

# GROUP FITNESS

*Fall 2023*

Aug. 21 - Dec. 3

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



DEPARTMENT OF WELLNESS