

BEGINNER TAE KWON DO



Beginner Tae Kwon Do not only introduces students to the Korean Martial Arts of blocks, kicks, & punches, it also teaches focus, life skills, leadership skills & discipline.

Cost: \$20.00

**CLASS AVAILABLE FOR
ALL AGES 6 & UP**

NEW 6-WEEK SESSION HELD ON THURSDAY'S:

January 4, 2024 — February 8, 2024

(5:00 PM - 5:45 PM)

at Oneida Family Fitness

Registration Required. Limited spots available

Programming available to Oneida Enrolled & Descendants and Oneida Employees

**CONTACT
(920) 490-3730
FOR QUESTIONS**



ONEIDA FAMILY FITNESS

Class Schedule : JAN 2 –MAR 29, 2024

Facility Hours

Mon-Thurs 6am-7pm

Friday 6am-6pm

Saturday 7am-1pm

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| 6AM SPIN (30 min) <i>Spin Room (20 max)</i> | | | 6AM SPIN MIX (30 min) <i>Spin Room & "Fit Pit" (20 max)</i> | |
| | 9 AM LOW IMPACT + STRENGTH (30 MIN) <i>Studio A (20 max)</i> | | | 9 AM FIT FOR LIFE CIRCUIT (30 MIN) <i>Studio A (20 max)</i> |
| NOON BOXING BOOTCAMP <i>Spin Room & "Fit Pit" (20 max)</i> | NOON ROCK BOTTOM <i>"Fit Pit" (20 max)</i> | NOON SPIN <i>Spin Room (20 max)</i> | NOON FINISHER <i>"Fit Pit" (20 max)</i> | NOON SPIN <i>Spin Room (20 max)</i> |
| 5PM GROUP PT <i>Group Training Studio (20 max)</i> | | 5PM BOOTCAMP <i>"The Fit Pit" (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. **

CLASS DESCRIPTIONS

BOOTCAMP: Your boot camp drill sergeant will keep you moving and keep your muscles guessing. This class will use the track, weights, and at times weather permitting be outdoors. Are you ready for the challenge?

Intensity Level: ***Moderate to Advanced***

BOXING BOOTCAMP: Hit the bags and get your heart pumping in this cardio focused workout + Bootcamp to fire up all muscle groups. Intensity Level: ***Moderate to Advanced***

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

FIT FOR LIFE CIRCUIT: Low to moderate intensity using mainly beginner friendly machines and low-impact body weight exercises. Intensity Level: ***Beginner to Moderate***

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. Intensity Level: ***All Levels***

LOW IMPACT + STRENGTH: Low impact cardio aerobics, followed by a beginner strength workout. Intensity Level: ***Beginner to Moderate***

ROCK BOTTOM: Get ready to build and burnout those leg muscles. Class focus is on a variety of lower body exercises only. Intensity Level: ***Moderate to Advanced***

SPIN: Riders will be led through an effective cardiovascular workout while listening to up-beat music to keep you going. Intensity Level: ***All Levels***

SPIN MIX: 10-15 minute bouts of spin mixed with 15-20 minutes of strength, bodyweight, and core exercises to keep your body guessing and utilizing all muscles groups. Intensity Level: ***All levels***

ONEIDA FAMILY FITNESS NEW YEARS CHALLENGE

JANUARY 1 – 31

WIN BEATS BLUETOOTH EARBUDS

1 ENTRY

Work out with us **New Years Day**
Open 8a.m. – Noon

1 ENTRY
PER WEEK

3 check-ins in the week
(1 check-in per day)
1 Entry / per week achieved

5 ENTRIES

Sign-up for **Weight Wars** Challenge

5 ENTRIES

Complete a **Fitness Assessment**
*Appointment required

10 ENTRIES

Purchase **Personal Training** Session(s)

10 ENTRIES

Refer a *NEW Member
*must be a new member;
can be new or an old member rejoining

1 WINNER WILL BE CHOSEN FROM ALL RAFFLE ENTRIES

JOIN ONEIDA FAMILY FITNESS WEIGHT WARS

JANUARY 8 – MARCH 30, 2024

COST: \$10



LET THE BATTLE BEGIN...

*** 6 WINNERS ***

Top 3 Males & Females with the Highest Percent Weight Loss WINS!

**Must complete INITIAL Weigh-In &
FINAL Weigh-In to be eligible**

**INITIAL Weigh-In
January 8 – 13**

**FINAL Weigh-In
March 25 – 30**

PRIZES

- 1ST PLACE: CASH PRIZE
(100% pay out for top Male/Female)
- 2ND PLACE: Fitbit Charge 5
- 3RD PLACE: Fleece Weighted Blanket

WEEKLY BONUS BATTLES

- CHECK-IN minimum of 3X week to be entered into Weekly Prize Drawings
 - * 30 min minimum activity
 - * 1 check-in allowed per day