

Group FITNESS

SUMMER 2026

MAY 11 - AUG. 15

MONDAY

Yoga
6:30-7:20 a.m.
Amber Manning-Ouellette
D1
**Starts June 22*

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

Dance Fit
5:30-6:20 p.m.
Jenn Lane
D1

TUESDAY

Zumba
6:45-7:35 a.m.
Joni O'Neil
D1
**Starts May 26*

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

Pilates
5:30-6:20 p.m.
Alisara Ngamlurdwongsakul
D1
**Starts June 9*

Barre
5:30-6:20 p.m.
Amber Manning-Ouellette
D1
**May 12, 19, 26 & June 2*

WEDNESDAY

Yoga
6:30-7:20 a.m.
Amber Manning-Ouellette
D1
**Starts June 17*

Barre
12-12:50 p.m.
Amber Manning-Ouellette
D1

Pilates
5:30-6:20 p.m.
Alisara Ngamlurdwongsakul
D1
**Starts June 10*

Strength & Stretch
5:30-6:20 p.m.
Debbie McAuliff
D1
**May 13, 20 27 & June 3*

THURSDAY

Zumba
6:45-7:35 a.m.
Joni O'Neil
D1
**Starts May 21*

Yoga
12-12:50 p.m.
Jenn Lane
D1

Pilates
5:30-6:20 p.m.
Alisara Ngamlurdwongsakul
D1
**Starts June 11*

Yoga
5:30-6:20 p.m.
Jenn Lane
D1
**May 14, 21, 28 & June 4*

FRIDAY

HIIT
12-12:50 p.m.
Madison Grove
D1
**Last Day July 31*

SATURDAY

First: Cycle
**June 6 | Aug. 1*
Second: Zumba
**June 13 | July 11 | Aug. 8*
Third: Yoga
**May 16 | July 18 | Aug. 15*
Fourth: Total Body
**May 30 | June 27 | July 25*
9:15-10:05 a.m.

Aqua Zumba
10:30-11:20 a.m.
Joni O'Neil
Colvin Pool
**Starts May 30*



Reserve your spot at rec.wellness.okstate.edu

Registration opens 24 hours prior to class time.

SEMESTER GROUP FITNESS FEE: Students - \$35 | Faculty/Staff & OSU Affiliates - \$45 | Community Members - \$55

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 WELLNESS