:50am Fitness Demo #6</p> <p>11am - 12pm No Innocent Bystander Seminar</p> <p>3:30pm - 3:50pm Fitness Demo #7</p>	<p>8 8am - 8:45am Intro to TRX Gym</p> <p>6pm - 7pm The Gokhale Method Seminar</p>	<p>9 10:15am Intro Racquetball</p>
<p>13 5:15pm - 5:45pm Family Group Games Gym</p> <p>6pm - 7pm Mindfulness & Body Alignment Seminar Week 4</p>	<p>14 9:30am - 9:50am Fitness Demo #8</p>	<p>15</p>	<p>16 11:30am 4:30pm Intro 11:30am - 12pm Tower Demo/ 6pm Wellness & Be Sen</p>

Thursday	Friday	Saturday	Sunday
<p>10am - 11:00am to Step Ball Court</p> <p>11:15am to TRX Gym</p> <p>11:20am Demo #1</p> <p>12pm Workshop Pose Room</p>	<p>26</p> <p>11:30am-12pm Reformer Demo Pilates Studio</p> <p>12pm - 1pm Muscle Workshop Multipurpose Room</p>	<p>27</p> <p>10am - 10:20am Fitness Demo #2</p> <p>11am - 12pm Knee Injuries Seminar</p> <p>12pm - 1pm Bollyx // Wood</p> <p>1pm - 2pm Life Moves // Carpet</p> <p>1pm - 2pm Intro to Zumba@ // Wood</p> <p>2pm - 3pm Body & Sole // Wood</p>	<p>28</p> <p>11am - 12pm Aqua Zumba® Pool</p> <p>1:00pm - 2:30pm Intro to Tai Chi Dance // Wood</p> <p>1:30pm - 2:45pm Free Your Upper Back // Carpet</p>
<p>12pm 7pm Drive 5 points**</p> <p>12pm Tower Demo Studio</p> <p>4:30pm avel // Wood</p> <p>5:15pm TRX // Gym</p> <p>5:45pm 6:30pm ball Clinic arts</p>	<p>3</p> <p>11am - 12pm 3 PILLARS Seminar</p>	<p>4</p> <p>11am - 12pm Learning a New Way to Breathe Seminar</p> <p>12pm - 1pm Intro to Barre // Wood</p> <p>1pm - 2pm Cardio Dance // Wood</p> <p>1:30pm - 2:45pm Intro to Yoga // Carpet</p> <p>2pm - 3pm Intro to Cycle Connect Wood</p> <p>2pm - 3pm Intro to Aqua // Pool</p>	<p>5</p> <p>11am - 12pm Tread & Pump Pool</p> <p>12:30pm - 1:30pm Intro to Nia@ Wood</p> <p>1:30pm - 2:45pm Hips & Lower Back Carpet</p>
<p>11:00am to Step Ball Court</p>	<p>10</p>	<p>11</p> <p>11am - 12pm Health & Nutrition Hacks</p> <p>12pm - 1pm Intro to Kickboxing Wood</p> <p>1pm - 2pm Spin Threshold Assessment // Wood</p> <p>1:30pm - 2:45pm Restorative Yoga Carpet</p> <p>2:45pm-3:45pm Cardio Yoga // Wood</p>	<p>12</p> <p>Mother's Day!</p>
<p>12:15pm to TRX</p> <p>12pm Reformer Pilates Studio</p> <p>7pm Behavior Change Seminar</p>	<p>17</p> <p>Final Day! Turn in your CTGF card!</p>	<p>Points go towards:</p> <ul style="list-style-type: none"> -Seminars (held in Grand Hall unless specified otherwise) -Specialty Classes -Family Squares 	

More Seminars

All seminars offered are worth 2 points each.

