

Group Exercise Schedule

Fall Semester 2023



Campus Recreation

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Power Yoga 10:00 – 11:00 am Katie Glimmerglass	Rise 'n Shine Yoga 8:00 – 9:00 am Jayda Cooper		Dumbbells for Dummies 8:00 – 9:00 am Christina Glimmerglass		
Core & Conditioning 12:15 – 1:00 pm Jenny Cooper	Dumbbells for Dummies 8:00 – 9:00 am Christina Glimmerglass	Pilates 8:00 – 9:00 pm Lizzie Glimmerglass	Piloxing 12:15 – 1:00 pm Jenny Cooper	Zumba 2:00 – 3:00 pm Elise Cooper	
Cycling 6:00 – 6:45 pm Claire Cooper	Now and Zen 6:00 – 7:00 pm Alyssa Cooper	Zumba 8:00 – 9:00 pm Emily Cooper	No Sit Yoga 7:00 – 8:00 pm Sean Cooper	Gentle Stretch 6:00 – 7:00 pm Jayda Glimmerglass	
Gentle Stretch 6:00 pm – 7:00 pm Jayda Glimmerglass	No Sit Yoga 7:00 – 8:00 pm Sean Cooper	Undo & Renew Yoga 9:00 – 10:00 pm Joe Glimmerglass	Undo & Renew Yoga 8:00 – 9:00 pm Joe Glimmerglass	Now and Zen 7:00 – 8:00 pm Alyssa Cooper	
Power Yoga 7:00 – 8:00 pm Katie Cooper	Pilates 8:00 – 9:00 pm Lizzie Cooper				
Zumba 8:00 – 9:00 pm Elise Cooper	Zumba 9:00 – 10:00 pm Emily Glimmerglass				
Undo & Renew Yoga 9:00 – 10:00 pm Joe Glimmerglass					

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

Last updated on 09/07/2023

Class Descriptions

Barre: You don't need to be a ballerina to workout at the barre! Our Barre class is a 45-minute, *low impact*, muscular endurance workout that focuses on high repetitions and small, isometric movements.

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!

Dumbbells for Dummies: A strength and toning class that welcomes all skill levels! Each class will focus on multiple parts of the body and teach participants the foundations for developing strength and muscle tone.

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. Class contains 30 minutes of HIIT training followed by 15 minutes of muscle toning

Kickboxing/Guard Up: 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!

Pilates: This class is designed to isolate those hard to tone muscle groups... your stomach.... Gut...Thighs... Arms! A set of exercises that uses unique equipment to promote physical strength, flexibility, and posture while also increasing mental awareness.

Piloxing®: is a fusion cardio workout combining boxing, pilates, and dance. The unique blend of lengthening pilates, strengthening boxing, and dance moves leaves you energized and wanting to come back for more.

Undo & Renew Yoga: Enjoy a quiet and relaxing yoga class. Gentle poses and breathing exercises will be emphasized to help relieve stress and relax your body. Rejuvenating for the body and mind.

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. (Gentle Stretch, Power Yoga, Rise 'n Shine Yoga, Now and Zen, No Sit Yoga)

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.

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