

Group Exercise Schedule

Spring Semester 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
PILATES FUSION 4:00 - 5:00 PM LIZZIE LEE HALL	POWER YOGA 10:00 - 11:00 AM KATIE GLIMMERGLASS	SLOW FLOW YOGA 10:00 - 11:00 AM JAYDA GLIMMERGLASS	POWER YOGA 10:00 - 11:00 AM KATIE GLIMMERGLASS	SLOW FLOW YOGA 10:00 - 11:00 PM JAYDA GLIMMERGLASS	NO SIT YOGA 6:00 - 7:00 PM SEAN GLIMMERGLASS
	SCULPT & BURN 12:15 - 1:00 PM JENNY COOPER	ZUMBA 12:15 - 1:00 PM JENNY COOPER	NO SIT YOGA 6:00 - 7:00 PM SEAN COOPER	SCULPT & BURN 12:15 - 1:00 PM JENNY COOPER	NOW & ZEN YOGA 7:00 - 8:00 PM ALYSSA COOPER
	NOW & ZEN YOGA 7:00 - 8:00 PM ALYSSA COOPER	PILATES FUSION 7:00 - 8:00 PM LIZZE LEE HALL	UNDO & RENEW YOGA 7:00 - 8:00 PM JOE GLIMMERGLASS	UNDO & RENEW YOGA 7:00 - 8:00 PM JOE GLIMMERGLASS	
	ZUMBA 8:00 - 9:00 PM ELISE COOPER	UNDO & RENEW YOGA 8:00 - 9:00 PM JOE GLIMMERGLASS	PILATES FUSION 8:00 - 9:00 PM LIZZIE COOPER		

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



@oswegofit
@oswegocampusrec



Class Descriptions

Barre: You don't need to be a ballerina to workout at the barre! Our Barre class is a 45-minute, low impact, muscular endurance workout that focuses on high repetitions and small, isometric movements.

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!

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/Guard Up: 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!

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.

Piloxing®: is a fusion cardio workout combining boxing, pilates, and dance. The unique blend of lengthening pilates, strengthening boxing, and dance moves leaves you energized and wanting to come back for more.

Sculpt & Burn: 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.

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. (Gentle Stretch, Power Yoga, Rise 'n Shine Yoga, Now and Zen, No Sit Yoga)

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