

# GROUP FITNESS

*Fall 2022*

Aug. 22 - Dec. 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6-6:50 a.m.</b> <i>Cycle</i> Carisa   D2	<b>6-6:50 a.m.</b> <i>Cycle</i> Cara   D2	<b>6-7 a.m.</b> <i>TRX</i> Jessica   PS	<b>6-6:50 a.m.</b> <i>Cycle</i> Carisa   D2	<b>6-6:50 a.m.</b> <i>Cycle</i> Carisa   D2
<b>7-7:50 a.m.</b> <i>Rise n Grind</i> Lawson   D1	<b>7-7:50 a.m.</b> <i>Cycle</i> Cara   D2	<b>6-6:50 a.m.</b> <i>Cycle</i> Carisa   D2	<b>7-7:50 a.m.</b> <i>Cycle</i> Cara   D2	<b>8-8:50 a.m.</b> <i>Cycle</i> Sylvia   D2
<b>7-7:50 a.m.</b> <i>Cycle</i> Calli   D2	<b>7-7:50 a.m.</b> <i>Sunrise Yoga</i> Amber   D1	<b>7-7:50 a.m.</b> <i>HIIT the Barre</i> Lauren   D1	<b>7-7:50 a.m.</b> <i>Rise n Grind</i> Lawson   D1	<b>12-12:50 p.m.</b> <i>Strength</i> Jaden   D1
<b>8:30-9:20 a.m.</b> <i>Strength</i> Abby   D1	<b>12-1 p.m.</b> <i>Strength &amp; Stretch</i> Debbie   SU	<b>7-7:50 a.m.</b> <i>Circuit Cycle</i> Calli   D2	<b>9-9:50 a.m.</b> <i>Yoga</i> Amber   D1	<b>SATURDAY</b>
<b>12-12:50 p.m.</b> <i>Yoga</i> Amber   SU	<b>5:30-6:20 p.m.</b> <i>Total Body</i> Sylvia   D1	<b>8:30-9:20 a.m.</b> <i>Strength</i> Sylvia   D1	<b>12-12:50 p.m.</b> <i>Strength &amp; Stretch</i> Debbie   SU	<b>10-10:50 a.m.</b> <i>Kickboxing</i> Sarah   D1
<b>2:30-3:20 p.m.</b> <i>Circuit Cycle</i> Leslie   D2	<b>5:30-6:20 p.m.</b> <i>Cycle</i> Noah   D2	<b>10-10:50 a.m.</b> <i>Yoga</i> Stephanie   D1	<b>12-12:50 p.m.</b> <i>Yoga</i> Stephanie   D1	<b>SUNDAY</b>
<b>4:30-5:15 p.m.</b> <i>Zumba</i> Heather   S2	<b>6:30-7:20 p.m.</b> <i>Barre</i> Lauren   D1	<b>12-12:50 p.m.</b> <i>Strength &amp; Stretch</i> Debbie   SU	<b>2:30-3:20 p.m.</b> <i>Circuit Cycle</i> Leslie   D2	<b>4-4:50 p.m.</b> <i>Barre</i> Jaden   D1
<b>5:30-6:20 p.m.</b> <i>Strength &amp; Stretch</i> Debbie   D1	<b>8:30-9:20 p.m.</b> <i>Late Night Ride</i> Katie   D2	<b>5:45-6:30 p.m.</b> <i>Yoga in the Garden*</i> Carol   OSU Garden	<b>5:30-6:30 p.m.</b> <i>Cycle</i> Mary   D2	<p><b>Semester Group Fitness Fee:</b></p> <p>Students - \$40</p> <p>Faculty/staff - \$50</p> <p>Community members - \$60</p>
<b>5-5:50 p.m.</b> <i>Cycle</i> Noah   D2		<b>5:30-6:20 p.m.</b> <i>Cycle</i> Katie   D2	<b>7-7:50 p.m.</b> <i>Barre</i> Lauren   D1	
<b>6-6:50 p.m.</b> <i>Cycle</i> Reagan   D2		<b>6:30-7:20 p.m.</b> <i>Cycle</i> Sarah   D2	<b>8:30-9:20 p.m.</b> <i>Late Night Ride</i> Reagan   D2	
<b>8-8:50 p.m.</b> <i>Late Night Zumba</i> Alyson   D1		<b>8-8:50 p.m.</b> <i>Late Night Zumba</i> Alyson   D1		

Reserve your spot at [rec.wellness.okstate.edu](http://rec.wellness.okstate.edu)

**Colvin Rec Center:**

D1 = Dance 1, D2 = Dance 2, S2 = Seretean Wellness 2,  
PS = Performance Studio, SU = Student Union  
OSU Garden = The Botanical Garden at OSU

Registration opens 24 hours prior to class time.

\* Yoga in the Garden: September 21 - October 19



DEPARTMENT OF WELLNESS