



The Fitness Centers present our **holiday gift to you: 5 FREE WEEKS OF FITNESS.** Cooper Fitness Center will be open and free\* for all faculty, staff and students during Winter Break. We hope you take advantage of this opportunity to start an exercise program and make that initial step toward a healthier lifestyle.

**Cooper Fitness Center** will be open according to the following schedule (all free\*\*):

Dec 18 – Dec 22	Mon – Fri	11 am – 7 pm
Dec 23 – Jan 1	Closed	
Jan 2 – Jan 20	Mon – Fri Sat & Sun	9 am – 7 pm 11 am – 3 pm
Jan 21	Closed for staff training	
Jan 22 – Jan 29	Resume Semester Hours (last free week)	

**Group Exercise Class Schedule (Jan 2 – Jan 20)**

	Monday	Tuesday	Wednesday	Thursday
12:15 – 1:00	Arms & Abs	Zumba	Indoor Cycling*	Pilates

\*No class on January 4  
All skill levels welcome! Due to instructor availability, schedule is subject to change. Call (315)312-2431 to verify.

**Personal trainers** will also be available for instruction upon request with specific exercises, proper form and successful program design. Sign-ups are at the front desk.

I wish you all a safe, happy and healthy holiday season. Daily exercise can make a significant impact in your energy levels, happiness, and above all, your health. Give yourself an important holiday gift this season – time for you!!!

Best wishes and Happy New Year,

Brian Wallace  
Fitness Centers Manager  
brian.wallace@oswego.edu

**Memberships can be purchased online or at Cooper Fitness Center**

\*\*Dependents/Spouses may purchase a \$20.00 membership fee to use facilities

