



Oneida Family Fitness Winter 2018 - Group Fitness Schedule

Effective: Tuesday, January 2nd, 2018 - Saturday, March 31st, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LIVELY LOW IMPACT 9:15AM-10:00AM <i>Studio A-Ryan E</i>	TRX BOOTCAMP 5:35AM-6:15AM <i>Gym-Hanna/Dominique</i>	SPIN 5:35AM-6:15AM <i>Spin Room-Dominique</i>	GROUP PT 5:35AM-6:15AM <i>Studio A-Hudson</i>	SPIN MIX 5:35AM-6:15AM <i>Rotation</i>
GENTLE YOGA 10:10AM-11:00AM <i>Studio B-Hanna/Dominique</i>	CHAIR YOGA 9:15AM-9:45AM <i>Studio B-Hanna</i>	CARDIO SCULPT 9:15AM-10:00AM <i>Studio A-Hanna</i>	STRENGTH 9:15AM-9:45AM <i>Studio A-Hanna</i>	CARDIO BLAST & STRENGTH 9:15AM-10:00AM <i>Studio A-Rotation</i>
SPIN & STRENGTH 12:00PM-1:00PM <i>Spin Room-Hanna</i>	SPIN 12:00PM-12:30PM <i>Spin Room-Hanna</i>	GENTLE YOGA 10:10AM-11:00AM <i>Studio B-Dominique</i>	SPIN 12:00PM-12:30PM <i>Spin Room-Hudson</i>	GENTLE YOGA 10:10AM-11:00AM <i>Studio B-Hanna/Dominique/Susan</i>
CARDIO KICKBOXING 12:15PM-1:00PM <i>Studio A-Hudson</i>	ROCK BOTTOM 12:15PM-12:45PM <i>Studio A-Dominique</i>	SPIN & CORE 12:00PM-1:00PM <i>Spin Room-Hudson</i>	POWER 12:15PM-12:45PM <i>Studio A-Dominique</i>	SPIN & STRENGTH 12:00PM-12:45PM <i>Spin Room-Rotation</i>
BOOT CAMP 5:00PM-5:45PM <i>Studio A-Cody</i>	BOXING BOOT CAMP 5:00 PM-6:00PM <i>Studio A-Hudson</i>	SPIN 1:00PM-1:30PM <i>Spin Room- Ryan W</i>	SPIN 5:00PM-5:30PM <i>Spin Room-Dominique</i>	
KIDS IN MOTION 5:00PM-5:30PM <i>Gym-Hanna</i>		KIDS IN MOTION 5:00PM-5:30PM <i>Gym-Cody</i>		
		HATHA YOGA 5:40PM-6:40PM <i>Studio B: Susan</i>		

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.



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 1/8-3/31</p> <p>Battle to be the next WEIGHT WARS WINNER! Cost is \$10 to join. The initial weigh-in week is Jan. 8-13. All initial weigh-ins & registration payments must be completed during this week to be eligible to win.</p>
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BOOT CAMP...Your Boot Camp Drill Sergeant will keep you moving and keep your muscles guessing. This class will use the track, 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**

GROUP PERSONAL TRAINING...Break out of your usual routine and join in on this class. Each week the workout changes to help you improve your strength and cardio fitness.

HATHA YOGA...is a branch of yoga that emphasizes physical exercises to master the body along with mind exercises to withdraw it from external objects. **ALL Levels**

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**

STRENGTH/CORE...this class improves flexibility, builds strength and develops control and endurance in the entire body. Mainly focusing on the core muscles of the abs, low back, & hips: Beginner to Moderate

TRX BOOTCAMP... Total Body Resistance Exercise training suspension training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. Intensity Level: **Moderate 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**