

Group Exercise Schedule



Fall Semester 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Cycling 5:00 – 6:00 pm Alaura Cooper	Core & Conditioning 11:30 – 12:15 pm Jenny Cooper	Yogalates 11:30 – 12:15 pm Sarah Cooper	Strong by Zumba 11:30 – 12:15 pm Jenny Cooper	Core & Conditioning 11:30 – 12:15 Alaura Cooper	Yoga 5:00 – 6:00 pm Marcello Cooper
Yoga 5:00 – 6:00 pm Spencer Glimmerglass	Core & Conditioning 5:00 – 6:00 pm Lea S. Cooper	Core & Conditioning 6:15 – 7:00 pm Leah K. Glimmerglass	Cycling 5:00 – 6:00 pm Kristen Glimmerglass	Mindfulness Yoga* 4:00 – 5:00 pm Steve Lee Hall	
Core & Conditioning 7:00 – 8:00 pm Kiana Glimmerglass	Cycling 6:00 – 7:00 pm Leah K. Cooper	Kickbox Conditioning 7:00 – 8:00 pm Emma Cooper	Yoga 6:00 – 7:00 pm Ondrea Glimmerglass	Yoga 5:00 – 6:00 pm Marcello Cooper	
Yoga 8:00 – 9:00 pm Dildar Cooper	Core & Conditioning 6:00 – 7:00 pm Patrick Glimmerglass	Lakeside Yoga* 8:00 – 9:00 pm Ondrea Riggs Hall	BGT 7:00 – 8:00 pm Kiana Cooper	Core & Conditioning 5:00 – 6:00 pm Lea S. Glimmerglass	
Zumba 8:00 – 9:00 pm Emily Glimmerglass	Zumba 7:00 – 8:00 pm Bree Cooper	Zumba 8:00 – 9:00 pm Emily Glimmerglass	Core & Conditioning 7:00 – 8:00 pm Patrick Glimmerglass		
Zumba 9:00 – 10:00 pm Henry Cooper	Cycling 7:00 – 8:00 pm Caitlyn Glimmerglass	Yoga 9:00 – 10:00 pm Spencer Glimmerglass	Yoga 8:00 – 9:00 pm Micky Cooper		
	Kickbox Conditioning 8:00 – 9:00 pm Emma Cooper	Zumba 9:00 – 10:00 pm Henry Cooper	Zumba 9:00 – 10:00 pm Henry Glimmerglass		
	Yoga 8:00 – 9:00 pm Ondrea Glimmerglass				
	Yoga 9:00 – 10:00 pm Dildar Cooper			*Membership not needed to attend these classes	

Cancellations may occur; we will make the best effort to avoid this situation and apologize for the inconvenience in advance.

Follow us on Social Media:



#IAMOSWEGOFIT

Class Descriptions

Core & Conditioning: This class blends our toning classes together into one description of Core & Conditioning! Instructors will take members through a 45 minute or an hour class that hits your core, upper body, lower body, and cardio depending on the day. Core & Conditioning allows for a mix of circuit training and a total body tone.

Indoor 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!

Kickbox Conditioning: 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!

Yoga: All skill levels welcome at any class! Our class styles vary from Vinyasa, Mobility, Restorative, and Renewing Yoga. Yoga instructors will base each class on participant's 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.

BGT: This class is designed to isolate those hard to tone muscle groups ...your butt...your gut...and your thighs! Learn to use different equipment and your own body weight to strengthen and tone your core and lower body

Fitness Center Semester Hours	
Monday – Thursday	7:00 am – 11:00 pm
Friday	7:00 am – 8:00 pm
Saturday	9:00 am – 8:00 pm
Sunday	9:00 am – 9:00 pm