



# GROUP EXERCISE MARATHON

# 3.7.20

**IN COOPER FITNESS CENTER**

*(Cooper Fitness Center will be closed for the duration of this event)*

## Schedule

- 12:00 - 12:35 Ab Attack
- 12:40 - 1:20 Upper Body Sculpt
- 1:25 - 2:25 Zumba
- 2:30 - 3:10 Kickboxing
- 3:15 - 3:55 Lower Body Burn
- 4:00 - 5:00 Yoga

**PARTICIPATE IN ANY NUMBER OF SESSIONS!**

- Oswego ID required

(No membership required)

- FREE FOOD and DRINK
- PRIZES will be raffled off including: yoga mat, foam roller, resistance bands, water bottle, Gymshark giftcard

Persons with disabilities, needing accommodations to attend this event, should contact Brian Wallace (Fitness Center Manager) at [brian.wallace@oswego.edu](mailto:brian.wallace@oswego.edu)

