

# 2025 GROUP FITNESS

*Spring Break*

MAR. 17-21

## MONDAY

<b><i>Yoga</i></b>	<b>12 p.m.</b>	Lauren Pittser
<b><i>Strength &amp; Stretch</i></b>	<b>5:30 p.m.</b>	Debbie McAuliff

## TUESDAY

<b><i>Yoga</i></b>	<b>12 p.m.</b>	Andrea MacPeters
<b><i>Pilates</i></b>	<b>5:30 p.m.</b>	Alisara Ngamlurdwongsakul

## WEDNESDAY

<b><i>Yoga</i></b>	<b>12 p.m.</b>	Lauren Pittser
<b><i>Strength &amp; Stretch</i></b>	<b>5:30 p.m.</b>	Debbie McAuliff

## THURSDAY

<b><i>Yoga</i></b>	<b>12 p.m.</b>	Andrea MacPeters
<b><i>Pilates</i></b>	<b>5:30 p.m.</b>	Alisara Ngamlurdwongsakul

## FRIDAY

<b><i>Yoga</i></b>	<b>12 p.m.</b>	Lauren Pittser
<b><i>Pilates</i></b>	<b>4:30 p.m.</b>	Alisara Ngamlurdwongsakul

Reserve your spot at [rec.wellness.okstate.edu](https://rec.wellness.okstate.edu)

Registration opens 24 hours prior to class time.



DEPARTMENT OF  
WELLNESS