



AUG. 17 - DEC. 5
CLASS TIMES

M-F 5:45 a.m. | 7 a.m. | 8:15 a.m.
12 p.m. | 4:15 p.m. | 5:30 p.m.

Sat. 10:15 a.m.

REGISTER FOR A CLASS

Students - \$110
Faculty/Staff & OSU Affiliates - \$125
Community Members - \$135



You can register for classes
24 hours before class time.

okla.st/F45

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WELLNESS

