

GROUP FITNESS

Fall 2023

Aug. 21 - Dec. 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sunrise Cycle 5:45-6:45 a.m. Cycle Studio Carisa Ramming</p> <p>Morning Moves 7-7:50 a.m. D1 Maci Morrison</p> <p>Cycle 7-7:50 a.m. Cycle Studio Brooke O'Neil</p> <p>Yoga 9-9:50 a.m. D1 Amber Manning Ouelette</p> <p>Morning Meditation 10-10:30 a.m. D1 Amber Manning Ouelette</p> <p>Quick HIIT 12-12:40 p.m. Ella Read</p> <p>Zumba 4:30-5:20 p.m. SWC S2 Heather Yates</p> <p>Strength and Stretch 5:30-6:20 p.m. D1 Debbie Mcaulliff</p> <p>Circle Cycle 5:30-6:20 p.m. Cycle Studio Sylvia Wentroble</p> <p>Late Night Ride 8:30-9:20 p.m. Cycle Studio Cara York</p>	<p>Sunrise Cycle 5:45-6:35 a.m. Cycle Studio Sylvia Wentroble</p> <p>Yoga 7-7:50 a.m. D1 Stephanie Sontag</p> <p>LIIT Morning 9-9:50 a.m. D1 Ariel Esposito</p> <p>Quick HIIT 12-12:40 p.m. D1 Whitney Rivers</p> <p>Strength and Stretch 12:10-12:50 p.m. SU Debbie Mcaulliff</p> <p>Cycle 5:30-6:20 p.m. Cycle Studio Ella Read</p> <p>Total Body 5:30-6:20 p.m. D1 Brooke O'Neil</p> <p>HIIT the Barre 7-7:50 p.m. D1 Lauren Thorstenberg</p> <p>Work Your Body Dance Party 8:30-9:20 p.m. D1 Whitney Rivers</p> <p>Late Night Ride 8:30-9:20 p.m. Cycle Studio Brooke O'Neil</p>	<p>Sunrise Cycle 5:45-6:35 a.m. Cycle Studio Carisa Ramming</p> <p>Morning Moves 7-7:50 a.m. D1 Maci Morrison</p> <p>Cycle 7-7:50 a.m. Cycle Studio Ella Read</p> <p>HIIT the Barre 9-9:50 a.m. D1 Lauren Thorstenberg</p> <p>Yoga 12-12:50 p.m. D1 Stephanie Sontag</p> <p>Strength and Stretch 12:10-12:50 p.m. SU Debbie Mcaulliff</p> <p>Work Your Body Dance Party 5:30-6:20 p.m. D1 Taylor Bailey</p> <p>Circuit Cycle 5:30-6:20 p.m. Cycle Studio Sylvia Wentroble</p> <p>Late Night Ride 8:30-9:20 p.m. Cycle Studio Cara York</p>	<p>Sunrise Cycle 5:45-6:35 a.m. Cycle Studio Cara York</p> <p>LIIT Morning 9-9:50 a.m. D1 Presli Peevy</p> <p>Speedy Cycle 12-12:35 p.m. Cycle Studio Kaylin Gilliam</p> <p>Boxercise 12-12:45 p.m. Combatives Taylor Bailey</p> <p>Yoga 12-12:50 p.m. D1 Stephanie Sontag</p> <p>Strength and Stretch 12:10-12:50 p.m. SU Debbie Mcaulliff</p> <p>Total Body 5:30-6:20 p.m. D1 Reagan Hodson</p> <p>Circuit Cycle 5:30-6:20 p.m. Cycle Studio Kaylin Gilliam</p> <p>*Yoga in the Garden 5:45-6:30 p.m. OSU Botanical Gardens Carol Bender</p> <p>HIIT the Barre 7-7:50 p.m. D1 Lauren Thorstenberg</p> <p>Work Your Body Dance Party 8:30-9:20 p.m. D1 Whitney Rivers</p> <p>Late Night Ride 8:30-9:20 p.m. Cycle Studio Brooke O'Neil</p>	<p>Sunrise Cycle 5:45-6:35 a.m. Cycle Studio Carisa Ramming</p> <p>Morning Moves 7-7:50 a.m. D1 Kaylin Gilliam</p> <p>Yoga 12-12:50 p.m. D1 Amber Manning Ouelette</p>
				SATURDAY
				<p>Total Body 12-12:50 p.m. D1</p>

Semester Group Fitness Fee:

Students - \$40
Faculty/Staff - \$50
Community Members - \$60

* Yoga In the Garden runs from Sep 28-Oct 26th

Registration opens 23 hours prior to class time.

rec.wellness.okstate.edu



DEPARTMENT OF WELLNESS