

GROUP FITNESS



DEPARTMENT OF
WELLNESS

Spring 2023

Jan. 17 - May 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cycle 6 a.m. Cycle Studio Carisa Ramming</p> <p>Total Body 6 a.m. Dance Studio 1 Presli Peevy</p> <p>Cycle 7:15 a.m. Cycle Studio Noah Dao</p> <p>Yoga 12 p.m. Dance Studio 1 Amber Manning Oullette</p> <p>Zumba 4:30 p.m. Seretean Wellness Center Heather Yates</p> <p>Strength & Stretch 5:30 p.m. Dance Studio 1 Debbie McAullif</p> <p>Cycle 5:30 p.m. Cycle Studio Reagan Valle</p> <p>Late Night Dance Party 8 p.m. Dance Studio 1 Sarah Zieheme</p> <p>Late Night Ride 8:30 p.m. Cycle Studio Calli Ray</p>	<p>Circuit Cycle 6 a.m. Cycle Studio Sylvia Wentroble</p> <p>Yoga 7 a.m. Dance Studio 1 Amber Manning Oullette</p> <p>Strength & Stretch 12:10 p.m. Student Union - 450 Debbie McAullif</p> <p>Cycle 5:30 p.m. Cycle Studio Calli Ray</p> <p>Tai Chi 5:30 p.m. Seretean Wellness Center Marty Heitz</p> <p>Total Body 5:30 p.m. Dance Studio 1 Maci Morrison</p> <p>Barre 6:45 p.m. Dance Studio 1 Lauren Thorstenberg</p> <p>Late Night Ride 8:30 p.m. Cycle Studio Sarah Zieheme</p>	<p>Cycle 6 a.m. Cycle Studio Carisa Ramming</p> <p>HIIT the Barre 7 a.m. Dance Studio 1 Lauren Thorstenberg</p> <p>Cycle 7:15 a.m. Cycle Studio Noah Dao</p> <p>Yoga 12 p.m. Dance Studio 1 Stephanie Sontag</p> <p>Strength & Stretch 12:10 p.m. Student Union - 450 Debbie McAullif</p> <p>Dance Party 5:30 p.m. Dance Studio 1 Taylor Bailey</p> <p>Cycle 5:30 p.m. Cycle Studio Mary Hibbitts</p> <p>Late Night Dance Party 8 p.m. Dance Studio 1 Sarah Zieheme</p> <p>Late Night Ride 8:30 p.m. Cycle Studio Mary Hibbitts</p>	<p>Circuit Cycle 6 a.m. Cycle Studio Sylvia Wentroble</p> <p>Kickboxing 12 p.m. Combatives Taylor Bailey</p> <p>Yoga 12 p.m. Dance Studio 1 Stephanie Sontag</p> <p>Strength & Stretch 12:10 p.m. Student Union - 450 Debbie McAullif</p> <p>Total Body 5:30 p.m. Dance Studio 1 Presli Peevy</p> <p>Circuit Cycle 6 p.m. Cycle Studio Sarah Zicheme</p> <p>Barre 6:45 p.m. Dance Studio 1 Gabrielle Tiger</p> <p>Late Night Ride 8:30 p.m. Cycle Studio Reagan Valle</p>	<p>Cycle 6 a.m. Cycle Studio Carisa Ramming</p> <p>Total Body 7 a.m. Dance Studio 1 Maci Morrison</p> <p>Yoga 12 p.m. Dance Studio 1 Amber Manning Oullette</p>
				SATURDAY
				<p>Cycle 10:15 a.m. Cycle Studio</p>
				SATURDAY
				<p>Country Western Dance 4 p.m. Dance Studio 1</p>

Semester Group Fitness Fee:

Students - \$40

Faculty/Staff - \$50

Community Members - \$60



Reserve your spot at rec.wellness.okstate.edu

Registration opens 24 hours prior to class time.