

Group FITNESS

DEC. 1-13

PRE-FINALS & FINALS WEEK

PRE-FINALS WEEK

MONDAY

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

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

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

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

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

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

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

TUESDAY

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

Circuit Cycle
7-7:50 a.m.
Cycle Studio
Cayeden Doudney

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

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

WEDNESDAY

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

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

Speedy Cycle
12-12:30 p.m.
Cycle Studio
Cayeden Doudney

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

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

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

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

THURSDAY

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

Circuit Cycle
7-7:50 a.m.
Cycle Studio
Kaylin Gilliam

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

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

Cycle
10:15-11:05 a.m.
Cycle Studio
Cara York

FINALS WEEK

MONDAY

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

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

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

TUESDAY

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

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

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

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

SATURDAY

Holiday Cardio & Stretch
10:15-11:15 a.m.
D1 Studio
Debbie McAuliff



Registration opens 24 hours prior to class time.
Reserve your spot at rec.wellness.okstate.edu

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WELLNESS