

FALL 2021

GROUP FITNESS

Aug. 16 - Dec. 3



DEPARTMENT OF
WELLNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 - 6:50am Spin Carisa R. D2	6:00 - 6:50am Spin Sarah F. D2	6:00 - 6:50am Spin Carisa R. D2	6:00 - 6:50am Spin Sarah F. D2	6:00 - 6:50am Spin Carisa R. D2
6:30 - 7:20am Core and More Nicki F. D1	7:00 - 7:50am Sunrise Yoga Jansen R. D1	6:30 - 7:20am Core and More Nicki F. D1	7:00 - 7:50am Rise 'n Grind Jaden W. D1	8:30 - 9:20am Spin Reagan V. D2
7:30am - 8:20am Spin Hannah B. D2	11:00 - 11:50am Spin Jessica F. D2	12:00 - 12:50pm Barre Karis S. D1	9:00 - 9:50am Yoga Flow Amber D1	1:00 - 1:50pm Total Body Hannah B. D1
12:00 - 12:50pm Yoga Amber D1	12:10 - 12:50pm Strength and Stretch Debbie M. SU	4:00 - 4:50pm Spin Reagan V. D2	12:10 - 12:50pm Strength and Stretch Debbie M. SU	SATURDAY 8:30 - 9:20am Spin Rotation D2
4:30 - 5:10pm Zumba Heather Y. S2	2:00 - 2:50pm Mindful Meditation Amber D1	5:45 - 6:30pm Yoga in the Garden* Carol B. Gardens	5:00 - 5:50pm Spin Sidney P. D2	
5:30 - 6:20pm Strength and Stretch Debbie M. D1	4:00 - 4:50pm Total Body Jaden W. D1	5:30 - 6:20pm Country Western Dancing Sarah G. D1	5:30pm - 7:00pm Tai Chi Marty D1	
6:00 - 6:50pm Spin Jessica F. D2	6:30 - 7:20pm Barre Karis S. D1	6:30 - 7:20pm Circuit Cycle Leslie C. D2		
6:30 - 7:20pm Yoga Sculpt Jansen R. D1	7:30pm - 8:20pm Late Night Ride Reagan V. D2	7:30 - 8:20pm Candlelight Yoga Jansen R. D1		

Reserve your spot at rec.wellness.okstate.edu

Colvin Recreation Center
D1 = Dance 1, D2 = Dance 2, S2 = Seretan Wellness 2
Gardens = The Botanical Garden at OSU

* Yoga in the Garden: September 8 - October 27

Registration opens 24 hours prior to class time.



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**DISCOVER
WELLNESS**