

*Join us Wednesday, May 15th!*

# NATIONAL EMPLOYEE HEALTH AND FITNESS DAY

## SCHEDULE OF EVENTS!

**SPIN MIX – 6:00AM**

**WALK AT OCHC – 11:00AM**

(MEET AT DOOR #8)

**SPIN W/ HUDSON – 12 NOON**

**BIKE RIDE AT O.F.F. – 12 NOON**

(MEET AT JUICE BAR)

**BOOTCAMP – 5:00PM**

## PRIZE DRAWINGS!

**EMPLOYEE'S THAT WORK OUT FOR  
30 MINUTES WILL BE ENTERED IN  
TO WIN A PRIZE. PRIZES INCLUDE:**

Massage Roller

BruMate Shaker Bottle

Cooling Towels

Mircrofiber Workout Towels



## JM10 WALK EVENT

**4-6PM AT TURTLE SCHOOL**

**BIKING W/ EXPERIENTIAL**

## TO REPORT ACTIVITY

**(By Friday, May 17th)**

Post a picture to O.F.F. Facebook page

Email: [familyfitness@oneidanation.org](mailto:familyfitness@oneidanation.org)

Call: (920) 490-3730

**Oneida Nation employees are encouraged to participate in 30 minutes of mental, physical, or spiritual activity**