

ONEIDA FAMILY FITNESS

Class Schedule : OCT 2ND –DEC. 30TH, 2023

Facility Hours

Mon-Thurs 6am-7pm

Friday 6am-6pm

Saturday 7am-1pm

Monday	Tuesday	Wednesday	Thursday	Friday
		6AM SPIN MIX <i>Spin Room (20 max)</i>	6AM 5 ROUND FITNESS <i>Group Training Studio (20 max)</i>	6AM SPIN <i>Spin Room (20 max)</i>
	9 AM LOW IMPACT + STRENGTH <i>Studio A (20 max)</i>			9AM YOGA YOGA STUDIO <i>(20 max)</i>
				9 AM FIT FOR LIFE CIRCUIT STUDIO A
NOON SPIN <i>Spin Room (20 max)</i>	NOON ROCK BOTTOM <i>Group Training Studio (20 max)</i>	NOON SPIN <i>Spin Room (20 max)</i>	NOON GROUP PT <i>Weight Room/ Cardio Room (20 max)</i>	NOON FINISHER <i>Group Training Studio (20 max)</i>
5 PM YOGA YOGA STUDIO <i>(20 max)</i>		5PM GROUP PT <i>Weight Room/ Cardio Room (20 max)</i>		

****MUST BE REGISTERED TO ATTEND GROUP FITNESS CLASSES.****



www.oneida-nsn.gov/resources/fitness OR Call 920-490-3730

***3 No Call/No Shows per month will result in revocation of future class attendance.**

**Classes that average 3 participants or less for 4 consecutive weeks will be cancelled. **

Spin + Strength: 30 minute spin workout followed by 15-20 minutes of upper and lower body strength. All levels.

5 Round Fitness: Each 5 minute round focuses on 1 muscle group, followed by a short, intense burst of cardio. Moderate to Advanced.

Low Impact + Strength: Low impact cardio aerobics, followed by a beginner strength workout. Beginner.

Rock Bottom: Get ready to build and burnout those leg muscles. Class focus is on lower body exercises only. Advanced.

Spin Mix: 10-15 minute bouts of spin mixed with 5-10 minutes of strength, bodyweight, and core exercises to keep your body guessing and utilizing all muscles groups. All levels.

Boxing Bootcamp: Hit the bags and get your heart pumping in this cardio focused workout + Bootcamp to fire up all muscle groups. All levels.

Spin: Utilize spin bikes for a low impact workout to build stamina. All levels.

Spin and Core: 30+ minutes spin class followed by circuit style core workout. All levels.

Finisher: Interval based class consisting of 5 minute bouts of strength exercises followed by cardio intervals for a total body workout. Moderate to Advanced.

Yoga: Use breath work and yoga asanas to build mind/body connection, strength and flexibility in your yoga practice. All levels.

Group PT: This class focuses on building strength by utilizing our weight rooms free weights, cable machines, and plate-loaded equipment. Proper form, weight selection, and technique are taught in this class.

Fit for Life Circuit: Low to moderate intensity using mainly beginner friendly machines and low-impact body weight exercises. (Starts in Studio A)