# **GROUP FITNESS** Finals Week **MAY 6-10** TUESDAY

#### MONDAY

Sunrise Cycle 5:45-6:35 a.m. Cvcle Studio Carisa Ramming

Morning Moves 7-7:50 a.m. D1 Studio Calli Jones

Speedy Cycle 12-12:30 p.m. Cvcle Studio Preslee Peevy

Yoga 12-12:50 p.m. D1 Studio Amber Manning

Zumba 4:30-5:20 p.m. SWC Heather Yates

Cvcle 5:30-6:20 p.m. Cvcle Studio Kavlin Gilliam

Strength and Stretch 5:30-6:20 p.m.

D1 Studio Debbie McAuliff Sunrise Cycle 5:45-6:35 a.m. Cvcle Studio Carisa Ramming

Cvcle 7-7:50 a.m. Cvcle Studio Calli Jones

Morning Moves 7-7:50 a.m. D1 Studio Whitney Rivers

**Quick HIIT** 12-12:30 p.m. D1 Studio Kavlin Gilliam

Strength and Stretch 12:10-12:50 p.m. Student Union Debbie McAuliff

Barre 4:30-5:15 p.m. D1 Studio Amber Manning

Total Body 5:30-6:20 p.m. D1 Studio Jack Walker

Cvcle 5:30-6:20 p.m. Cycle Studio Kaylin Gilliam

## WEDNESDAY

Sunrise Cycle 5:45-6:35 a.m. Cvcle Studio Carisa Ramming

Morning Moves 7-7:50 a.m. D1 Studio Kavlin Gilliam

Yoga 9-9:50 a.m. D1 Studio Stephanie Sontag

Speedy Cycle 12-12:30 p.m. Cycle Studio Kavlin Gilliam

Yoga 12-12:50 p.m. D1 Studio Stephanie Sontag

Strength and Stretch 12:10-12:50 p.m. Student Union Debbie McAuliff

Total Body 5:30-6:20 p.m. D1 Studio Preslee Peevy

Cvcle 5:30-6:20 p.m. Cycle Studio Sylvia Wentroble

#### THURSDAY

Sunrise Cycle 5:45-6:35 a.m. Cvcle Studio Calli Jones

Morning Moves 7-7:50 a.m. D1 Studio Whitney Rivers

Kickboxing 12-12:45 p.m. Combative Room Taylor Bailey

Yoga 12-12:50 p.m. D1 Studio Stephanie Sontag

Strength and Stretch 12:10-12:50 p.m. Student Union Debbie McAuliff

Total Body 5:30-6:20 p.m. D1 Studio Calli Jones

Cycle 5:30-6:20 p.m. D2 Cvcle Studio Kaylin Gilliam

### FRIDAY Sunrise Cycle

5:45-6:35 a.m. Cvcle Studio Carisa Ramming

Morning Cycle 7-7:50 a.m. D2 Cycle Studio Calli Jones

Speedy Cycle 12-12:30 p.m. Cvcle Studio Preslee Peevy

rec.wellness.okstate.edu

Registration opens 23 hours prior to class time.







DEPARTMENT OF WELLNESS