

ONEIDA FAMILY FITNESS

Class Schedule : December 30th—March 29th 2025

Facility Hours

Mon-Thurs 6am-7pm

Friday 6am-6pm

Saturday 8 am-1:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
		6AM SPIN MIX (30 MIN) <i>Spin Room & "Fit Pit" (20 max)</i>		6AM CLASS ROTATION (30 min) <i>Rotation (20 max)</i>
9 AM LOW IMPACT + STRENGTH (30 MIN) <i>Studio A (12 max)</i>		10AM FIT FOR LIFE CIRCUIT (30MIN) <i>Studio A (12 max)</i>		9 AM FIT FOR LIFE CIRCUIT (30 MIN) <i>Studio A (12 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 (25 max)</i>	NOON GROUP PT <i>Spin Room & Weight Rooms (20 max)</i>	NOON FINISHER <i>"Fit Pit" (20 max)</i>
5PM GROUP PT <i>Spin Room & Weight Rooms (20 max)</i>	5PM YOGA <i>Yoga Studio or Studio A (20 max)</i>	5PM GROUP PT <i>Spin Room & Weight Rooms (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

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***

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