

Cooper Glimmerglass Fitness Centers Presents a

Group Exercise Marathon

Saturday March 4th in Cooper Fitness Center

Schedule

12:00 - 12:40 - Bunz n' Gunz

12:45 - 1:25 - Beach Body

1:30 - 2:00 - Ultimate Abs

2:05 - 2:50 - Zumba

2:55 - 3:30 - Kick Bootcamp

3:35 - 4:15 - Mercy

4:20 - 5:00 - Yoga



- Come spend some of your Saturday exercising at the Fitness Center
- FREE FOOD and DRINK
- PRIZES will be raffled off including a yoga mat foam roller and gift cards
- Open to the entire campus community, **no membership required!!!**
- Oswego ID Required

*Note - Cooper Fitness Center will be closed for the duration of this event

Cooper &
Glimmerglass
fitness centers