



Oneida Family Fitness Spring 2016 - Group Fitness Schedule

Effective: Monday, April 4, 2016 thru Saturday, July 2nd, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STEP & STRENGTH 9:15AM-10:00AM <i>Studio A</i>	POWER 60 5:35AM-6:35AM <i>Studio C & B</i>	SPIN 5:35AM-6:15AM <i>Studio C</i>	SPIN 5:35AM-6:15AM <i>Studio C</i>	CARDIO BLAST & STRENGTH 9:15AM-10:00AM <i>Studio A</i>	April 9th – 9:15 Spin– 10:00 Guts and Glory April 16th – 9:15 Spin– 10:00 Lively Low Impact April 23rd – 9:15 Cardio Sculpt– 10:00 Yoga April 30th – 9:15 Boxing Boot camp– 10:00– Yoga Sculpt May 7th – 9:15 Spin– 10:00 Total Body Shred May 14th – 9:15 Spin– 10:00 Yoga May 21st – 9:15 Spin– 10:00 Boot camp
GENTLE YOGA 10:10AM-11:00AM <i>Studio B</i>	LIVELY LOW IMPACT 9:15AM-10:00AM <i>Studio A</i>	CARDIO SCULPT 9:15AM-10:00AM <i>Studio A</i>	LIVELY LOW IMPACT 9:15AM-10:00AM <i>Studio A</i>	GENTLE YOGA 10:10AM-11:00AM <i>Studio B</i>	
CARDIO SCULPT 12:00PM-1:00PM <i>Studio C/B</i>	SPIN 12:00PM-12:45PM <i>Studio C</i>	GENTLE YOGA 10:10AM-11:00AM <i>Studio B</i>	CHAIR YOGA 10:10AM-10:40AM <i>Studio B</i>	ZUMBA 12:15-1:00PM <i>Studio A</i>	
CARDIO KICKBOXING 12:15PM-1:00PM <i>Studio A</i>	ROCK BOTTOM 12:15PM-12:45PM <i>Studio A</i>	SPIN 11:15-11:45AM <i>Studio C</i>	YOGA SCULPT 12:15PM-12:45PM <i>Studio B</i>	SPIN & STRENGTH 12:00PM-12:45PM <i>Studio C & B</i>	
BELLIN WALK 12:10PM-12:55PM <i>Outside</i>	KIDS IN MOTION 5:00PM-5:30PM <i>Gym (ages 5-11)</i>	SPIN & CORE 12:00PM-1:00PM <i>Studio C & B</i>	TOTAL BODY SHRED 12:15PM-12:45PM <i>Studio A</i>	SPIN 5:00PM-5:30PM <i>Studio C</i>	DROP-IN CHILD CARE HOURS
SPIN 5:00PM-5:30PM <i>Studio C</i>	CARDIO KICKBOXING 5:00 PM-5:30PM <i>Studio A</i>	BELLIN RUN 12:10PM-12:55PM <i>Outside</i>	KIDS IN MOTION 5:00PM-5:30PM <i>Gym (ages 5-11)</i>	BELLIN CHILDREN'S RUN 5:00PM-5:30PM <i>Outside</i>	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. Space is based on a First Come First Serve basis.
KIDS IN MOTION 5:00PM-5:30PM <i>Gym (ages 5-11)</i>	SPIN 5:35PM-6:05PM <i>Studio C</i>	ZUMBA 5:00PM-5:45PM <i>Studio A</i>	BOXING BOOTCAMP 5:00PM-5:45PM <i>Studio A</i>		
YOGA 6:00PM-6:40PM <i>Studio B</i>		KIDS IN MOTION 5:00PM-5:30PM <i>Gym (ages 5-11)</i>			
		GUTS & GLORY 6:00PM-6:30PM <i>Studio B</i>			

.....
 • 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.



Let us help you train for the Bellin Walk/Run on Sat. 6/11, and for the kids Run on 6/10. Pick up a copy of the training guide at the Service Desk. Free Group Training Walks & Run– see schedule above for days and times. Parents must remain in the building during children's run.

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!

Fitness Poker

Is a 6 WEEK INCENTIVE: **STARTING MONDAY, APRIL 4 & ENDING SATURDAY MAY 14 COST: \$5 WEEKLY \$10 RETAIL CARD WINNERS TO THE TOP 3 HANDS...**
 Open to all members 14 years and up.
 Contact Front Desk at 490-3730 for more information



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**

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**

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**

ZUMBA...a Latin-inspired, FUN dance-fitness class in a party-like atmosphere designed to sculpt your body and challenge your aerobic system. Intensity Level: **Beginner to Advanced**