

Oneida Family Fitness Winter 2019 - Group Fitness Schedule

Effective: Wednesday, January 2nd, 2019 -

Saturday, March 30th, 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	DROP-IN CHILD CARE HOURS
CARDIO SCULPT 9:15AM-10:00AM <i>Studio A-Vicente</i>	TRX BOOTCAMP 5:45AM-6:15AM <i>Gym-Hanna/Dominique</i>	SPIN 5:45AM-6:15AM <i>Spin Room-Dominique</i>	GROUP PT 5:45AM-6:15AM <i>Studio A- Hanna/ Hudson</i>	SPIN MIX 5:45AM-6:15AM <i>Spin Studio-Rotation</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 10:15AM-11:00AM <i>Studio B-Hanna</i>	CHAIR YOGA 9:15AM-9:45AM <i>Studio B-Hanna</i>	LIVELY LOW IMPACT 9:15AM-10:00AM <i>Studio A-Ryan E</i>	STRENGTH 9:15AM-9:45AM <i>Studio A-Hudson</i>	YOGA 9:15AM-10:00AM <i>Studio B-Rotation</i>	
SPIN & STRENGTH 12:00PM-12:45PM <i>Spin Room- Rotation</i>	ZUMBA GOLD Month of January 12:15PM-1:00PM <i>Studio B-Edi</i>	GENTLE YOGA 10:15AM-11:00AM <i>Studio B-Dominique</i>	SPIN 12:00PM-12:15PM <i>Spin Room-Hudson</i>	CARDIO BLAST/ STRENGTH 10:15AM-10:45AM <i>Studio A-Rotation</i>	SATURDAY Class will be posted each week on dry erase board by Service Desk with name of instructor. Class will be from 8:15am-9:15am in whichever studio listed.
METCON 12:15PM-12:45PM <i>Studio A-Desiree</i>	ROCK BOTTOM 12:15PM-12:45PM <i>Studio A: Dominique</i>	SPIN & STRENGTH 12:00PM-12:45PM <i>Spin Room-Hudson</i>	POWER 12:15PM-12:45PM <i>Studio A-Dominique</i>	SPIN 12:00PM-12:30PM <i>Spin Room-Ryan W</i>	
BOOT CAMP 5:00PM-5:30PM <i>Studio A-Desiree</i>	CARDIO KICKBOXING 5:00 PM-5:30PM <i>Studio A-Hudson</i>	METCON 12:15PM-12:45PM <i>Studio A-Desiree</i>	CARDIO SCULPT 5:00PM-5:30PM <i>Studio A-Desiree</i>	CARDIO KICKBOXING 12:15PM-12:45PM <i>Studio A-Hudson</i>	
YOGA 5:45PM-6:30PM <i>Studio B-Dominique</i>	SPIN 5:35PM-6:05PM <i>Spin Studio-Vicente</i>	THE FINISHER 5:00PM-5:30PM <i>Studio B/Weight Rooms Ryan W</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.

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!

**Weight Wars
1/7-3/30**

Battle to be the next
WEIGHT WARS WINNER!

Cost is \$10 to join

The initial weigh-in week is Jan. 7-12
All initial weigh-ins & registration payments must be completed during this week to be eligible to win.

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 30 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.

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**

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 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!: Intensity Level: **Moderate 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...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: Intensity Level **Beginner to Moderate**

THE FINISHER...Join Ryan Waterstreet for this dynamic workout that will encompass all aspects of fitness. Each week the workout changes to help you improve your strength and cardio as we work toward our fitness goals. Intensity Level: **Moderate 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... 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 GOLD...Zumba Gold is the outrageous crazy-fun workout that feels like a party!!!!It burns calories and shapes the body like nothing else! Millions of people are benefiting from the phenomenon. They are becoming fitter, slimmer, and happier! Intensity Level: **All Levels**. ***Only for month of January***