

# GROUP FITNESS



DEPARTMENT OF  
WELLNESS

## Spring 2023

Jan. 17 - May 12

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

Registration opens 24 hours prior to class time.