

ONEIDA FAMILY FITNESS

Class Schedule

SEPTEMBER 29, 2025—JANUARY 3, 2026

Facility Hours

Mon-Thurs 6am-7pm

Friday 6am-6pm

Saturday 7am—NOON

Monday	Tuesday	Wednesday	Thursday	Friday
	6AM GROUP PT (45-60 MIN) <i>Spin Room & Weight Rooms (20 max)</i>	6AM SPIN MIX (30-45 MIN) <i>Spin Room & "Fit Pit" (20 max)</i>		
9 AM LIVELY LOW (30 MIN) <i>Studio A (12 max)</i>		9AM MORNING STRENGTH (30MIN) <i>Studio A (12 max)</i>		9 AM FIT FOR LIFE CIRCUIT (30-45 MIN) <i>Studio A (12 max)</i>
NOON SPIN (45-60 MIN) <i>Spin Room (25 max)</i>	NOON ROCK BOTTOM (45-60 MIN) <i>"Fit Pit" (20 max)</i>	NOON CARDIO BOX (45-60 MIN) <i>Spin Room & "Fit Pit" (20 max)</i>	NOON CARDIO CORE (30-45 MIN) <i>Cardio Room and Studio A (20 max)</i>	NOON FINISHER (45-60 MIN) <i>"Fit Pit" (20 max)</i>
NOON UPPER BODY & CORE (30-45 MIN) <i>"Fit Pit" (20 max)</i>				
5PM GROUP PT (45-60 MIN) <i>Spin Room & Weight Rooms (20 max)</i>	5PM YOGA (30-45 MIN) <i>Yoga Studio (12 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.**

CLASS DESCRIPTIONS

CARDIO BOX: 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***

CARDIO CORE: This class combines cardiovascular exercises with core strengthening, often using bodyweight, equipment, or a combination of both ***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 bodyweight and light resistance bands. ***All levels***

UPPER BODY & CORE: This class focuses on strengthening the muscles of the shoulders, chest, back, arms, and core using various exercises, including a combination of weights and bodyweight movements. ***Moderate to Advanced***