

Group FITNESS

FALL 2025

AUG. 18 - DEC. 6

MONDAY

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

Circuit Cycle
7-7:50 a.m.
Cycle Studio
Lauren Miller

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

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

Zumba
4:30-5:20 p.m.
SWC Studio 2
Heather Yates

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

Circuit Cycle
5:30-6:20 p.m.
Cycle Studio
Kaytlin Hayes

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

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

TUESDAY

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

Circuit Cycle
7-7:50 a.m.
Cycle Studio
Kaytlin Hayes

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

Barre
5:30-6:20 p.m.
D1 Studio
Ava Williams

Circuit Cycle
5:30-6:20 p.m.
Cycle Studio
Anna Porter

Stretch & Conditioning
6:30-7:20 p.m.
D1 Studio
Emma Webb

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

Circuit Cycle
7-7:50 a.m.
Cycle Studio
Lauren Miller

Pilates
12-12:50 p.m.
D1 Studio
Alisara
Ngamlurdwongsakul

Speedy Cycle
12-12:30 p.m.
Cycle Studio
Sylvia Wentroble

Total Body
4:30-5:20 p.m.
D1 Studio
Sylvia Wentroble

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

Circuit Cycle
5:30-6:20 p.m.
Cycle Studio
Kaytlin Hayes

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

Late Night Ride
8:30-9:20 p.m.
Cycle Studio
Cayeden Doudney

THURSDAY

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

Circuit Cycle
7-7:50 a.m.
Cycle Studio
Kaytlin Hayes

Pilates
12-12:50 p.m.
D1 Studio
Alisara
Ngamlurdwongsakul

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

Circuit Cycle
5:30-6:20 p.m.
Cycle Studio
Cayeden Doudney

Cycle
7-7:50 p.m.
Cycle Studio
Cayeden Doudney

Late Night Ride
8:30-9:20 p.m.
Cycle Studio
Cayeden Doudney

FRIDAY

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

Circuit Cycle
7-7:50 a.m.
Cycle Studio
Lauren Miller

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

SATURDAY

FIRST: Sept. 6 || Oct. 4 || Nov. 1 || Dec. 6
Cycle 10:15-11:05 a.m. Cycle Studio

SECOND: Sept. 13 || Oct. 11 || Nov. 8 || Dec. 13
Zumba 10:15-11:05 a.m. D1 Studio

THIRD: Sept. 20 || Oct. 18 || Nov. 15 || Dec. 20
Yoga 10:15-11:05 a.m. D1 Studio

FOURTH: Aug. 23 || Sept. 27 || Oct. 25 || Nov. 22
Total Body 10:15-11:05 a.m. D1 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 - \$50 | Community Members - \$60

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