

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

4:30PM-5:20PM

Zumba
Heather Y.
Virtual

5:30PM-6:20PM

Strength & Stretch
Debbie M.
D1

TUESDAY

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



DEPARTMENT OF
WELLNESS



OSUWELL



**DISCOVER
WELLNESS**