

# ONEIDA FAMILY FITNESS

Class Schedule : DEC 4TH –DEC. 29TH, 2023

Facility Hours

Mon-Thurs 6am-7pm

Friday 6am-6pm

Saturday 7am-1pm

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>6AM SPIN MIX</b>  <i>Spin Room &amp; "Fit Pit" (20 max)</i>		
	<b>9 AM LOW IMPACT + STRENGTH</b>  <i>Studio A (20 max)</i>			<b>9 AM FIT FOR LIFE CIRCUIT</b>  <i>Studio A (20 max)</i>
<b>NOON BOXING BOOTCAMP</b>  <i>Spin Room &amp; "Fit Pit" (20 max)</i>	<b>NOON ROCK BOTTOM</b>  <i>"Fit Pit" (20 max)</i>	<b>NOON SPIN</b>  <i>Spin Room (20 max)</i>	<b>NOON FINISHER</b>  <i>"Fit Pit" (20 max)</i>	<b>NOON SPIN</b>  <i>Spin Room (20 max)</i>
<b>5PM GROUP PT</b>  <i>Group Training Studio (20 max)</i>		<b>5PM SPIN</b>  <i>Spin Room (20 max)</i>		

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



[www.oneida-nsn.gov/resources/fitness](http://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. \*\***

## CLASS DESCRIPTIONS

**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.*

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

**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)*