

GROUP FITNESS

Finals Week

MAY 5-9

MONDAY

<i>Sunrise Cycle</i>	5:45 a.m.	Cycle Studio	Carisa Ramming
<i>Circuit Cycle</i>	7 a.m.	Cycle Studio	Calli Jones
<i>Yoga</i>	12 p.m.	D1 Studio	Lauren Pittser
<i>Zumba</i>	4:30 p.m.	SWC	Heather Yates
<i>Barre</i>	4:30 p.m.	D1 Studio	Ava Williams
<i>Strength & Stretch</i>	5:30 p.m.	D1 Studio	Debbie McAuliff

TUESDAY

<i>Yoga</i>	6:30 a.m.	D1 Studio	Clarke Iakovakis
<i>Pilates</i>	5:30 p.m.	D1 Studio	Alisara Ngamlurdwongsakul
<i>Circuit Cycle</i>	5:30 p.m.	Cycle Studio	Anna Porter

WEDNESDAY

<i>Sunrise Cycle</i>	5:45 a.m.	Cycle Studio	Carisa Ramming
<i>Circuit Cycle</i>	7 a.m.	Cycle Studio	Calli Jones
<i>Yoga</i>	12 p.m.	D1 Studio	Lauren Pittser
<i>Total Body</i>	4:30 p.m.	D1 Studio	Sylvia Wentroble
<i>Ballet</i>	5:30 p.m.	D1 Studio	Amanda Ziemke

THURSDAY

<i>Yoga</i>	6:30 a.m.	D1 Studio	Clarke Iakovakis
<i>Pilates</i>	5:30 p.m.	D1 Studio	Alisara Ngamlurdwongsakul
<i>Circuit Cycle</i>	5:30 p.m.	Cycle Studio	Cayeden Doudney

FRIDAY

<i>Sunrise Cycle</i>	5:45 a.m.	Cycle Studio	Carisa Ramming
<i>Yoga</i>	12 p.m.	D1 Studio	Lauren Pittser
<i>Zumba</i>	5:30 p.m.	D1 Studio	Joni O'Neil

Reserve your spot at rec.wellness.okstate.edu

Registration opens 24 hours prior to class time.



DEPARTMENT OF
WELLNESS