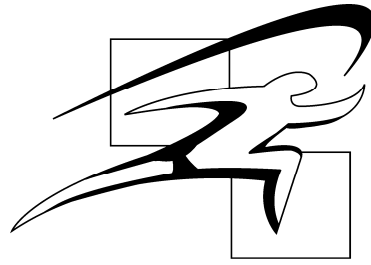


# Interested in Becoming a Group Exercise Instructor



Cooper/ Glimmerglass Fitness Centers offer a **free 8 week** training course on how to teach many types of group exercise classes.

- Fun class taught by experienced group exercise instructors
- Time commitment of only 2 hours a week
- Successful completion of class leads to employment opportunities at Fitness Centers
- Great Resume Builder
- Opportunity for national certification and employment at other fitness centers
- The class is free and is open to all students, faculty and staff.



**Informational Meeting**  
**Sunday, February 5 at 2:00 pm in the**  
**Funnelle Main Lounge**

If you have any questions or cannot make the meeting please contact Brian at 312-3963 or e-mail [fitness@oswego.edu](mailto:fitness@oswego.edu).