FUNCTIONAL 45 F45 Training







FALL BREAK

CLASS TIMES

Monday - Tuesday *(Nov. 23-24)*

5:45 a.m. | 7 a.m. | 12 p.m. | 5:30 p.m.

No Classes Nov. 25-28

Register for all classes at rec.wellness.okstate.edu

GroupFITNESS

FALL BREAK

NOV. 23 - 28

MONDAY, NOV. 23

Yoga	**12-1 p.m.** (extended 60-minute session)	D1 Studio	Lauren Pittser
Zumba	**4:30-5:20 p.m.**	SWC	Heather Yates
Dance Fit	**4:45-5:35 p.m.**	D1 Studio	Jenn Lane

TUESDAY, NOV. 24

Yoga	**12-1 p.m.** (extended 60-minute session)	D1 Studio	Andrea Maciula Peters

No Classes Nov. 25-28

Register for classes 24 hours before class time.