

Group Exercise Schedule



Fall Semester 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Kickboxing 11:30 – 12:15 pm Jenny Cooper	Workout Surprise 11:30 – 12:15 pm Sarah Cooper	Core & Conditioning 11:30 – 12:15 pm Jenny Cooper	Yogalates 11:30 – 12:15 pm Sarah Cooper	Fitness Fun Friday 11:30 – 12:15 pm Jenny Cooper	Hard Core HITT 7:00 – 8:00 pm Patrick Cooper
Pilates 5:00 – 5:45 pm Kelly Cooper	Zumba 7:00 – 8:00 pm Lensa Glimmerglass	Cycling 5:00 – 5:45 pm Jim Cooper	Kickboxing 5:00 – 5:45 pm Kelly Cooper	Core & Conditioning 3:00 – 3:45 pm Brallan Cooper	
Cycling 7:00 – 7:45 pm Jim Cooper	Core & Conditioning 7:00 – 8:00 pm Lea Cooper	Core & Conditioning 5:00 – 5:45 pm Eric Glimmerglass	Full Body Blast 7:00 – 7:45 pm Brallan Cooper	Yoga 4:00 – 5:00 pm Britney Cooper	
Zumba 8:00 pm – 9:00 pm Lensa Cooper	Cycling 8:00 – 8:45 pm Eric Cooper	Zumba 7:00 – 8:00 pm Olivia Cooper	Cycling 7:00 – 7:45 pm Olivia Glimmerglass		
Yoga 8:00 – 9:00 pm Britney Glimmerglass	Pilates 8:00 – 8:45 pm Kelly Glimmerglass	Core & Conditioning 8:00 – 8:45 pm Sonia Glimmerglass	Zumba 8:00 – 9:00 pm Lensa Cooper		
	HIIT 9:00 – 9:45 pm Sonia Cooper	Yoga 8:00 – 9:00 pm Britney Cooper	Yoga 8:00 – 9:00 pm Caroline Glimmerglass		

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

Follow us on Instagram (@oswegofit)



#IAMOSWEGOFIT

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

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!

Full Body Blast: Body Blast is a high-intensity, high-motivation cardio workout! This high-intensity interval training class uses a variety of exercise equipment to blast your body into shape quickly by incorporating challenging cardio intervals, weight training, and intensive core work.

Hard Core HIIT: Short, intense, unsustainable bursts of physical activity are linked with brief rest intervals in high intensity interval training, or HIIT. This type of intense training is designed to be a more advanced HIIT class.

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.

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!

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.

Workout Surprise/Fitness Friday: Instructor's choice class!!!

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.