GROUP FITNESS FINE GROUP FILE GROUP FILE GROUP Aug. 19 - Dec. 6



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sunrise Cycle 5:45-6:35 a.m. Cycle Studio	Yoga 6:30-7:20 a.m. D1 Studio	Sunrise Cycle 5:45-6:35 a.m. Cycle Studio	Yoga 6:30-7:20 a.m. D1 Studio	Sunrise Cycle 5:45-6:35 a.m. Cycle Studio
Carisa Ramming	Clarke lakovakis	Carisa Ramming	Clarke lakovakis	Carisa Ramming
Total Body	Circuit Cycle	Total Body	Circuit Cycle	Speedy Cycle
7-7:50 a.m.	7-7:50 a.m.	7-7:50 a.m.	7-7:50 a.m.	12-12:30 p.m.
D1 Studio	Cycle Studio	D1 Studio	Cycle Studio	Cycle Studio
Calli Jones	Calli Jones	Calli Jones	Calli Jones	Cayeden Doudney
Speedy Cycle	Total Body	Speedy Cycle	Pilates	Yoga
12-12:30 p.m.	5:30-6:20 p.m.	12-12:30 p.m.	12-12:50 p.m.	12-12:50 p.m.
Cycle Studio	D1 Studio	Cycle Studio	D1 Studio	D1 Studio
Preslee Peevy	Jack Walker	Preslee Peevy	Alisara	Andrea MacPeters
			Ngamlurdwongsakul	
Strength and Stretch	Barre	Yoga		Zumba
12:10-12:50 p.m.	6:30-7:20 p.m.	12-12:50 p.m.	Total Body	5:30-6:20 p.m.
450 SU	D1 Studio	D1 Studio	5:30-6:20 p.m.	D1 Studio
Debbie McAuliff	Ava Williams	Andrea MacPeters	D1 Studio	Joni O'Neil
Zumba	Late Night Ride	Strength and Stretch	Jack Walker	
4:30-5:20 p.m.	8:30-9:20 p.m.	12:10-12:50 p.m.	Zumba	
SWC Studio 2	Cycle Studio	450 SU	6:30-7:20 p.m.	
Heather Yates	Preslee Peevy	Debbie McAuliff	D1 Studio	
ricatrici rates	1 reside i devy	Debbie Fier ann	Joni O'Neil	
Strength and Stretch		Pilates	John G Hen	
5:30-6:20 p.m.		5:30-6:20 p.m.	Late Night Ride	
D1 Studio		D1 Studio	8:30-9:20 p.m.	
Debbie McAuliff		Alisara	Cycle Studio	
		Ngamlurdwongsakul	Cayeden Doudney	
Circuit Cycle				
5:30-6:20 p.m.		Circuit Cycle		
Cycle Studio		5:30-6:20 p.m.		
Sylvia Wentroble		Cycle Studio		
I ato Night Dido		Sylvia Wentroble		
Late Night Ride 8:30-9:20 p.m.		Barre		
Cycle Studio		6:30-7:20 p.m.		
Sylvia Wentroble		D1 Studio		
Sylvia vvelitionic		Di Stadio		

Reserve your spot at rec.wellness.okstate.edu

Registration opens 24 hours prior to class time.

Ava Williams

Semester Group Fitness Fee:

Students - \$40 | Faculty/Staff & OSU Affiliates - \$50 | Community Members - \$60

