



Employee Group Exercise Classes

Bring a Buddy Promo

Invite a co-worker for a chance to win!

The City of Oshkosh, Winnebago County and Oshkosh Area School District employee wellness committees are offering a special incentive NOW through the end of Session 1.

Employees currently participating in group exercise classes can earn 2 entries into a raffle drawing for each new co-worker they bring to the FREE group exercise classes.



New participants attending a group exercise class for the first time earn 1 entry into the drawing.

Session 1 continues through Thursday, March 23

	Class Format	Time	Location	Level/Ability	"Sweat" Factor
Mondays	Pilates	4:15-5:00p	Oaklawn Elementary		Low
Mondays	BootCamp	5:15-6:00p	Oaklawn Elementary	Intermediate	High
Tuesdays	Pilates/Stretch	12:10-12:55p	Oshkosh Rec. Gym*	Beginner	Very Low
Wednesdays	BootCamp	4:15-5:00p	Oaklawn Elementary	Intermediate	High
Wednesdays	Pilates	5:15-6:00p	Oaklawn Elementary		Low
Thursdays	Yoga	12:10-12:55p	County Admin Bldg.	Beginner	Very Low

Want a buddy to try out a class with? Email [Laurie! Ilaatsch@ci.oshkosh.wi.us](mailto:Laurie.Ilaatsch@ci.oshkosh.wi.us)

Additional Details: There will be 3 separate raffle drawings- one for City, one for County, and one for OASD participants. Only employees are eligible to win. Raffles will also be separated by the Monday/Wednesday Ufit classes and the Tuesday/Thursday YMCA classes. Winners will be drawn from each raffle on or after the last day of the session (March 23). Current participants earn 2 raffle entries for each unique individual that attends any class, regardless of how many s/he attends in Session I. New participants (anyone who hasn't attended a class in 2017) can also earn 2 raffle entries if s/he brings a new participant to class if s/he attends a second class in Session I.

Participants should bring their own mat (all classes) and weights (boot camp). Some hand weights and exer-tubes are available at Oaklawn.

New participants will be required to sign a waiver and release, par-q and registration form before participating.

*The Tuesday, March 7 class will be held at the County Administration Building due to schedule conflict with OASD.

