

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

7:00 – 7:50pm

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 Brittny 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



DEPARTMENT OF
WELLNESS



OSUWELL



**DISCOVER
WELLNESS**