



# Oneida Family Fitness Spring 2018 - Group Fitness Schedule

**Effective: Monday, April 2nd, 2018 thru Friday, June 29, 2018**

MONDAY
<b>LIVELY LOW IMPACT</b> 9:15AM-10:00AM <i>Studio A-Ryan E</i>
<b>GENTLE YOGA</b> 10:10AM-11:00AM <i>Studio B-Dominique/Hanna</i>
<b>SPIN &amp; STRENGTH</b> 12:00PM-12:45PM <i>Spin Studio-Hanna</i>
<b>CARDIO KICKBOXING</b> 12:15PM-1:00PM <i>Studio A-Hudson</i>
<b>BELLIN RUN</b> 12:15PM-1:00PM <i>Outside</i>
<b>BOOTCAMP</b> 5:00PM-5:45PM <i>Studio A-Cody</i>
<b>BELLIN CHILDREN'S RUN</b> 5:00PM-5:30PM <i>Track/Outside-Hanna</i>

TUESDAY
<b>BELLIN RUN</b> 5:35AM-6:15AM <i>Outside-Hanna/Dominique</i>
<b>CHAIR YOGA</b> 9:15AM-9:45AM <i>Studio B-Hanna</i>
<b>YOGA SCULPT</b> 12:15PM-12:45PM <i>Studio B-Hanna</i>
<b>ROCK BOTTOM</b> 12:15PM-12:45PM <i>Studio A-Dominique</i>
<b>BELLIN WALK</b> 12:15PM-1:00PM <i>Outside</i>
<b>KIDS IN MOTION</b> 5:00PM-5:30PM <i>Gym (ages 5-11)-Vicente</i>
<b>BOXING BOOT CAMP</b> 5:00 PM-5:45PM <i>Studio A-Hudson</i>

WEDNESDAY
<b>SPIN</b> 5:35AM-6:15AM <i>Spin Studio-Dominique</i>
<b>CARDIO SCULPT</b> 9:15AM-10:00AM <i>Studio A-Hanna</i>
<b>GENTLE YOGA</b> 10:10AM-11:00AM <i>Studio C-Dominique</i>
<b>TOTAL BODY SHRED</b> 12:15P-12:45P <i>Studio A-Vicente</i>
<b>SPIN</b> 12:00PM-12:45PM <i>Spin Studio-Hudson</i>
<b>KIDS IN MOTION</b> 5:00PM-5:30PM <i>Gym (ages 5-11)-Cody</i>
<b>SPIN</b> 5:00PM-5:30PM <i>Spin Studio-Ryan W</i>
<b>HATHA YOGA</b> 5:40PM-6:40PM <i>Studio C-Susan</i>

THURSDAY
<b>GROUP PT</b> 5:35AM-6:15AM <i>Studio A-Dominique/Hanna</i>
<b>STRENGTH</b> 9:15AM-9:45AM <i>Studio A-Hudson</i>
<b>SPIN</b> 12:00PM-12:30PM <i>Spin Studio-Hudson</i>
<b>TRX BOOTCAMP</b> 12:00PM-12:45PM <i>Gym-Hanna/Dominique</i>
<b>BELLIN WALK</b> 12:15PM-1:00PM <i>Outside</i>
<b>STRENGTH/CORE</b> 5:00PM-5:45PM <i>Studio A-Cody</i>
<b>KIDS IN MOTION</b> 5:00PM-5:30PM <i>Gym (ages 5-11)-Vicente</i>

FRIDAY
<b>SPIN MIX</b> 5:35AM-6:30AM <i>Spin Studio-Rotation</i>
<b>CARDIO BLAST &amp; STRENGTH</b> 9:15AM-10:00AM <i>Studio A-Cody</i>
<b>GENTLE YOGA</b> 10:10AM-11:00AM <i>Studio C-Susan</i>
<b>POWER</b> 12:15PM-12:45PM <i>Studio A-Dominique/Vicente</i>
<b>SPIN &amp; STRENGTH</b> 12:00PM-12:45PM <i>Spin Studio-Rotation</i>

## Bellin Run/Walk 2018

Let us help you train for the Bellin Walk/Run on Sat. 6/9, and for the kids Run on 6/8. Pick up a copy of the training guide at the Service Desk. Free Group Training Walks & Run—see schedule for days and times. Parents must remain in the building during children's run.

## Saturday's through May 19th

**Class will be posted each week on dry erase board by Service Desk with name of instructor. Class will be from 8:15am to 9:00am in whichever studio listed.**

# 2018 BELLIN 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 4/9-5/19

**Is a 6 WEEK INCENTIVE:**  
**STARTING MONDAY, APRIL 9 & ENDING SATURDAY MAY 19 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**

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.



**BELLIN RUN TRAINING:** Start training for the annual Bellin Run by joining this morning workout. Join Team Oneida and keep your pace as the instructor leads you through various routes throughout the area. Weather permitting. Please dress appropriately. **All levels welcome.**

**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**

**CORE**... class is designed to strengthen the core (abdominal=s and low back muscles) using various exercises and equipment. Intensity Level: **Beginner to Advanced**

**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. **All Levels**

**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**

**POWER**...come join this class that is designed to focus entirely on Strength of all the muscle groups. Each week will target a different muscle group. Level:Beginner to Advanced

**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 & 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**

**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

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

**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 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**