# FALL 2020 GROUP FITNESS

Aug. 17 - Nov. 11

**MONDAY**
- 6AM-6:50AM
  - Sunrise Spin
  - Hannah B.
  - D2
- 6:30AM-7:20AM
  - Yoga
  - Amber
  - D1
- 4:30PM-5:20PM
  - Zumba
  - Heather Y.
  - Virtual
- 5:30PM-6:20PM
  - Strength & Stretch
  - Debbie M.
  - D1

**TUESDAY**
- 6AM-6:50AM
  - Sunrise Spin
  - Hannah B.
  - D2
- 10:00AM-10:50AM
  - Total Body
  - Tyra
  - Virtual
- 12:00PM-12:50PM
  - Spin
  - Celina
  - D2
- 5:30PM-6:20PM
  - Country Western Dancing
  - Sarah G.
  - Virtual
- 7:30PM-8:20PM
  - Dance Party
  - Aevri C.
  - Virtual

**WEDNESDAY**
- 6AM-6:50AM
  - Sunrise Spin
  - Hannah B.
  - D2
- 7:30AM-8:10AM
  - Yoga
  - Jansen
  - Virtual
- 12:00PM-12:50PM
  - Yoga
  - Amber
- 1:30PM-2:10PM
  - Body Sculpt
  - Jordan
  - Virtual

**THURSDAY**
- 9:00AM-9:50AM
  - Yoga
  - Amber
  - D1
- 10:00AM-10:50AM
  - Total Body
  - Tyra
  - Virtual
- 12:10PM-1:00PM
  - Strength & Stretch
  - Debbie M.
  - D1
- 5:30PM-6:20PM
  - Tai Chi
  - Marty
  - Virtual

**FRIDAY**
- 7:30AM-8:20AM
  - Spin
  - Hannah B.
  - D2
- 9:00AM-9:50AM
  - Yoga
  - Jansen
  - D1
- 4:30PM-5:20PM
  - Total Body
  - Tyra
  - 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