

# ONEIDA FAMILY FITNESS

Class Schedule : March 31st-June 27th 2025

Facility Hours

Mon-Thurs 6am-7pm

Friday 6am-6pm

Saturday 8 am-1:30pm (Until May 17th)

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>6AM SPIN MIX (30-45 MIN)</b>  <i>Spin Room &amp; "Fit Pit" (20 max)</i>	<b>6AM FULL BODY STRENGTH (30-45 MIN)</b>  <i>"Fit Pit" (20 max)</i>	<b>6AM CLASS ROTATION (30-45 min)</b>  <i>Rotation (20 max)</i>
<b>9 AM LIVELY LOW (30 MIN)</b>  <i>Studio A (12 max)</i>		<b>10AM MORNING STRENGTH (30MIN)</b>  <i>Studio A (12 max)</i>		<b>9 AM FIT FOR LIFE CIRCUIT (30-45 MIN)</b>  <i>Studio A (12 max)</i>
<b>NOON BOXING BOOTCAMP (45-60 MIN)</b>  <i>Spin Room &amp; "Fit Pit" (20 max)</i>	<b>NOON ROCK BOTTOM (45-60 MIN)</b>  <i>"Fit Pit" (20 max)</i>	<b>NOON SPIN (45-60 MIN)</b>  <i>Spin Room (25 max)</i>	<b>NOON GROUP PT (45-60 MIN)</b>  <i>Spin Room &amp; Weight Rooms (20 max)</i>	<b>NOON FINISHER (45-60 MIN)</b>  <i>"Fit Pit" (20 max)</i>
<b>5PM GROUP PT (45-60 MIN)</b>  <i>Spin Room &amp; Weight Rooms (20 max)</i>	<b>5PM YOGA (30-45 MIN)</b> <i>Yoga Studio or Studio A (20 max)</i>  <b>5PM BELLIN WALK</b> <i>Meet at Front Desk</i>	<b>5PM GROUP PT (45-60 MIN)</b>  <i>Spin Room &amp; Weight Rooms (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

**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 various strength exercises followed by cardio intervals for a total body workout. Intensity Level: *Moderate to Advanced*

**FULL BODY STRENGTH:** Get an early morning workout in with this strength based class using mainly the barbell. This class works all muscles of the body. *All levels.*

**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*

**LIVELY LOW:** 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.*

**MORNING STRENGTH:** Low-impact strength class that focuses on building full-body strength through controlled movements with minimal joint stress. Expect exercises like modified squats, seated rows, and isometric holds using body-weight and light resistance bands. *All levels.*