

# SPRING 2021

# GROUP FITNESS

## Jan. 19 - April 30



DEPARTMENT OF  
**WELLNESS**

### MONDAY

**6:00AM-6:50AM**

Spin  
Reagan  
D2

**12:00PM-12:50PM**

Yoga  
Amber  
D1

**3:30PM-4:20PM**

Body Sculpt  
Jordan J.  
D1

**3:30PM-4:20PM**

Yoga  
Carol  
**Virtual**

**4:30PM-5:20PM**

Zumba  
Heather  
**Virtual**

**5:30PM-6:20PM**

Strength & Stretch  
Debbie M.  
D1

**6:00PM-6:50PM**

Spin  
Melissa  
D2

**7:00PM-7:50PM**

Candlelight Yoga  
Jansen  
D1

### TUESDAY

**6:00AM-6:50AM**

Core and More  
Nicki  
D1

**7:00AM-7:50AM**

Yoga  
Jansen  
D1

**8:00AM-8:50AM**

Yoga Sculpt  
Jansen  
D1

**10:00AM-10:50AM**

Total Body  
Melissa  
**Virtual**

**4:30PM-5:20PM**

Total Body  
Cailey  
D1

**6:00PM-6:30PM**

TRX  
Coleman  
PS

**7:30PM-8:20PM**

Dance Party  
Aevri  
**Virtual**

**7:30PM-8:20PM**

Late Night Ride  
Hannah  
D2

### WEDNESDAY

**6:00AM-6:50AM**

Sunrise Yoga  
Amber  
D1

**8:00AM-8:50AM**

Total Body  
Nicki  
D1

**10:00AM-10:50AM**

Yoga  
Jansen  
D1

**5:30PM-6:20PM**

Circuit Cycle  
Hannah  
D2

**5:30PM-6:20PM**

Strength & Stretch  
Debbie  
D1

**5:30PM-6:20PM**

Country Western  
Sarah  
**Virtual**

**6:30PM-7:20PM**

Barre  
Karris  
D1

### THURSDAY

**6:00AM-6:50AM**

Spin  
Jessica  
D2

**7:00AM-7:50AM**

Rise & Grind  
Jordyn  
D1

**9:00AM-9:50AM**

Yoga  
Amber  
D1

**12:00PM-12:50PM**

Barre  
Karis  
D1

**3:30PM-4:20PM**

Total Body  
Cailey  
**Virtual**

**4:30PM-5:20PM**

HIT  
Tyra  
D1

**5:00PM-5:50PM**

Spin  
Melissa  
D2

**5:30PM-6:20PM**

Tai Chi  
Marty  
D1

**6:00PM-6:30PM**

TRX  
Coleman  
PS

### FRIDAY

**7:30AM-8:20AM**

Spin  
Reagan  
D2

**8:00AM-8:30AM**

TRX  
Tyra  
PS

**8:30AM-9:00AM**

TRX  
Tyra  
PS

**2:00PM-2:50PM**

Total Body  
Melissa  
D1

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

D1 = Dance 1  
D2 = Dance 2  
PS = Performance Studio

Virtual classes  
available at  
[okla.st/homefitness](http://okla.st/homefitness)



DEPARTMENT OF  
**WELLNESS**



OSUWELL



**DISCOVER  
WELLNESS**