



**ONEIDA
FAMILY FITNESS**

Oneida Family Fitness Summer 2018 - Group Fitness Schedule

Effective: Monday, July 2nd, 2018 thru Saturday , September 29, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	DROP-IN CHILD CARE HOURS
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 Studio-Dominique</i>	GROUP PT 5:35AM-6:15AM <i>Studio A-Hanna/ Dominique</i>	CARDIO BLAST & STRENGTH 9:15AM-10:00AM <i>Studio A-Cody</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. O.F.F. member must enter through Economic Support entrance to drop off child. Space is based on a First Come First Serve basis.
GENTLE YOGA 10:10AM-11:00AM <i>Studio B-Dominique/ Hanna</i>	CHAIR YOGA 9:15AM-9:45AM <i>Studio B-Hanna/ Dominique</i>	CARDIO SCULPT 9:15AM-10:00AM <i>Studio A-Hanna</i>	STRENGTH 9:15AM-9:45AM <i>Studio A-Hudson</i>	GENTLE YOGA 10:10AM-11:00AM <i>Studio C-Susan</i>	
SPIN 12:00PM-12:30PM <i>Spin Studio-Hudson</i>	ROCK BOTTOM 12:15PM-12:45PM <i>Studio A-Dominique</i>	GENTLE YOGA 10:10AM-11:00AM <i>Studio C-Dominique</i>	OUTDOOR BOOT CAMP 12:00PM-1:00PM <i>Outside-Hanna/ Dominique</i>	CARDIO KICKBOXING 12:15PM-1:00PM <i>Studio A-Hudson</i>	
POWER 12:15PM-1:00PM <i>Studio A-Hanna/ Dominique</i>	FIT FOR KIDS 5:00PM-5:30PM <i>Gym (ages 5-11) Vicente</i>	SPIN 12:00PM-12:45PM <i>Spin Studio-Hudson</i>	FIT FOR KIDS 5:00PM-5:30PM <i>Gym (ages 5-11) Vicente</i>	SPIN 12:00PM-12:30PM <i>Spin Studio-Ryan W</i>	
BOOT CAMP 5:00PM-5:45PM <i>Studio A-Desiree</i>	BOXING BOOT CAMP 5:00 PM-5:45PM <i>Studio A-Hudson</i>	METCON 12:15PM-12:45PM <i>Studio A– Desiree</i>	SPEED & STRENGTH 5:00-5:45PM <i>Studio A-Cody</i>		
		SPIN 5:00PM-5:30PM <i>Spin Studio-Ryan W</i>			
		HATHA YOGA 5:40PM-6:40PM <i>Studio C-Susan</i>			



Saturday's starting on September 8th

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.

**Sign up for
Member
Appreciation golf
outing on Friday
August 24th.
Details at the front
desk.**



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.

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!

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**

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**

FIT FOR KIDS....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.

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. Intensity Level: **Beginner to Advanced**

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**

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**

METCON...Metabolic Conditioning. This class utilizes a combination of strength training exercises and anaerobic conditioning drills. Workouts may be timed (and usually are) with circuits consisting of 4 to 10 exercises performed in multiple rounds, with very little rest. Intensity Level: **Moderate to Advanced**

OUTDOOR BOOTCAMP...This outdoor class will keep you moving and keep your muscles guessing. This is an interval training class consisting of weights mixed with cardiovascular training bursts. Are you ready for the challenge? If there is inclement weather class will be held in Studio A. Intensity Level: **Moderate to Advanced**

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**

SPEED & STRENGTH...This class is designed to incorporate functional movements to improve speed, agility and strength through a variety of functional exercises. Participants will improve their overall fitness ability and self-confidence while also incorporating exercises to increase injury prevention such as strength and flexibility based movements. **Intensity Level: Beginner to Advanced**

SPIN...Intensity Level: **Beginner to Advanced**

STRENGTH... this class will use all pieces of equipment in studio to get you stronger all in 30 minutes. **All Levels**

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