Health & Nutrition Hacks for High Vibe Living

with Keri Brooks, Oakwood Nutritionist & Personal Trainer

Saturday, May 11th

11:00am - 12:00pm

Grand Hall

Learn the newest advances and trends in longevity, health and nutrition. Join Keri as she shares the newest science behind intermittent fasting, infrared light and cold therapy, and a few of the hottest nutrition trends to help you regain your energy and vitality. She will give you insight on the benefits, risks and how to get started. She will also provide quick, simple daily tonics to keep you THRIVING and healthy the whole year through.

Mindfulness into Total Mind/Body Alignment

with Rebecca Berke, Board Certified Hypnotherapist

Monday, May 13th

6:00pm - 7:00pm

Grand Hall

Using the powerful mind/body connection improves health, well-being, energy and creativity. We all have resources within us to tap into a sense of calm confidence to release negative cycles. A very doable and practical daily practice will be explained to use inner resources to achieve a more fully present and happier life.

Wellness & Behavior Change: Training Your Inner Puppy

with Dr. Jerry Gelbart, M.D., F.A.P.A. & Board Certified in Psychiatry

Thursday, May 16th

6:00pm - 7:00pm

Grand Hall

Illness is when you are sick. Health is when you are not. But Wellness is beyond health—biological, psychological, social and spiritual routines that optimize the mind and body. This workshop will help you set goals and apply behavior change concepts to whatever areas of life you choose.

Cycle Connect



Download the **Mywellness** app on your phone for Oakwood's Cycle Connect classes! Create your own account & keep track of your MOVES with any activity. To login to the bike console, you can use Bluetooth, the QR scanner or the NFC reader to login to the bike. You can also use the Mywellness app on your Apple watch! Once you finish your group cycle workout, your workout results be ready to view in the Mywellness app.

Specialty Classes

- All Specialty classes offered are worth 2 points each.
- These classes are specific to the "Specialty Classes" category and cannot be used in other categories, with the exception of Senior Squares.
- More than one Specialty Class can be taken in a day for points.**

Intro to Cycle

with Jessica Sinnaragah, Oakwood Group Ex Instructor

Tuesday, April 23rd **4:30pm - 5:30pm** **Wood Studio**

Tuesday, April 30th **4:30pm - 5:30pm** **Wood Studio**

This introductory class effectively simulates an outdoor biking experience. Rhythmic drills, form, breathing and intensity control will be emphasized through the use of mental focus and motivational music. You will learn how to properly be fitted on the bike and how to operate the bike monitor.

Adult Racquetball Clinic

with Del Villanueva, Oakwood Racquetball Pro & Head Coach of UC Berkeley Intercollegiate Racquetball Team

Tuesday, April 23rd **5:30pm - 6:15pm** **Racquetball Courts**

Thursday, May 2nd **5:00pm - 5:45pm** **Racquetball Courts**

Thursday, May 2nd **5:45pm - 6:30pm** **Racquetball Courts**

Learn or polish your skills in a game that offers a thorough yet fun workout! Equipment will be provided. All levels welcome!

Intro to Step

with Shelly Valerio, Oakwood Group Ex Instructor

Thursday, April 25th **10:15am - 11:00am** **Racquetball Courts**

Thursday, May 9th **10:15am - 11:00am** **Racquetball Courts**

Would you like to learn the basics of STEPS performed in a Step Class? This intro class will give you all the knowledge along with an opportunity to apply the moves to music! Come see why so many members are loving this Step Workout!

BollyX

with Lily Afzali, BollyX Instructor

Saturday, April 27th **12:00pm - 1:00pm** **Wood Studio**

Experience a Bollywood inspired dance fitness program that combines exhilarating choreography and a calorie-burning workout with upbeat music from around the world. All levels are welcome!

Please sign-up for Specialty Classes, Demos & Seminars online or at the Activities Desk! Space is limited.

Life Moves

with Laurie Koneski, Oakwood Group Ex Instructor

Saturday, April 27th **1:00pm - 2:00pm** **Carpet Studio**
Join Laurie for this class which will cover the seven movements humans perform everyday. We'll review what they are, then learn how to execute them simply, safely, and effectively to maximize your functionality and minimize pain and injury. **This isn't a workout**, but come dressed to move.

