

Join us Wednesday, May 17th!

National Employee HEALTH AND FITNESS DAY

Oneida Nation encourages all employees to participate in 30 minutes of mental, physical, or spiritual activity.

Oneida Family Fitness

Wednesday, May 17th, 2023

SCHEDULE OF EVENTS

- 6AM- SPIN
- 9AM-YOGA
- 12PM-SPIN (registration required)
- 1:15-1:45-Walk at Ka^nikuhli•yo Family Center
- 5PM-GROUP PT (registration required)

HOW TO REPORT ACTIVITY MINUTES FOR RAFFLE ENTRY

- Post a picture to OFF Facebook Page
- EMAIL: familyfitness@oneidanation.org
- Call: 920-490-3730

REPORT ACTIVITY BY: FRI-5/19/23

BIKE RAFFLE!



Prize Drawing

All employees who participate in 30 minutes of activity will receive 1 entry to win a bicycle from Stadium Bike.

Facility Hours: Monday-Friday 6am to 6pm and Saturdays 8am-Noon (thru 5/20/23)

Questions? Call: (920) 490-3730