

# FALL 2020

# GROUP FITNESS



Aug. 17 - Nov. 21

DEPARTMENT OF  
**WELLNESS**

## MONDAY

### 6AM-6:50AM

Sunrise Spin  
Hannah B.  
D2

### 6:30AM-7:20AM

Yoga  
Amber  
D1

### 4:30PM-5:20PM

Zumba  
Heather Y.  
**Virtual**

### 5:30PM-6:20PM

Strength & Stretch  
Debbie M.  
D1

## TUESDAY

### 10:00AM-10:50AM

Total Body  
Tyra  
**Virtual**

### 12:00PM-12:50PM

Spin  
Celina  
D2

### 5:30PM-6:20PM

Country Western Dancing  
Sarah G.  
**Virtual**

### 7:30PM-8:20PM

Dance Party  
Aevri C.  
**Virtual**

## WEDNESDAY

### 6AM-6:50AM

Sunrise Spin  
Hannah B.  
D2

### 7:30AM-8:10AM

Yoga  
Jansen  
**Virtual**

### 12:00PM-12:50PM

Yoga  
Amber

### 1:30PM-2:10PM

Body Sculpt  
Jordan  
**Virtual**

## THURSDAY

### 9:00AM-9:50AM

Yoga  
Amber  
D1

### 10:00AM-10:50AM

Total Body  
Tyra  
**Virtual**

### 12:10PM-1:00PM

Strength & Stretch  
Debbie M.  
D1

### 5:30PM-6:20PM

Tai Chi  
Marty  
**Virtual**

## FRIDAY

### 7:30AM-8:20AM

Spin  
Hannah B.  
D2

### 9:00AM-9:50AM

Yoga  
Jansen  
D1

### 4:30PM-5:20PM

Total Body  
Tyra  
D1

Please reserve your spot at [rec.wellness.okstate.edu](http://rec.wellness.okstate.edu)

#### Colvin Recreation Center

C = Combatives, D1 = Dance 1, D2 = Dance 2, S = Spin  
PS = Performance Studio, P = Indoor Pool

Virtual classes available at  
[okla.st/homefitness](http://okla.st/homefitness)



DEPARTMENT OF  
**WELLNESS**



OSUWELL



**DISCOVER  
WELLNESS**