



Oneida Family Fitness Summer 2016 - Group Fitness Schedule

Effective: Tuesday, July 5th, 2016 - Saturday, October 1st, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARDIO SCLUPT 9:15AM-10:00AM <i>Studio A</i>	HIT THE ROAD 5:35AM-6:35AM <i>Studio C & A</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>
GENTLE YOGA 10:10AM-11:00AM <i>Studio B</i>	LIVELY LOW IMPACT 9:15AM-10:00AM <i>Studio A</i>	CARDIO SCLUPT 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>
SPIN & STRENGTH 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 10:10-10:40AM <i>Studio B</i>	SPIN & STRENGTH 12:00PM-12:45PM <i>Studio C/B</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 5:00PM-5:30PM <i>Studio C</i>
CARDIO SCLUPT 5:00-5:45PM <i>Studio A</i>	KIDS IN MOTION 5:00PM-5:30PM <i>Gym (ages 5-11)</i>	CARDIO SCLUPT 12:00PM-12:45PM <i>Studio A</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>
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 & CORE 12:00PM-1:00PM <i>Studio C/B</i>	KIDS IN MOTION 5:00PM-5:30PM <i>Gym (ages 5-11)</i>	
YOGA 6:10PM-7:00PM <i>Studio B</i>	SPIN 5:35 PM-6:05PM <i>Studio C</i>	CARDIO SCLUPT 5:00PM-5:45PM <i>Studio A</i>	BOXING BOOTCAMP 5:00PM-5:45PM <i>Studio A</i>	
		KIDS IN MOTION 5:00PM-5:30PM <i>Gym (ages 5-11)</i>		
		GUTS & GLORY 6:00PM-6:30PM <i>Studio B</i>		

Programs & Workshops (contact OFF for more information)

Weigh of Life: 8 Week Weight Management Class begins Thursday Sept. 8th at 5:15-6:00pm. RAS Approved Credit Course.
Stressercise: 6 Week Stress Management Program begins on Monday July 11th at 5:15-6:00pm. RAS Approved Credit Course. Sign up for these programs at front desk.

SATURDAY

Sept. 10- 9:15 Spin- 10:00 Yoga Sculpt
Sept. 17th- 9:15 Spin- 10:00 Lively Low Impact
Sept. 24rd- 9:15 Cardio Sculpt- 10:00 Yoga
Oct. 1- 9:15 Spin- 10:00- Cardio Sculpt

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 first check-in at O.F.F. Front Desk to obtain childcare key pass. Space is based on a First Come First Serve basis.



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.



Sign up for Member Appreciation golf outing on Friday August 26th. Details at the front desk. Proceeds will be donated to Oneida Athletes competing in 2017 North American Indigenous Games!

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!

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**

HIT THE ROAD -- Jump on a bike, walk or run to burn some calories, improve your muscular endurance, and build your cardio fitness OUTSIDE. After, join your trainer for an adventure-filled core/strength workout. ** MUST WEAR A HELMET, IF YOU RIDE A BIKE! The helmets will be provided, but you are welcome to bring your own. Intensity Level: **Beginner to Advance**

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**

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**