



## Summer Hours for Glimmerglass\* (May 20 - August 21)

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

\*The Fitness Center is closed May 25, 26 & 27, July 4, 27 & 28

\*The Fitness Center is closed August 22 – 25 for staff training

\*The Fitness Centers will resume normal semester operating hours August 26

### 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

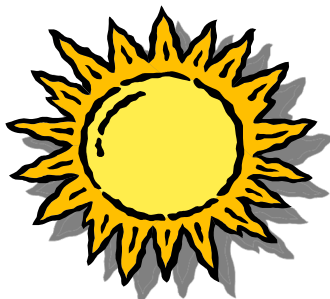
Memberships may be purchased at the Fitness Center or online at [oswego.edu/fitness](http://oswego.edu/fitness)

### Group Exercise Schedule

Monday      11:30 – 12:15 pm – Core & Conditioning  
 Wednesday 11:30 – 12:15 pm – Yoga  
 Thursday    11:30 – 12:15 pm – Core & Conditioning

\*classes begin June 19

\*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)