## GROUP FITNESS 19 in als Week MAY 6-10

**MONDAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY** Sunrise Cycle Sunrise Cycle Sunrise Cycle Sunrise Cycle Sunrise Cycle 5:45-6:35 a.m. 5:45-6:35 a.m. 5:45-6:35 a.m. 5:45-6:35 a.m. 5:45-6:35 a.m. Cycle Studio Cycle Studio Cycle Studio Cycle Studio Cycle Studio Carisa Ramming Calli Jones Carisa Ramming Carisa Ramming Carisa Ramming Morning Moves Morning Cycle Morning Moves Morning Moves Cycle 7-7:50 a.m. 7-7:50 a.m. 7-7:50 a.m. 7-7:50 a.m. 7-7:50 a.m. Cycle Studio D1 Studio D2 Cycle Studio D1 Studio D1 Studio Calli Jones Calli Jones Kaylin Gilliam Whitney Rivers Calli Jones Morning Moves Kickboxing Speedy Cycle Speedy Cycle Yoga 9-9:50 a.m. 12-12:45 p.m. 12-12:30 p.m. 12-12:30 p.m. 7-7:50 a.m. Cycle Studio Combative Room Cycle Studio D1 Studio D1 Studio Preslee Peevy Taylor Bailey Preslee Peevy Whitney Rivers Stephanie Sontag **Quick HIIT** Speedy Cycle Yoga Yoga 12-12:50 p.m. 12-12:30 p.m. 12-12:50 p.m. 12-12:30 p.m. D1 Studio D1 Studio Cycle Studio D1 Studio Amber Manning Kaylin Gilliam Kaylin Gilliam Stephanie Sontag Strength and Zumba Strength and Yoga Stretch Stretch 12-12:50 p.m. 4:30-5:20 p.m. 12:10-12:50 p.m. 12:10-12:50 p.m. D1 Studio SWC Student Union Student Union Heather Yates Stephanie Sontag Debbie McAuliff Debbie McAuliff Cycle Strength and Total Body Stretch Barre 5:30-6:20 p.m. 5:30-6:20 p.m. 4:30-5:15 p.m. 12:10-12:50 p.m. Cycle Studio D1 Studio Student Union D1 Studio Kaylin Gilliam Amber Manning Debbie McAuliff Calli Jones Strength and Total Body Total Body Stretch Cycle 5:30-6:20 p.m. 5:30-6:20 p.m. 5:30-6:20 p.m. 5:30-6:20 p.m. D1 Studio D2 Cycle Studio D1 Studio D1 Studio Debbie McAuliff Kaylin Gilliam Jack Walker Preslee Peevy Late Night Ride Cycle Cycle Work Your Body

5:30-6:20 p.m.

Sylvia Wentroble

Cycle Studio

Reserve your spot at rec.wellness.okstate.edu

5:30-6:20 p.m.

Work Your Body

Cycle Studio

Kaylin Gilliam

Dance Party

7-7:50 p.m.

D1 Studio

8:30-9:20 p.m.

Cycle Studio

Cara York

Registration opens 23 hours prior to class time.







Dance Party

Whitney Rivers

7-7:50 p.m.

D1 Studio