

SPRING 2022 GROUP FITNESS

Jan. 10 - Apr. 29

MONDAY

6:00-6:50am

Spin
Carisa R.
D2

7:30-8:20am

Spin
Calli R.
D2

12:00-12:50pm

TRX
Jessica S.
PS

12:10-12:50pm

Yoga
Amber O-L.
SU room 450

4:30-5:15pm

Zumba
Heather Y.
S1

5:30-6:20pm

Strength and Stretch
Debbie M.
D1

6:00-6:50pm

Spin
Katie P.
D2

8:30-9:20pm

Late Night Ride
Reagan V.
D2

TUESDAY

6:00-6:50am

Spin
Sarah F.
D2

7:00-7:50am

Sunrise Yoga
Jansen R.
D1

7:00-7:50am

Rise and grind
Jordyn C.
MAC

10:00-10:50am

Circuit Cycle
Leslie C.
D2

12:10-12:50pm

Strength and Stretch
Debbie M.
SU room 450

4:00-4:50pm

Spin
Reagan V.
D2

5:00-5:50pm

Strength
Sylvia W.
D1

6:00-6:50pm

Total Body Barre
Karis S.
D1

7:00-7:50pm

Strength
Lawson H.
D1

9:00-9:50pm

Late Night Zumba
Alyson F.
D1

WEDNESDAY

6:00-6:50am

Spin
Carisa R.
D2

7:00-7:50am

HIIT the Barre
Karis S.
D1

8:00-8:50am

Early Morning Ride
Reagan V.
D2

12:10-12:50pm

Barre
Karis S.
SU room 450

2:30-3:20pm

Strength
Abby C.
D1

5:00-5:50pm

Spin
Sidney P.
D2

5:30-6:20pm

Country Western Dancing
Sarah G.
D1

5:45-6:30pm

Yoga in the Garden
Carol B.
OSU Garden
*April 6- May 4

6:30-7:20pm

Circuit Cycle
Leslie C.
D2

7:30-8:20pm

Candlelight Yoga
Jansen R.
D1

THURSDAY

6:00-6:50am

Spin
Sarah F.
D2

7:00-7:50am

Rise and Grind
Jaden W.
D1

9:00-9:50am

Yoga
Amber O-L.
D1

12:10-12:50pm

Strength and Stretch
Debbie M.
SU room 450

4:00-4:50pm

Dance Party
Sarah Z.
D1

5:30-6:20pm

Spin
Cara Y.
D2

FRIDAY

6:00-6:50am

Spin
Carisa R.
D2

1:00-1:50pm

Circuit Cycle
Calli R.
D2

SATURDAY

8:30-9:20am

Spin
Instructor Rotation
D2

10:00-10:50am

Kickboxing
Sarah Z.
D1

SUNDAY

4:00-4:50pm

Barre
Jaden W.
D1

Reserve your spot at
rec.wellness.okstate.edu



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.



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