**FALL 2020**

**GROUP FITNESS**

Aug. 17 - Nov. 11

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
</table>
| 6AM-6:50AM  
Sunrise Spin  
Hannah B.  
D2 | 12:00PM-12:50PM  
Spin  
Celina  
D2 | 6AM-6:50AM  
Sunrise Spin  
Hannah B.  
D2 | 9:00AM-9:50AM  
Yoga  
Amber  
D2 | 7:30AM-8:20AM  
Spin  
Hannah B.  
D2 |
| 6:30AM-7:20AM  
Yoga  
Amber  
D1 | 8:00PM-8:50PM  
Late Night Ride  
Melissa U.  
D2 | 12:00PM-12:50PM  
Yoga  
Amber  
D1 | 12:00PM-12:50PM  
Strength & Stretch  
Debbie M.  
D1 | 9:00AM-9:50AM  
Core and More  
Hannah B.  
D1 |
| 5:30PM-6:20PM  
Strength & Stretch  
Debbie M.  
D1 |       | 12:00PM-12:50PM  
Spin  
Melissa U.  
D2 |       | 4:30PM-5:20PM  
Total Body  
Melissa U.  
D1 |

Virtual group fitness options are also available at okla.st/homefitness

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