



Oneida Family Fitness Winter 2016 - Group Fitness Schedule

Effective: Monday, January 11th, 2016 thru Saturday, April 2nd, 2016

MONDAY
LIVELY LOW IMPACT 9:15AM-10:00AM <i>Studio A</i>
GENTLE YOGA 10:10AM-11:00AM <i>Studio B</i>
SPIN & STRENGTH 12:00PM-1:00PM <i>Studio C/B</i>
CARDIO KICKBOXING 12:15PM-1:00PM <i>Studio A</i>
SPIN 5:00PM-5:30PM <i>Studio C</i>
KIDS IN MOTION 5:00PM-5:30PM <i>Gym (ages 5-11)</i>

TUESDAY
SPIN & YOGA 5:35AM-6:35AM <i>Studio C & B</i>
CARDIO SCULPT 9:15AM-10:00AM <i>Studio A</i>
SPIN 12:00PM-12:45PM <i>Studio C</i>
ROCK BOTTOM 12:15PM-12:45PM <i>Studio A</i>
KIDS IN MOTION 5:00PM-5:30PM <i>Gym (ages 5-11)</i>
CARDIO KICKBOXING 5:00 PM-5:30PM <i>Studio A</i>
SPIN 5:35PM-6:05PM <i>Studio C</i>

WEDNESDAY
SPIN MIX 5:35AM-6:15AM <i>Studio C</i>
LIVELY LOW IMPACT 9:15AM-10:00AM <i>Studio A</i>
GENTLE YOGA 10:10AM-11:00AM <i>Studio B</i>
SPIN 11:15-11:45AM <i>Studio C</i>
SPIN & CORE 12:00PM-1:00PM <i>Studio C/B</i>
KIDS IN MOTION 5:00PM-5:30PM <i>Gym (ages 5-11)</i>
GUTS & GLORY 5:00PM-5:30PM <i>Studio A</i>
SPIN 5:30PM-6:00PM <i>Studio C</i>

THURSDAY
SPIN 5:35AM-6:15AM <i>Studio C</i>
CARDIO SCULPT 9:15AM-10:00AM <i>Studio A</i>
CHAIR YOGA 10:10AM-10:40AM <i>Studio B</i>
YOGA SCULPT 12:15PM-12:45PM <i>Studio B</i>
TOTAL BODY SHRED 12:15PM-12:45PM <i>Studio A</i>
KIDS IN MOTION 5:00PM-5:30PM <i>Gym (ages 5-11)</i>
BOXING BOOTCAMP 5:00PM-5:45PM <i>Studio A</i>

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

SATURDAY
Class Time: 9:15-10am Studio (A) or (C) Jan 16: Spin (C) Jan 23: Spin (C) Jan 30: Guts and Glory (A) Feb 6: Total Body Shred (A) Feb 13: Spin (C) Feb 20: Cardio Sculpt (A) Feb 27: Spin (C) Mar 5: Spin (C) Mar 12: Total Body Shred (C) Mar 19: Spin (C) Mar 26: Spin (C) April 2: Spin (C)
Classes subject to change if staff illness. Will be posted on dry erase by Service Desk each week.

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.



Incentive Programs: contact 490-3730 for more information		
<p>COMMIT TO FIT CLUB</p>	<p>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!</p>	<p>Weight Wars 1/4-3/26</p> <p>Battle to be the next WEIGHT WARS WINNER! Cost is \$10 to join The initial weigh-in week is Jan. 4-9. All initial weigh-ins & registration payments must be completed during this week to be eligible to win.</p>

BOXING -BOOT CAMP...increase your endurance, speed, agility, and strength in this intense interval class. Your Boot Camp Drill Sergeant will keep you moving and keep your muscles guessing. This class will use the track, kickboxing bags, weights, and at times weather permitting be outdoors. Are you ready for the challenge? Intensity Level: **Moderate 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**

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**

SPIN MIX... Get motivated listening to some of your favorite tunes and jumpstart your day with an up-tempo workout mixing spin, strength, and core. Riders will be led through an effective cardiovascular workout followed by total body strengthening for a full workout to keep you moving! **All Levels**

TOTAL BODY SHRED...this is an interval training class consisting of weights mixed with cardiovascular training bursts. 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**.

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**