Intro to Zumba®

with Cheryl Kasovsky, Oakwood Group Ex Instructor

Saturday, April 27th **1:00pm - 2:00pm** **Wood Studio**

This class fuses world wide rhythms and easy to follow moves to create a dynamic workout.

Intro to Body & Sole

with Kathleen Ostler, Oakwood Group Ex Instructor

Saturday, April 27th **2:00pm - 3:00pm** **Wood Studio**

A barefoot, dance-based class that strengthens and lengthens. Find your comfort zone as you mobilize joints and increase stability, balance and body awareness. This class is suitable for all levels and is very energetic through world, Latin and urban beats. Also great fun!

Aqua Zumba®

with Andrea Legault, Oakwood Aqua Instructor

Sunday, April 28th **11:00am - 12:00pm** **Pool**

Aqua Zumba® blends Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

Intro to Tai Chi Dance

with Michael Mayer, Oakwood Group Ex Instructor

Sunday, April 28th **1:00pm - 2:30pm** **Wood Studio**

In this intro class, come and experience the healing benefits of Tai Chi Chuan with assorted cross-genre music. Get introduced to a tradition that will add to your repertoire of everyday practices and enhance your vitality over your lifetime.

-Stretch & Release Classes-

with Celine Dastous, Oakwood Group Ex Manager

#1 Free Your Upper Back & Liberate Your Shoulders

Sunday, April 28th **1:30pm - 2:45pm** **Carpet Studio**

#2 Hips & Lower Back Bliss

Sunday, May 5th **1:30pm - 2:45pm** **Carpet Studio**

Using a sequence of self-treatment exercises, this class will start your journey to eradicate aches and pain from workouts, poor postural habits, and/or injuries. Whether you are an elite athlete, a yogi, or just starting a movement and exercise program, understanding how to map your body so that you can find and heal your body's blind spots is critical to good posture, health and longevity.

More Specialty Classes

Fit to Travel

with Cheryl Kasovsky, Oakwood Group Ex Instructor

Thursday, May 2nd **3:30pm - 4:30pm** **Wood Studio**

TRAVEL LOVERS — this series was designed for you! Join Cheryl for a fun-filled class that will prepare you for your upcoming adventure. This upbeat and energetic workout combines balance, agility, aerobic and anaerobic load-bearing drills and more to ensure that you have the tools you need for safe and healthy travel. You will also receive a collection of healthy travel tips to ensure you get the most out of your trip.

Intro to Barre

with Stephanie Chan, Oakwood Group Ex Instructor

Saturday, May 4th **12:00pm - 1:00pm** **Wood Studio**

A fluid blend of Pilates, dance, yoga and the perfect balance of strength, flexibility and cardio. This fun experience on the Ballet Barre alternates deep muscle-toning movements along with cardio intervals set to an upbeat music at a vigorous pace to get your heart pumping. This is a barefoot workout!

Cardio Dance

with Stephanie Chan, Oakwood Group Exercise Instructor

Saturday, May 4th **1:00pm - 2:00pm** **Wood Studio**

This dance fitness class is designed to make you move and groove. Experience a fusion of club, urban, and Latin dance styles and a mix of chart-topping and retro hit music that will make you smile. This class is appropriate for all fitness levels.

Intro to Yoga

with Chris Walsh, Oakwood Group Ex Instructor

Saturday, May 4th **1:30pm - 2:45pm** **Carpet Studio**

Beginners to Yoga will come together to learn the basics and benefits of Yoga for the body, mind, and spirit. This class promotes relaxation, strength, flexibility, mental awareness and balance. Build a solid foundation of poses and breath work with full awareness and intelligence of the body & mind.

