

Group FITNESS

FALL 2026

AUG. 17 - DEC. 5

MONDAY

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

Dance Fit
12-12:50 p.m.
D1
Jenn Lane

HIIT
4:30-5:20 p.m.
D1
Madison Grove

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

Strength and Stretch
5:30-6:20 p.m.
D1
Debbie McAuliff
(End Date: Oct. 5)

Yoga
5:30-6:20 p.m.
D1
Lauren Pittser
(Start Date: Oct. 12)

Modern Dance
6:30-7:20 p.m.
D1
Emma Webb

TUESDAY

Zumba
6:45-7:35 a.m.
D1
Joni O'Neil

Circuit Cycle
9-9:50 a.m.
Cycle Studio
Cayeden Doudney

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

Speedy Cycle
12-12:30 p.m.
Cycle Studio
Cara Patrick

Total Body
4:30-5:20 p.m.
D1
Lexie Grino

Pilates
5:30-6:20 p.m.
D1
Alisara
Ngamlurdwongsakul

Line Dance
6:30-7:20 p.m.
D1
Isabella Mayberry &
Anjali Ponce

Late Night Ride
8:30-9:20 p.m.
Cycle Studio
Anna Porter

WEDNESDAY

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

Total Body
12-12:50 p.m.
D1
Alexis Lozano

HIIT
4:30-5:20 p.m.
D1
Madison Grove

Pilates
5:30-6:20 p.m.
D1
Alisara
Ngamlurdwongsakul

Ballet
6:30-7:20 p.m.
D1
Emma Webb

Late Night Ride
8:30-9:20 p.m.
Cycle Studio
Anna Porter

THURSDAY

Zumba
6:45-7:35 a.m.
D1
Joni O'Neil

Circuit Cycle
9-9:50 a.m.
Cycle Studio
Cayeden Doudney

Dance Fit
12-12:50 p.m.
D1
Jenn Lane

Speedy Cycle
12-12:30 p.m.
Cycle Studio
Cara Patrick

Total Body
4:30-5:20 p.m.
D1
Lexie Grino

Pilates
5:30-6:20 p.m.
D1
Alisara
Ngamlurdwongsakul

Line Dance
6:30-7:20 p.m.
D1
Isabella Mayberry &
Anjali Ponce

Late Night Ride
8:30-9:20 p.m.
Cycle Studio
Anna Porter

FRIDAY

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

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

HIIT
4:30-5:20 p.m.
D1
Madison Grove

SATURDAY

FIRST:
Oct. 3 || Nov. 7 || Dec. 5
Zumba
9:15-10:05 a.m.
D1 Studio

SECOND:
Oct. 10 || Nov. 14
Pilates
9:15-10:05 a.m.
D1 Studio

THIRD:
Aug. 22 || Sept. 19 || Oct. 17
Total Body
9:15-10:05 a.m.
D1 Studio

FOURTH:
Aug. 29 || Sept. 26 || Oct. 31
Cycle
9:15-10:05 a.m.
Cycle Studio



Reserve your spot at rec.wellness.okstate.edu

Registration opens 24 hours prior to class time.

SEMESTER GROUP FITNESS FEE: Students - \$40 | Faculty/Staff & OSU Affiliates - \$55 | Community Members - \$65

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WELLNESS