

Join us Wednesday, May 21st!

NATIONAL EMPLOYEE HEALTH AND FITNESS DAY

COME WORK OUT WITH US!

SCHEDULE OF EVENTS:

6AM SPIN MIX

10AM MORNING STRENGTH

11AM WALK @ OCHC

12PM SPIN

4-6PM JMIO @ ONEIDA NATION ELEMENTARY

5PM GROUP PERSONAL TRAINING

Must Preregister for Spin , Morning Strength, & Group P.T. on the O.F.F. Website or Facebook Page

OCHC walk meets behind Health Center (Door #8)

PRIZE DRAWINGS!

ALL EMPLOYEES WHO PARTICIPATE IN 30 MINUTES OF ACTIVITY WILL BE ENTERED INTO OUR DRAWING TO WIN ONE OF OUR VARIOUS PRIZES :

Exercise Bands, Workout Journal, or Muscle Roller

How to report activity (By Friday, May 23th):

- Post a picture to O.F.F. Facebook page
- Email: familyfitness@oneidanation.org
- Call: (920) 490-3730



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

Facility Hours: Monday-Thursday 6 am - 7pm, Friday 6 am - 6pm, & Saturday 8 am - 1:30 pm (through May 17th)

Questions? Call: (920) 490-3730