

Group Exercise Schedule

Fall Semester 2022



Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Zumba 12:15 – 1:00 pm Jenny Cooper	Dumbbell for Dummies 9:30 – 10:30 am Christina Glimmerglass	Arms & Abs 9:30 – 10:30 am Christina Cooper	Dumbbell for Dummies 9:30 – 10:30am Christina Glimmerglass	Undo & Renew Yoga 4:00 – 5:00 pm Joe Cooper	
Cycling 5:00 – 5:45 pm Claire Cooper	Yogalates 12:15 – 1:00 pm Sarah Cooper	Cycling 4:00 – 5:00 pm Ashley Glimmerglass	Core & Conditioning 12:15 – 1:00 pm Jenny Cooper		
Kickboxing 7:00 – 7:45 pm Kelly Cooper	Kickboxing 4:00 – 4:45 pm Ashley Cooper	Kickboxing 5:00 – 5:45 pm Kelly Cooper	Kickboxing 5:00– 5:45 pm Ashley Cooper		
Pilates 7:00– 8:00 pm Lizzie Glimmerglass	Pilates 5:00– 6:00 pm Kelly Glimmerglass	Cycling 7:00 – 7:45 pm Claire Cooper	Pound 6:00 – 7:00 pm Lila Lee		
Undo & Renew Yoga 8:00 – 9:00 pm Joe Glimmerglass	Pound 6:00 – 7:00 pm Lila Lee	Pilates 7:00– 8:00 pm Lizzie Glimmerglass	HIIT 7:00 – 7:45 pm Lizzie Glimmerglass		
Zumba 8:00 pm – 9:00 pm Elise Cooper	HIIT 7:00 – 7:45 pm Lizzie Glimmerglass		Zumba 8:00 – 9:00 pm Elise Glimmerglass		
	Yoga 8:00 – 9:00 pm Caroline Glimmerglass		Yoga 8:00 – 9:00 pm Britney Cooper		
	Zumba 8:00 – 9:00 pm Emily Cooper				
	Undo & Renew Yoga 9:00 – 10:00 pm Joe Cooper				

Cancellations may occur; we will make the best effort to avoid this situation and apologize in advance. Notifications are made on Instagram

Follow us on Instagram



@oswegofit

Last updated on 08/31/2022

Class Descriptions

Core & Conditioning: A high-energy experience combining aerobics and toning in one class, the Core & Conditioning class guarantees an all-around workout for all parts of your body. Some of the advantages of Body Conditioning classes are as follows: Improve the tone of your physique and your physical fitness.

Cycling: A high energy class with great music and motivating instructors guiding you through various sprints, climbs, and flats. You'll be sure to burn plenty of calories with this fun and upbeat bike workout. Open to all, regardless of cycling experience. Seats are limited so be sure to arrive early!

Dumbbells for Dummies: A strength and toning class that welcomes all skill levels! Each class will focus on multiple parts of the body and teach participants the foundations for developing strength and muscle tone.

HIIT: High Intensity Interval Training class is a training technique in which you give an all-out effort through quick, intense bursts of exercise followed by short, active recovery periods. Class contains 30 minutes of HIIT training followed by 15 minutes of muscle toning

Kickboxing: This class blends aspects of martial arts with an intense cardio workout and full body exercises to help you work up a sweat and relieve some stress!

Pound: Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

Pilates: This class is designed to isolate those hard to tone muscle groups... your stomach.... Gut...Thighs... Arms! A set of exercises that uses unique equipment to promote physical strength, flexibility, and posture while also increasing mental awareness.

Undo & Renew Yoga: Enjoy a quiet and relaxing yoga class. Gentle poses and breathing exercises will be emphasized to help relieve stress and relax your body. Rejuvenating for the body and mind.

Yoga: All skill levels welcome! Our class styles vary from Vinyasa, Mobility, Restorative, and Renewing Yoga. Yoga instructors will base each class on participants' requests and skill level to ensure a positive time that will relax your body and mind.

Zumba: Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Fitness Center Semester Hours	
Monday – Thursday	7:00 am – 10:00 pm
Friday	7:00 am – 8:00 pm
Saturday & Sunday	9:00 am – 8:00 pm