

# ONEIDA FAMILY FITNESS

Class Schedule : September 30th–December 28th 2024

Facility Hours

Mon-Thurs 6am-7pm

Friday 6am-6pm

Saturday 8 am-1:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>6AM SPIN MIX (30 MIN)</b>  <i>Spin Room &amp; "Fit Pit" (20 max)</i>		<b>6AM CLASS ROTATION (30 min)</b>  <i>Rotation (20 max)</i>
	<b>9 AM LOW IMPACT + STRENGTH (30 MIN)</b>  <i>Studio A (20 max)</i>			<b>9 AM FIT FOR LIFE CIRCUIT (30 MIN)</b>  <i>Studio A (20 max)</i>
<b>NOON SPIN MIX</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 (25 max)</i>	<b>NOON GROUP PT</b>  <i>Spin Room &amp; Weight Rooms (20 max)</i>	<b>NOON FINISHER</b>  <i>"Fit Pit" (20 max)</i>
<b>5PM GROUP PT</b>  <i>Group Training Studio (20 max)</i>	<b>5PM YOGA</b>  <i>Yoga Studio (20 max)</i>	<b>5PM BOOTCAMP</b>  <i>"Fit Pit" (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

**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***

**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***

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