

Become a Group Exercise or Yoga Instructor

The Fitness Centers offer a **free 8 week** training course on how to teach many types of group exercise classes.

- Fun class taught by experienced group exercise instructors
- Time commitment of 2 hours a week
- Successful completion of class potentially leads to employment opportunities at the Fitness Center
- Great resume builder
- Opportunity for national certification and employment at other fitness centers
- The class is free and is open to all students, faculty and staff.



Informational Meeting

Sunday, February 4th at 2:00 pm in Marano Campus
Center 142



If you have any questions or cannot make the meeting e-mail fitness@oswego.edu.