

# GROUP FITNESS

## Finals Week: Dec. 6-10



# WELLNESS

### MONDAY

#### 9:00 – 9:50am

Ho! Ho! Ho! Holiday Spin  
Hannah B.  
D2

#### 4:30 - 5:20pm

Blackout Zumba  
Heather Y.  
D1

#### 5:30 - 6:20pm

Fitmas Strength and Stretch  
Debbie M.  
D1

### TUESDAY

#### 9:00 – 9:50am

Slow and Relaxing Yoga Flow  
Amber  
D1

#### 12:00 - 12:50pm

Strength and Stretch: 2022  
Debbie M.  
D1

#### 6:30 – 7:20pm

Boy Band Barre  
Karis S.  
D1

#### 7:00 – 7:50pm

Circuit Cycle:  
The Final Countdown  
Leslie C.  
D2

### WEDNESDAY

#### 12:00 – 12:50pm

Britney Barre  
Karis S.  
D1

### THURSDAY

#### 12:00 – 12:50pm

Strength and Stretch: 2022  
Debbie M.  
D1

#### 5:30 – 6:20pm

Circuit Cycle: 12 Days of  
Christmas  
Leslie C.  
D2

#### Colvin Recreation Center

D1 = Dance 1, D2 = Dance 2, S2 = Seretean Wellness 2  
Gardens = The Botanical Garden at OSU, SU = Student Union

## Registration opens 24 hours prior to class time.

**Ho! Ho! Ho! Holiday Spin:** Hop on that stationary bike and let's get ready to ride! Our normal spin class but with a holiday twist! A heart pumping endurance class set to themed music.

**Blackout Zumba:** Come dressed in all white for our special blackout Zumba! A total body workout with cardio conditioning in a Latin flavor. Fusing hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

**Fitmas Strength and Stretch:** A holiday themed strength and stretch class. Get your 'Fit' in before the holidays!

**Slow and Relaxing Flow:** Finals got your stressed? Come enjoy a relaxing yoga flow to align your mind and your body to help you ace those exams!

**Strength and Stretch: 2022:** A Strength and Stretch Tabata to get you prepared for the New Year! 20 minutes of strength and 22 minutes of stretch will help you be prepared for 2022!

**Boy Band Barre:** Come get a high rep low weight workout in to the tune of your favorite boybands! Anything from Backstreet boys to one direction! One of our most popular classes, so reserve your spot!

**Circuit Cycle:** The Final Countdown: A combination of your favorite spin and total body resistance class! Get ready to work.. remember, it's the final countdown!

**Britney Barre:** Come get a high rep low weight workout in to the tune of all of your favorite Britney Spears Song! Celebrate Britney while preparing to hit center stage for the holidays!

**Circuit Cycle:** 12 Days of Christmas: A combination of your favorite spin and total body resistance class with a Christmas theme. Open to all!



Reserve your spot at [rec.wellness.okstate.edu](http://rec.wellness.okstate.edu)



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