

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 <i>YOGA STUDIO (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. **