

GROUP FITNESS



DEPARTMENT OF
WELLNESS

Fall 2024

Aug. 19 - Dec. 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sunrise Cycle 5:45-6:35 a.m. Cycle Studio Carisa Ramming	Yoga 6:30-7:20 a.m. D1 Studio Clarke Iakovakis	Sunrise Cycle 5:45-6:35 a.m. Cycle Studio Carisa Ramming	Yoga 6:30-7:20 a.m. D1 Studio Clarke Iakovakis	Sunrise Cycle 5:45-6:35 a.m. Cycle Studio Carisa Ramming
Total Body 7-7:50 a.m. D1 Studio Calli Jones	Circuit Cycle 7-7:50 a.m. Cycle Studio Calli Jones	Total Body 7-7:50 a.m. D1 Studio Calli Jones	Circuit Cycle 7-7:50 a.m. Cycle Studio Calli Jones	Speedy Cycle 12-12:30 p.m. Cycle Studio Cayeden Doudney
Speedy Cycle 12-12:30 p.m. Cycle Studio Preslee Peevy	Total Body 5:30-6:20 p.m. D1 Studio Jack Walker	Speedy Cycle 12-12:30 p.m. Cycle Studio Preslee Peevy	Pilates 12-12:50 p.m. D1 Studio Alisara Ngamlurdwongsakul	Yoga 12-12:50 p.m. D1 Studio Andrea MacPeters
Strength and Stretch 12:10-12:50 p.m. 450 SU Debbie McAuliff	Barre 6:30-7:20 p.m. D1 Studio Ava Williams	Yoga 12-12:50 p.m. D1 Studio Andrea MacPeters	Total Body 5:30-6:20 p.m. D1 Studio Jack Walker	Zumba 5:30-6:20 p.m. D1 Studio Joni O'Neil
Zumba 4:30-5:20 p.m. SWC Studio 2 Heather Yates	Late Night Ride 8:30-9:20 p.m. Cycle Studio Preslee Peevy	Strength and Stretch 12:10-12:50 p.m. 450 SU Debbie McAuliff	Zumba 6:30-7:20 p.m. D1 Studio Joni O'Neil	
Strength and Stretch 5:30-6:20 p.m. D1 Studio Debbie McAuliff		Pilates 5:30-6:20 p.m. D1 Studio Alisara Ngamlurdwongsakul	Late Night Ride 8:30-9:20 p.m. Cycle Studio Cayeden Doudney	
Circuit Cycle 5:30-6:20 p.m. Cycle Studio Sylvia Wentroble		Circuit Cycle 5:30-6:20 p.m. Cycle Studio Sylvia Wentroble		
Late Night Ride 8:30-9:20 p.m. Cycle Studio Sylvia Wentroble		Barre 6:30-7:20 p.m. D1 Studio Ava Williams		

Reserve your spot at rec.wellness.okstate.edu

Registration opens 24 hours prior to class time.

Semester Group Fitness Fee:

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

