

# ONEIDA FAMILY FITNESS

## Group Fitness Class Schedule

OCTOBER 5TH-JANUARY 1ST

### Facility Hours

Mon-Thurs 6am-7pm    Friday 6am-6pm  
Saturday 7am-Noon

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

**CARDIO SCULPT:** A LOW IMPACT, non stop class that will challenge you with cardio, strength training , balance and core. ***Beginner to Moderate***

**CORE:** This class focuses on core strengthening, using bodyweight, equipment, or a combination of both. Modifications available for all exercises. ***Moderate to Advanced***

**5 ROUNDS:** A high intensity class which is interval based focusing on total body strength and endurance. ***Moderate to Advanced***

**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***