

Group FITNESS

WINTER BREAK

DEC. 15 - JAN. 9

No classes Dec. 23-Jan. 4

DEC. 15-21

MON. (12/15)

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

Circuit Cycle
7-7:50 a.m.
Cycle Studio
Kaylin Gilliam

Yoga
12-12:50 p.m.
D1 Studio
Lauren Pittser

Strength & Stretch
5:30-6:20 p.m.
D1 Studio
Debbie McAuliff

MON. (12/22)

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

TUE. (12/16)

Yoga
6:30-7:20 a.m.
D1 Studio
Clarke Iakovakis

Yoga
12-12:50 p.m.
D1 Studio
Lauren Pittser

WED. (12/17)

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

Circuit Cycle
7-7:50 a.m.
Cycle Studio
Kaylin Gilliam

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

THU. (12/18)

Yoga
6:30-7:20 a.m.
D1 Studio
Clarke Iakovakis

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

FRI. (12/19)

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

Circuit Cycle
7-7:50 a.m.
Cycle Studio
Kaylin Gilliam

Power Yoga
12-12:50 p.m.
D1 Studio
Lauren Pittser

JAN. 5-9

MON. (1/5)

Strength & Stretch
12-12:50 p.m.
D1 Studio
Debbie McAuliff

Strength & Stretch
5:30-6:20 p.m.
D1 Studio
Debbie McAuliff

TUE. (1/6)

Strength & Stretch
12-12:50 p.m.
D1 Studio
Debbie McAuliff

WED. (1/7)

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

THU. (1/8)

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

FRI. (1/9)

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



Membership renewal will be required January 1, 2026.

Registration opens 24 hours prior to class time.

rec.wellness.okstate.edu

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 WELLNESS