

SPRING 2021

GROUP FITNESS

Jan. 19 - April 30



DEPARTMENT OF
WELLNESS

MONDAY

6:00AM-6:50AM

Spin
Reagan
D2

12:00PM-12:50PM

Yoga
Amber
D1

3:30PM-4:20PM

Body Sculpt
Jordan J.
D1

3:30PM-4:20PM

Yoga
Carol
Virtual

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

6:00AM-6:50AM

Core and More
Nicki
D1

7:00AM-7:50AM

Yoga
Jansen
D1

8:00AM-8:50AM

Yoga Sculpt
Jansen
D1

10:00AM-10:50AM

Total Body
Nicki
Virtual

4:30PM-5:20PM

Total Body
Cailey
D1

6:00PM-6:30PM

TRX
Coleman
PS

7:30PM-8:20PM

Dance Party
Aevri
Virtual

7:30PM-8:20PM

Late Night Ride
Hannah
D2

WEDNESDAY

6:00AM-6:50AM

Sunrise Yoga
Amber
D1

8:00AM-8:50AM

Total Body
Nicki
D1

10:00AM-10:50AM

Yoga
Jansen
D1

5:30PM-6:20PM

Circuit Cycle
Hannah
D2

5:30PM-6:20PM

Strength & Stretch
Debbie
D1

5:30PM-6:20PM

Country Western
Sarah
Virtual

6:30PM-7:20PM

Barre
Karris
D1

THURSDAY

6:00AM-6:50AM

Spin
Jessica
D2

7:00AM-7:50AM

Rise & Grind
Jordyn
D1

9:00AM-9:50AM

Yoga
Amber
D1

12:00PM-12:50PM

Barre
Karis
D1

3:30PM-4:20PM

Total Body
Cailey
Virtual

4:30PM-5:20PM

HIT
Tyra
D1

5:00PM-5:50PM

Spin
Melissa
D2

5:30PM-6:20PM

Tai Chi
Marty
D1

6:00PM-6:30PM

TRX
Coleman
PS

FRIDAY

7:30AM-8:20AM

Spin
Reagan
D2

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

D1 = Dance 1
D2 = Dance 2
PS = Performance Studio

Virtual classes
available at
okla.st/homefitness



DEPARTMENT OF
WELLNESS



OSUWELL



**DISCOVER
WELLNESS**