

Cooper will be open!

and free* for all faculty staff and students during Winter Break.

Dec. 16 - 20 M-F 9 a.m. - 7 p.m.

Dec. 21 - Jan. 1 CLOSED

Jan. 2 - Jan. 25 M-F 9 a.m. - 7 p.m.

Sat. & Sun. 11 a.m. - 3 p.m.

Jan. 26 CLOSED (staff training)

Jan. 27 - Feb. 3 resume semester hours
(last FREE week)

*Memberships
can be purchased
online or at
Cooper Fitness
Center!*

**Cooper &
Glimmerglass**
fitness centers

6 Free Weeks of Fitness!

Group Exercise

CLASS SCHEDULE

11:30 a.m. - 12:15 p.m.

Monday Core & Conditioning

Tuesday Strong by Zumba

Wednesday *Yoga

Thursday Core & Conditioning

Classes will begin on December 16, 2019.

*Yoga class will start January 8, 2020.

All skill levels are welcome!

*Due to instructor availability,
schedule is subject to change.*

Call 315-312-2431.

*Our Holiday
Gift to YOU!*

Personal Trainers

Personal Trainers are available for instruction upon request with specific exercises, proper form and successful program design. Sign-ups are at the front desk.

I wish you all a safe, happy, and healthy holiday season. Daily exercise can make a significant impact in your energy levels, happiness, and above all, your health! Give yourself an important holiday gift this season...time for YOU!

Best wishes and Happy New Year.

Brian Wallace

Fitness Centers Manager (brian.wallace@oswego.edu)

**Dependents/Spouses may purchase a \$20 membership fee to use facilities.*