

# ONEIDA FAMILY FITNESS

## Group Fitness Class Schedule

MARCH 30TH—JUNE 26TH

### Facility Hours

Mon-Thurs 6am-7pm

Friday 6am-6pm

Saturday 7am—NOON (LAST SATURDAY: MAY16TH)

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

## CLASS DESCRIPTIONS

**CARDIO BOX:** Hit the bags and get your heart pumping in this cardio focused workout + Bootcamp to fire up all muscle groups. *Moderate to Advanced*

**CORE:** This class focuses on core strengthening, using bodyweight, equipment, or a combination of both. Modifications available for all exercises. *Moderate to Advanced* (Class is held in the Fit Pit and will transition to Yoga at 12:30)

**FINISHER:** Interval based class consisting of various strength exercises followed by cardio intervals for a total body workout. *Moderate to Advanced*

**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. *All Levels*

**LIVELY LOW:** Low impact cardio aerobics, followed by a beginner strength workout. *Beginner to Moderate*

**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*

**ROCK BOTTOM:** Get ready to build and burnout those leg muscles. Class focus is on a variety of lower body exercises only. *Moderate to Advanced*

**SPIN:** Riders will be led through an effective cardiovascular workout while listening to up-beat music to keep you going. *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. *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*

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