



## Summer Hours for Cooper\* (May 14 - August 22)

Monday – Friday                      9:00 am – 7:00 pm  
 Saturday & Sunday                11:00 am – 3:00 pm

\*The Fitness Center is closed May 26, 27 & 28, July 4, 28 & 29

\*The Fitness Center is closed August 23 – 26 for staff training

\*The Fitness Centers will resume normal semester operating hours August 27

### Summer Membership Rates

	<u>Summer</u>	<u>Per Week</u>	<u>Per Day</u>
Resident Student	\$50.00	\$10.00	\$3.00
Off Campus Student	\$55.00	\$10.00	\$3.00
Faculty/ Staff	\$60.00	\$10.00	\$3.00
Spouse/Partner/Dependent	\$65.00	\$10.00	\$3.00

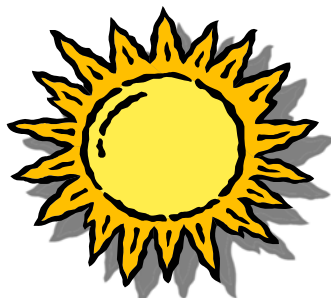
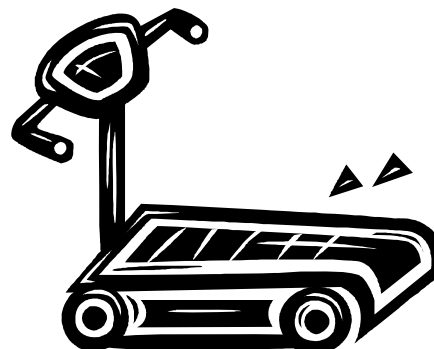
Memberships can be purchased at 303 Culkin Hall, Cooper Fitness Center or online at [oswego.edu/fitness](http://oswego.edu/fitness)

### Group Exercise Schedule

Monday      12:15 – 1:00 pm – Yoga  
 Tuesday    12:15 – 1:00 pm – Zumba  
 Wednesday 12:15 – 1:00 pm – Yoga  
 Thursday   12:15 – 1:00 pm – Pilates

\*classes begin May 16

\*schedule is subject to change based on weekly instructor availability



**Free Personal Training (limited spots!)** is offered for those needing guidance in the weight room or for those that need a change in their current program. Sign-up is on a first come, first serve basis at the front desk of the Cooper Fitness Center. Sign-up soon and let us help you reach your goals!!!

If you have any questions please e-mail [fitness@oswego.edu](mailto:fitness@oswego.edu)