

# Oneida Family Fitness Winter 2020 - Group Fitness Schedule

Effective: Monday, December 30th, 2019 -

Saturday, March 28th, 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LIVELY LOW IMPACT</b> 9:15AM-10:00AM <i>Studio A: Ryan E</i>	<b>CHAIR YOGA</b> 9:15AM-9:45AM <i>Studio B: Dominique</i>	<b>SPIN</b> 5:35AM-6:05AM <i>Spin Studio: Desiree</i>	<b>GROUP PT</b> 5:35AM-6:20AM <i>Studio A: Hanna/ Dominique</i>	<b>YOGA</b> 9:15AM-10:00AM <i>Studio B: Rotation</i>	Class will be posted each week on dry erase board by Service Desk with name of instructor. Class will start at 8:15am (45-60 mins in length) in whichever studio listed. <i>Hatha Yoga from 10:00-11:00am in Studio B with Susan</i>
<b>GENTLE YOGA</b> 10:15AM-11:00AM <i>Studio B: Hanna</i>	<b>CARDIO COMBAT*/ POWER</b> 12:15PM-1:00PM <i>Studio A: Kelly</i>	<b>CARDIO SCULPT</b> 9:15AM-10:00AM <i>Studio A: Anna</i>	<b>ROCK BOTTOM</b> 12:15PM-12:45PM <i>Studio A: Rotation</i>	<b>LINE DANCING</b> 10:05AM-11:00AM <i>Studio A: Orrie/Nicole</i>	
<b>SPIN</b> 12:00PM-12:30PM <i>Spin Studio: Rotation</i>	<b>CARDIO KICKBOXING</b> 5:00 PM-5:30PM <i>Studio A: Vicente</i>	<b>GENTLE YOGA</b> 10:15AM-11:00AM <i>Studio B: Dominique</i>	<b>SPIN</b> 5:00 PM-5:30PM <i>Spin Studio: Vicente/ Desiree</i>	<b>CARDIO KICKBOXING</b> 12:15PM-12:45PM <i>Studio A: Hudson</i>	<b>DROP-IN CHILD CARE HOURS</b>  <u>Monday-Friday:</u> 8:00am-12:00pm 1:00pm-4:30pm * <b>free</b> 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.
<b>METCON</b> 12:15PM-12:45PM <i>Studio A: Desiree</i>	<b>SPIN</b> 5:35PM-6:05PM <i>Spin Studio: Hanna</i>	<b>SPIN</b> 12:00PM-12:45PM <i>Spin Studio: Hudson</i>		<b>SPIN</b> 12:00PM-12:30PM <i>Spin Studio: Ryan W</i>	
		<b>HATHA YOGA</b> 5:00PM-6:00PM <i>Studio B: Susan</i>			

\* Cardio Combat begins Jan. 7th, 2020. Power will be held on 12/31/19.

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.



## WEIGHT WARS

Initial Weigh-Ins **JAN 6-11**

Final Weigh-Ins **MAR 23-28**

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!

**CARDIO COMBAT...**A high intensity mix of non-contact kickboxing and cardiovascular exercises to challenge your fitness. Jab, cross, and kick your way to a high calorie burn in this class designed to improve endurance, coordination, and agility. Intensity level: **Beginner 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**

**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 Moderate**

**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**

**LINE DANCE....** Simple NON-IMPACT dance steps choreographed to country music. Dance experience is not required. A fun way to get aerobic exercise. Great for all ages 12 and up Level: **Beginner to Advanced**

**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**

**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**

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

**STRENGTH & CONDITIONING...**will use all types of strength equipment along with ramping up your cardio. **All Levels**

**STRENGTH & CORE ...** this class will use various pieces of equipment to test your fitness levels with a core strengthening work as well. **All 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**