

GROUP FITNESS

Jan. 2-10

DEC. 30-JAN. 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COLVIN REC CENTER CLOSED			Pilates 12-12:50 p.m. D1 Studio Alisara Ngamlurdwongsakul	Pilates 12-12:50 p.m. D1 Studio Alisara Ngamlurdwongsakul

JAN. 6-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Barre 12-12:50 p.m. D1 Studio Debbie McAuliff Strength and Stretch 5:30-6:20 p.m. D1 Studio Debbie McAuliff	Yoga 6:30-7:20 a.m. D1 Studio Clarke Iakovakis Barre 12-12:50 p.m. D1 Studio Debbie McAuliff Total Body 5:30-6:20 p.m. D1 Studio Calli Jones	Circuit Cycle 7-7:50 a.m. Cycle Studio Calli Jones Barre 12-12:50 p.m. D1 Studio Debbie McAuliff Pilates 5:30-6:20 p.m. D1 Studio Alisara Ngamlurdwongsakul	Yoga 6:30-7:20 a.m. D1 Studio Clarke Iakovakis Pilates 12-12:50 p.m. D1 Studio Alisara Ngamlurdwongsakul Zumba 5:30-6:20 p.m. D1 Studio Joni O'Neil	Circuit Cycle 7-7:50 a.m. Cycle Studio Calli Jones Zumba 5:30-6:20 p.m. D1 Studio Joni O'Neil

You must have current Spring 2025 Group Fitness membership to register for classes.

Reserve your spot at rec.wellness.okstate.edu

Registration opens 24 hours prior to class time.



DEPARTMENT OF WELLNESS