

Group Exercise Schedule



Spring Semester 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Core & Conditioning 12:15 – 1:00 pm Jenny Cooper	Cycling 8:00 – 8:45 am Pat Cooper	Core & Conditioning 12:15 – 1:00 pm Jenny Cooper	Cycling 8:00 – 8:45 am Pat Cooper	Yoga 3:00 – 4:00 pm Britney Lee Hall	
Cycling 5:00 – 5:45 pm Liv Glimmerglass	Strong Nation 12:15 – 1:00 pm Jenny Cooper	Cycling 7:00 – 7:45 pm Jim Cooper	Zumba 12:15 – 1:00 pm Jenny Cooper	Cycling 4:00 – 5:00 pm Eric Cooper	
Cycling 7:00 – 7:45 pm Jim Cooper	Cycling 7:00 – 7:45 pm Claire Cooper	Full Body Blast 7:00 – 7:45 pm Brallan Glimmerglass	Cycling 6:00 – 6:45 pm Claire Cooper		
HIIT 8:00 – 8:45 pm Eric Glimmerglass	Core & Conditioning 7:00 – 7:45 pm Brallan Glimmerglass	Kickboxing 8:00 – 9:00 pm Kelly Cooper	Zumba 8:00 – 9:00 pm Lensa Glimmerglass		
Zumba 8:00 pm – 9:00 pm Lensa Cooper	Pilates 8:00 – 8:45 pm Kelly Glimmerglass	Yoga 8:00 – 9:00 pm Caroline Glimmerglass	Yoga 8:00 – 9:00 pm Britney Cooper		
	Yoga 8:00 – 9:00 pm Britney Cooper				
	Zumba 9:00 pm – 10:00 pm Lensa Cooper				

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

Follow us on Instagram (@oswegofit)



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

#IAMOSWEGOFIT

Last updated on 1/23/2022

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.

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!

STRONG Nation™: Combines body weight, muscle conditioning, cardio, and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

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.