

SPRING 2021

GROUP FITNESS



FINALS WEEK MAY 3-7

DEPARTMENT OF
WELLNESS

Summer classes will resume May 17

MONDAY

6AM-6:50AM

Spin
Reagan V.
D2

12:00PM-12:50PM

Yoga
Amber
D1

4:30PM-5:20PM

Zumba
Heather Y.
Virtual

5:30PM-6:20PM

Strength & Stretch
Debbie M.
D1

TUESDAY

6AM-6:50AM

Core and More
Nicki F.
D1

10:00AM-10:50AM

Total Body
Nicki F.
Virtual

WEDNESDAY

8AM-8:50AM

Total Body
Nicki F.
D1

5:30PM-6:20PM

Strength & Stretch
Debbie M.
D1

THURSDAY

9:00AM-9:50AM

Yoga
Amber
D1

FRIDAY

2PM-2:50PM

Total Body
Nicki F.
D1

Please reserve your spot at rec.wellness.okstate.edu

Colvin Recreation Center

C = Combatives, D1 = Dance 1, D2 = Dance 2, S = Spin
PS = Performance Studio, P = Indoor Pool

Virtual classes available at
okla.st/homefitness



DEPARTMENT OF
WELLNESS



OSUWELL



**DISCOVER
WELLNESS**