



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

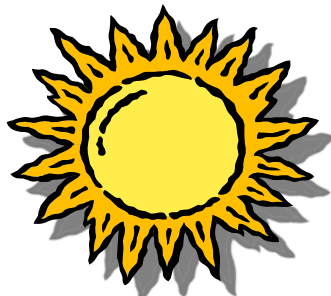
Memberships can be purchased at 303 Culkin Hall, Cooper Fitness Center or online at oswego.edu/fitness

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