

JOIN US WEDNESDAY, MAY 20, 2026!

NATIONAL EMPLOYEE HEALTH & FITNESS DAY



JOIN US FOR A WORKOUT!

SCHEDULE OF EVENTS:

9 AM MORNING STRENGTH**

11 AM INTRO TO TAI CHI CLASS

12 PM CARDIO BOX**

12 PM BIKE RIDE W/ SUE*

*Must preregister for Bike Ride. Email Adventures_Dept@oneidanation.org or call (920) 490-3818.

4-6 PM JMIO GET MOVING MAY

@ ONEIDA NATION ELEMENTARY

**Must preregister for Morning Strength, & Cardio Box Classes on O.F.F. Website, Facebook Page, or call (920) 490-3730.

PRIZE DRAWINGS!

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

- Owala Water Bottle
- Headphones
- Garmin Fitness Watch
- Walking Pad
- Bluetooth Speaker
- Digital BMI Scale
- Juice Bar Shake & 1/2-Hr Chair Massage
- O.F.F. Water Bottle

How to report activity (By Tuesday, May 26th)

- Post a picture to O.F.F. Facebook page
- Email: familyfitness@oneidanation.org
- Call: (920) 490-3730
- Or fill out raffle ticket at O.F.F. Front Desk



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

Facility Hours: Monday-Thursday 6 am - 7 pm, Friday 6 am - 6 pm, & Saturday 7 am 12:00 pm (through May 16th)
Questions? Call O.F.F. Front Desk (920) 490-3730

