

SPRING 2021

GROUP FITNESS



Jan. 19 - May 14

*Tentative Schedule

DEPARTMENT OF
WELLNESS

MONDAY

10:00AM-10:50AM

Yoga
Carol B
Virtual

12:00PM-12:50PM

Yoga
Amber
D1

3:10PM-4:00PM

Body Sculpt
Jordan J.
D1

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

8:00AM-8:50AM

Yoga Sculpt
Jansen
D1

10:00AM-10:50AM

Total Body
Melissa
D1

7:00PM-7:50PM

Dance Party
Aevri
Virtual

WEDNESDAY

6AM-6:50AM

Sunrise Yoga
Amber
D1

10:00AM-10:50AM

Yoga
Jansen
D1

5:30PM-6:20PM

Strength & Stretch
Debbie M.
D1

THURSDAY

9:00AM-9:50AM

Yoga
Amber
D1

5:00PM-5:50PM

Spin
Melissa
D2

5:30PM-6:20PM

HIT
Tyra
D1

5:30PM-6:20PM

Tai Chi
Marty
Virtual

FRIDAY

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

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**