

FALL 2020

GROUP FITNESS



Aug. 17 - Nov. 11

DEPARTMENT OF
WELLNESS

MONDAY

6AM-6:50AM

Sunrise Spin
Hannah B.
D2

6:30AM-7:20AM

Yoga
Amber
D1

5:30PM-6:20PM

Strength & Stretch
Debbie M.
D1

TUESDAY

12:00PM-12:50PM

Spin
Celina
D2

8:00PM-8:50PM

Late Night Ride
Melissa U.
D2

WEDNESDAY

6AM-6:50AM

Sunrise Spin
Hannah B.
D2

12:00PM-12:50PM

Yoga
Amber
D1

THURSDAY

9:00AM-9:50AM

Yoga
Amber
D1

12:00PM-12:50PM

Strength & Stretch
Debbie M.
D1

5:30PM-6:20PM

Spin
Melissa U.
D2

FRIDAY

7:30AM-8:20AM

Spin
Hannah B.
D2

9:00AM-9:50AM

Core and More
Hannah B.
D1

4:30PM-5:20PM

Total Body
Melissa U.
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 group fitness options
are also available at
okla.st/homefitness



DEPARTMENT OF
WELLNESS



OSUWELL



DISCOVER
WELLNESS