



Oneida Family Fitness Fall 2016 - Group Fitness Schedule

Effective: Monday, October 3rd, 2016 -

Saturday, December 31st, 2016

MONDAY
CARDIO SCLUPT 9:15AM-10:00AM Studio A
GENTLE YOGA 10:10AM-11:00AM Studio B
SPIN & STRENGTH 12:00PM-1:00PM Studio C/B
CARDIO KICKBOXING 12:15PM-1:00PM Studio A
CARDIO SCLUPT 5:00PM-5:45PM Studio A
SPIN 5:00PM-5:45PM Studio C
KIDS IN MOTION 5:00PM-5:30PM Gym (ages 5-11)
YOGA 6:00PM-6:45PM Studio B

TUESDAY
POWER 60 5:35AM-6:15AM Studio C
LIVELY LOW IMPACT 9:15AM-10:00AM Studio A
YOGA SCLUPT 11:30AM-12:00PM Studio B
SPIN 12:00PM-12:45PM Studio C
TOTAL BODY SHRED 12:15PM-12:45PM Studio A
KIDS IN MOTION 5:00PM-5:30PM Gym (ages 5-11)
CARDIO KICKBOXING 5:00 PM-5:30PM Studio A
SPIN 5:35 PM-6:05PM Studio C

WEDNESDAY
SPIN 5:35AM-6:15AM Studio C
BODY BASICS 9:15AM-10:00AM Studio A
GENTLE YOGA 10:10AM-11:00AM Studio B
SPIN 11:15-11:45AM Studio C
SPIN & CORE 12:00PM-1:00PM Studio C/B
CARDIO SCLUPT 5:00PM-5:45PM Studio A
KIDS IN MOTION 5:00PM-5:30PM Gym (ages 5-11)
SPIN 6:00PM-6:30PM Studio C

THURSDAY
SPIN 5:35AM-6:15AM Studio C
LIVELY LOW IMPACT 9:15AM-10:00AM Studio A
CHAIR YOGA 10:10AM-10:40AM Studio B
YOGA SCLUPT 12:15PM-12:45PM Studio B
CARDIO KICKBOXING 12:15PM-1:00PM Studio A
BODY BASICS 5:00PM-5:30PM Studio A
YOGA 6:00PM-6:45PM Studio B

FRIDAY
YOGA 5:35AM-6:15AM Studio B
CARDIO BLAST & STRENGTH 9:15AM-10:00AM Studio A
SPIN & STRENGTH 12:00PM-12:45PM Studio C/B
ROCK BOTTOM 12:15PM-12:45PM Studio A
SPIN 5:00PM-5:45PM Studio C
KIDS IN MOTION 5:00PM-5:30PM Gym (ages 5-11)

Programs & Workshops

(contact OFF for more information)

Weigh of Life: 8 Week Weight Management
Contact Off for next class. RAS Approved Credit Course.

Stressercise: 6 Week Stress Management
Contact OFF for next class. RAS Approved Credit Course.

Sign up for these programs at front desk.

SATURDAY

Class will be posted each week on dry erase board by Service Desk with name of instructor. Class will be from 9:00am to 10:00am in whichever studio listed.

DROP-IN CHILD CARE HOURS

Monday-Friday:

8:00am-12:00pm 1:00pm-4:30pm
*free drop-in child care is for children 6 weeks old—10 years of age. Parent must remain at O.F.F. while child is using child care services. O.F.F. member must enter through Economic Support entrance to drop off child. Space is based on a First Come First Serve basis.

FITBALL

Get your team of 4 ready to punt, pass and score points!
Points are based off your check-ins.

10/3-11/19

Incentive Programs: contact 490-3730 for more information

COMMIT TO FIT CLUB

This is a free program offered to all members. The more check-ins you have, the greater your chances to WIN an Oneida Gift Card. Winners drawn each month!