Intro to Cycle Connect

with James Lambert, Oakwood Group Ex Instructor

Saturday, May 4th **2:00pm - 3:00pm** **Wood Studio**

Accurate Power Reading, Immersive Experience, Performance Tracking! With Cycle Connect, you can watch inspirational videos, move to the beat, measure your output, track your performance data and save your results, all in the space of a ride. Pedal your way to the top!

More Specialty Classes

Intro to Aqua

with Marian Bernstein, Oakwood Aqua Instructor

Saturday, May 4th **2:00pm - 3:00pm** **Pool**

This class provides a cardiovascular and toning workout in an aquatic environment. As water provides both resistance and buoyancy, it allows vigorous exercise with minimal stress on the joints and the spine.

Tread & Pump

with Chris Petit, Oakwood Aqua Instructor

Sunday, May 5th **11:00am - 12:00pm** **Pool**

Explore the benefits and challenges of working your body in aquatic suspension. This class will motivate you to focus on your core and body alignment. We will be using aqua weights and noodles as needed and we will be introducing the latest aqua resistance bands called the Stroops. The Stroops will increase your strength, mobility, muscle mass and metabolism and give you a full body workout.

Intro to Nia®

with Janet Kaufman, Oakwood Group Ex Instructor

Saturday, May 5th **12:30pm - 1:30pm** **Wood Studio**

Nia® tones your mind and tunes your body. Nia® cardio-dance workouts combine simple moves with dance arts, martial arts, and healing arts.

Tools for Meditation

with Lori Lindgren, Oakwood Group Ex Instructor

Monday, May 6th **7:00pm - 8:00pm** **Wood Studio**

A sample of meditation, movement and stress reduction techniques. Great for beginners or people who have a regular meditation practice. All are welcome!

Intro to Kickboxing

with Heather Schrag, Oakwood Group Ex Instructor

Saturday, May 11th **12:00pm - 1:00pm** **Wood Studio**

Get ready to punch your workout! This class will quickly move you beyond the basics to authentic boxing and M.M.A movements that will have you sweating and smiling the whole hour. A sizzling soundtrack will inspire excitement in this ultimate cardio conditioning class. All fitness levels welcome! Regular fitness shoes are necessary. No equipment required.

Spin Threshold Assessment

with Jessica Sinnaragah, Oakwood Group Ex Instructor

Saturday, May 11th **1:00pm - 2:00pm** **Wood Studio**

Ever wondered what your maximum power on the bike may be? Then come ride and learn about your functional threshold power (FTP). FTP is the maximum power you can sustain on the bike for one hour. In this one-hour class, we will find our FTP in a 20-minute, steady state ride done at maximum effort. We'll warm up in the first 20 minutes (with a 5-minute spike), perform the 20-minute test, then ride and cool down in the last 20. This class is for ALL riders. Establish your baseline and gauge progress over time. Take this class when you're well rested. Don't do a difficult workout the day prior, or any workouts the day of the test. Treat this like a race day! Music will cover all genres.

Restorative Yoga

with Veera Sanjana, Oakwood Group Ex Instructor

Saturday, May 11th **1:30pm - 2:45pm** **Carpet Studio**

Restorative Yoga includes gentle yoga and passive restorative postures to open the body, quiet the mind, restore energy and promote a deep sense of relaxation. This meditative approach to cultivate awareness of breath, body and mind is particularly recommended for those experiencing stress, recovering from injury or illness, and anyone looking for a gentle class to unwind, relax and restore. This class is appropriate for all levels, including beginners.

Cardio Yoga Fusion

with Celine Dastous, Oakwood Group Ex Manager

Saturday, May 11th **2:45pm - 3:45pm** **Wood Studio**

Cardio Yoga Fusion is a calorie burning, total body toning, mind/body fusion that enhances physical and emotional fitness. Based on rhythmic flow and a unique blend of body, breath and emotions, this class will take you on a sweat-drenched, mind-altering journey, elevated by the euphoric high of endorphins!

Please sign-up for Specialty Classes, Demos & Seminars online
or at the Activities Desk! Space is limited.

