

GROUP FITNESS

Finals Week

MAY 8-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Total Body Throwback 7 a.m. D1	Exam Detox Yoga 12 p.m. D1	Swole Summer Circuit Cycle 7:30 a.m. Cycle Studio	Knock Out Finals 12 p.m. Combatives Room
Exam Detox Yoga 12 p.m. D1	Cycle Concert 12 p.m. Cycle Studio	Exam Detox Yoga 12 p.m. D1	Spring Unwind Strength and Stretch 12 p.m. D1
White Out Zumba 4:30 p.m. SWC S1	Bike-in Movie 5:30 p.m. Cycle Studio	Swiftly Cycle 4 p.m. Cycle Studio	FRIDAY
Spring Unwind Strength & Stretch 5:30 p.m. D1		Summer Dance Party 5:30 p.m. D1	Exam Detox Yoga 12 p.m. D1
Biking the Backroads 5:30 p.m. Cycle Studio		Cycle Into Summer 5:30 p.m. Cycle Studio	

D1 = Dance 1
SWC S1 = Seretean Wellness Studio 1

Classes this week are FREE.

Reserve your spot at rec.wellness.okstate.edu

Registration opens 23 hours prior to class time.



Follow us:
[@OSUWELL](https://www.instagram.com/OSUWELL)



DEPARTMENT OF
WELLNESS