Group Fitness Classes are for ages 12 and up (with the exception of the kid's classes listed above, please see descriptions). Classes with less than 3 participants for 4 consecutive weeks will be canceled. Changes will be posted at the service desk area. Program schedule subject to change.

BODY BASICS... is a cardiovascular/strength class that doesn't require bands, weight or machines. This is a complete **body weight** class that will challenge even the most seasoned individual. Each movement can be either progressed or regressed to fit the need of the participant(s). Each movement requires multiple muscle group working together resulting in a full body workout. Are you ready for the challenge? Intensity Level: **Beginner to Advanced**

CARDIO KICKBOXING... motivates participants to challenge their cardiovascular systems while incorporating a variety of NON-IMPACT karate movements. Proper form and technique is demonstrated and provides participants with continuous feedback and motivation. (Class Max- 18 participants). Intensity Level: **Beginner to Advanced**

CARDIO SCULPT... Cardio Sculpt.... is a LOW-IMPACT , non-stop class that will challenge you with cardio, strengthen training, balance and core. This is a fun, exciting, new class that will use a variety of equipment to work your entire body while being set to fun up-beat music to keep you motivated!! **All Levels**

CARDIO BLAST & STRENGTH. Blast through 45 minutes of heart pumpin' LOW-IMPACT cardio and strength moves! **All Levels**

CHAIR YOGA...Is a form of yoga that is practiced sitting in a chair, or standing using a chair for support. This class is great for anyone you wants to improve their strength and flexibility, in a gentle way. Chair Yoga stretches are also great for the workplace, to help release stress while working. **All Levels**

GENTLE YOGA...is designed to help release tension from the body and mind. Props are used to support the postures while stretching and strengthening the body. **All Levels**

GUTS AND GLORY... no guts no glory! This class activates and strengthens the core muscles while performing functional and floor exercises. Intensity Level: **Beginner to Advanced**

KIDS IN MOTION...this kids class will use a variety of gymnasium equipment to enhance your child's fitness level and enjoyment of exercise. Children will have fun while playing games that are designed to keep your child in motion. The class is for ages 5-11. Parents must remain in the facility while their child is in class.

LIVELY LOW IMPACT.... for those just beginning an exercise program or those who desire a LOW-IMPACT workout. May include some light resistance training. This class is easy on your joints! Come join us for LOTS OF FUN! Intensity Level: **Beginner to Moderate**

POWER 60 - - Jump on a bike to burn some calories, improve your muscular endurance, and build your cardio fitness in just 30 minutes. Dare to join us for the last 30 minutes for a challenging and adventure-filled boot camp. Intensity Level: **Moderate to Advance**

ROCK BOTTOM...hit the ground for this intense lower body workout that uses a million different positions and exercises to target muscles you didn't even know you had. Intensity Level: **Beginner to Advanced**

SPIN...Intensity Level: **Beginner to Advanced**

SPIN & CORE... is two 30 minute classes combined to offer a full hour of cardiovascular exercise and core strengthening. Participants may choose to attend the full hour or one of the two 30 minute classes.

Intensity Level: **Beginner to Advanced**

SPIN & STRENGTH... is two 30 minute classes combined to offer a full hour of cardiovascular exercise and strengthening. Participants may choose to attend the full hour or one of the two 30 minute classes. Intensity Level: **Beginner to Advanced**

TOTAL BODY SHRED...this is an interval training class consisting of weights mixed with cardiovascular training bursts. Intensity Level: **Beginner to Advanced**

YOGA... is a unique lifestyle practice that will unite the mind, body, and spirit. This fitness approach to Yoga will improve your flexibility, balance, mobility, and stability. Prior YOGA knowledge is recommended, however, not required. Intensity Level: **Beginner to Advanced**

YOGA SCULPT...An amped-up flow yoga class. A full body yoga workout that combines weights, plyometrics, cardio and flexibility training. This workout is designed for **all fitness/ yoga levels**.