"How-To" Fitness Demonstrations

Learn how to correctly do an exercise in one of these demonstrations!
These 20 minute demonstrations count for points towards
"Specialty Classes".

Demo #1: How to Use the Rower

with James Bucci, Oakwood Personal Trainer

Thursday, April 25th **11:00am - 11:20am** **Fitness Floor**

Demo #2: How to Overhead Press With a Bar

with Ryan Bergum, Oakwood Personal Trainer

Saturday, April 27th **10:00am - 10:20am** **Fitness Floor**

Demo #3: How to Foam Roll

with Wil Zuniga, Oakwood Personal Trainer

Tuesday, April 30th **9:30am - 9:50am** **Fitness Floor**

Demo #4: How to Kettlebell Swing

with James Bucci, Oakwood Personal Trainer

Wednesday, May 1st **1:00pm - 1:20pm** **Fitness Floor**

Demo #5: Elbow Immobility for Arm Exercises

with Pete Markovina, Oakwood Personal Trainer

Monday, May 6th **10:30am - 10:50am** **Fitness Floor**

Demo #6: How to Do a Proper Lat Pulldown

with Wil Zuniga, Oakwood Personal Trainer

Tuesday, May 7th **9:30am - 9:50am** **Fitness Floor**

Demo #7: Single Arm Dumbbell Row

with Pete Markovina, Oakwood Personal Trainer

Tuesday, May 7th **3:30pm - 3:50pm** **Fitness Floor**

Demo #8: How to Use the Landmine Barbell

with Wil Zuniga, Oakwood Personal Trainer

Tuesday, May 14th **9:30am - 9:50am** **Fitness Floor**

Please sign-up for Specialty Classes, Demos & Seminars online
or at the Activities Desk! Space is limited.

Pilates Reformer Demos

We are adding beginner Pilates Reformer Demos during CTGF in addition to our current Reformer classes!

-Reformer Demos only available to members with little to no experience with a Reformer.

-All classes take place in the Pilates Studio.

-These classes count for points towards "Specialty Classes".

-Only one demo class per member.

-Sign-up in advance online or at the Activities Desk.

Class	Date	Time	Instructor
Basic Reformer	Fri, 4/26	11:30am-12pm	Rocio Sabogal
Tower Reformer	Thurs, 5/2	11:30am-12pm	Carol Irving
Tower Reformer	Thurs, 5/16	11:30am-12pm	Carol Irving

TRX Intro Classes

We are adding beginner TRX classes during CTGF in addition to our current TRX classes!

-All TRX classes offered are worth 2 points each.

-These classes are specific to the 'TRX' category and cannot be used in other categories, with the exception of Senior Squares.

-All TRX classes held in Basketball Gym.

Date	Time	Instructor
Wed, 4/24	8:00am-8:45am	Shelly Valerio
Thurs, 4/25	10:30am-11:15am	James Bucci
Thurs, 5/2	4:30pm-5:15pm	Celine Dastous
Tues, 5/7	8:00am-8:45am	Sue Thomas
Wed, 5/8	8:00am-8:45am	Shelly Valerio
Thurs, 5/16	11:30am-12:15pm	Sue Thomas
Thurs, 5/16	4:30pm-5:15pm	Celine Dastous

***Sign-up for each TRX class TWO HOURS in advance online, at the Front Desk or by phone.**

Prizes

25 Points "20 year" Limited Edition T-Shirt

35 Points Two Oakwood Guest Passes

55 Points

select one!

1 Hour Group Reformer Class

or

1/2 Hour Session with a Personal Trainer

80 Points

select one!

1 Hour Session with a Personal Trainer

or

50 Minute Massage Coupon

For every 25 points earned, you will receive 1 raffle ticket to be entered in the **Grand Prize** drawing for an 80 minute massage!

*One male and one female will be selected in the drawing. (Winners need not be present to win)

Note: Prizes are non-transferable and hold no monetary value.

