

GROUP FITNESS



DEPARTMENT OF
WELLNESS

Spring 2024

Jan. 16 - May 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sunrise Cycle 5:45-6:35 a.m. D2 Cycle Studio Carissa Ramming	Circuit Cycle 5:45-6:35 a.m. D2 Cycle Studio Sylvia Wentroble	Sunrise Cycle 5:45-6:35 a.m. D2 Cycle Studio Carissa Ramming	Sunrise Cycle 5:45-6:35 a.m. D2 Cycle Studio Calli Jones	Sunrise Cycle 5:45-6:35 a.m. D2 Cycle Studio Carissa Ramming
Morning Moves 7-7:50 a.m. D1 Studio Calli Jones	Cycle 7-7:50 a.m. D2 Cycle Studio Calli Jones	Morning Cycle 7-7:50 a.m. D2 Cycle Studio Addie Holley	Cycle 7-7:50 a.m. D2 Cycle Studio Cara York	Morning Cycle 7-7:50 a.m. D2 Cycle Studio Calli Jones
Quick HIIT 9-9:30 a.m. D1 Studio Sylvia Wentroble	Morning Moves 7-7:50 a.m. D1 Studio Whitney Rivers	Morning Moves 7-7:50 a.m. D1 Studio Kaylin Gilliam	Morning Moves 7-7:50 a.m. D1 Studio Whitney Rivers	Morning Moves 7-7:50 a.m. D1 Studio Whitney Rivers
Speedy Cycle 12-12:30 p.m. D2 Cycle Studio Preslee Peevy	Quick HIIT 9-9:30 a.m. D1 Studio Reagan Hodson	Yoga 9-9:50 a.m. D1 Studio Stephanie Sontag	Quick HIIT 9-9:30 a.m. D1 Studio Reagan Hodson	Quick HIIT 9-9:30 a.m. D1 Studio Jack Walker
Yoga 12-12:50 p.m. D1 Studio Amber Manning	Quick HIIT 12-12:30 p.m. D1 Studio Kaylin Gilliam	Speedy Cycle 12-12:30 p.m. D2 Cycle Studio Kaylin Gilliam	Kick Boxing 12-12:45 p.m. Combative Room Taylor Bailey	Yoga 12-12:50 p.m. D1 Studio Amber Manning
Zumba 4:30-5:20 p.m. SWC Heather Yates (Starting Feb. 26)	Strength and Stretch 12:10-12:50 p.m. Student Union Debbie McAuliff	Yoga 12-12:50 p.m. D1 Studio Stephanie Sontag	Yoga 12-12:50 p.m. D1 Studio Stephanie Sontag	Speedy Cycle 12-12:30 p.m. D2 Cycle Studio Preslee Peevy
Cycle 5:30-6:20 p.m. D2 Cycle Studio Kaylin Gilliam	Total Body 5:30-6:20 p.m. D1 Studio Jack Walker	Strength and Stretch 12:10-12:50 p.m. Student Union Debbie McAuliff	Strength and Stretch 12:10-12:50 p.m. Student Union Debbie McAuliff	Semester Group Fitness Fee: Students - \$40 Faculty/Staff - \$50 Community Members - \$60
Strength and Stretch 5:30-6:20 p.m. D1 Studio Debbie McAuliff	Cycle 5:30-6:20 p.m. D2 Cycle Studio Kallin Gilliam	Total Body 5:30-6:20 p.m. D1 Studio Preslee Peevy	Total Body 5:30-6:20 p.m. D1 Studio Calli Jones	
Late Night Ride 8:30-9:20 p.m. D2 Cycle Studio Cara York	Work Your Body Dance Party 7-7:50 p.m. D1 Studio Whitney Rivers	Cycle 5:30-6:20 p.m. D2 Cycle Studio Sylvia Wentroble	Cycle 5:30-6:20 p.m. D2 Cycle Studio Kaylin Gilliam	
	Late Night Ride 8:30-9:20 p.m. D2 Cycle Studio Cara York		Work Your Body Dance Party 7-7:50 p.m. D1 Studio Whitney Rivers	

Reserve your spot at
rec.wellness.okstate.edu



Registration opens 24 hours
prior to class time.