

GROUP FITNESS

Finals Week

MAY 6-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Sunrise Cycle</i> 5:45-6:35 a.m. Cycle Studio Carisa Ramming	<i>Sunrise Cycle</i> 5:45-6:35 a.m. Cycle Studio Carisa Ramming	<i>Sunrise Cycle</i> 5:45-6:35 a.m. Cycle Studio Carisa Ramming	<i>Sunrise Cycle</i> 5:45-6:35 a.m. Cycle Studio Calli Jones	<i>Sunrise Cycle</i> 5:45-6:35 a.m. Cycle Studio Carisa Ramming
<i>Morning Moves</i> 7-7:50 a.m. D1 Studio Calli Jones	<i>Cycle</i> 7-7:50 a.m. Cycle Studio Calli Jones	<i>Morning Moves</i> 7-7:50 a.m. D1 Studio Kaylin Gilliam	<i>Morning Moves</i> 7-7:50 a.m. D1 Studio Whitney Rivers	<i>Morning Cycle</i> 7-7:50 a.m. D2 Cycle Studio Calli Jones
<i>Speedy Cycle</i> 12-12:30 p.m. Cycle Studio Preslee Peevy	<i>Morning Moves</i> 7-7:50 a.m. D1 Studio Whitney Rivers	<i>Yoga</i> 9-9:50 a.m. D1 Studio Stephanie Sontag	<i>Kickboxing</i> 12-12:45 p.m. Combative Room Taylor Bailey	<i>Speedy Cycle</i> 12-12:30 p.m. Cycle Studio Preslee Peevy
<i>Yoga</i> 12-12:50 p.m. D1 Studio Amber Manning	<i>Quick HIIT</i> 12-12:30 p.m. D1 Studio Kaylin Gilliam	<i>Speedy Cycle</i> 12-12:30 p.m. Cycle Studio Kaylin Gilliam	<i>Yoga</i> 12-12:50 p.m. D1 Studio Stephanie Sontag	
<i>Zumba</i> 4:30-5:20 p.m. SWC Heather Yates	<i>Strength and Stretch</i> 12:10-12:50 p.m. Student Union Debbie McAuliff	<i>Yoga</i> 12-12:50 p.m. D1 Studio Stephanie Sontag	<i>Strength and Stretch</i> 12:10-12:50 p.m. Student Union Debbie McAuliff	
<i>Cycle</i> 5:30-6:20 p.m. Cycle Studio Kaylin Gilliam	<i>Barre</i> 4:30-5:15 p.m. D1 Studio Amber Manning	<i>Strength and Stretch</i> 12:10-12:50 p.m. Student Union Debbie McAuliff	<i>Total Body</i> 5:30-6:20 p.m. D1 Studio Calli Jones	
<i>Strength and Stretch</i> 5:30-6:20 p.m. D1 Studio Debbie McAuliff	<i>Total Body</i> 5:30-6:20 p.m. D1 Studio Jack Walker	<i>Total Body</i> 5:30-6:20 p.m. D1 Studio Preslee Peevy	<i>Cycle</i> 5:30-6:20 p.m. D2 Cycle Studio Kaylin Gilliam	
<i>Late Night Ride</i> 8:30-9:20 p.m. Cycle Studio Cara York	<i>Cycle</i> 5:30-6:20 p.m. Cycle Studio Kaylin Gilliam	<i>Cycle</i> 5:30-6:20 p.m. Cycle Studio Sylvia Wentroble	<i>Work Your Body Dance Party</i> 7-7:50 p.m. D1 Studio Whitney Rivers	
	<i>Work Your Body Dance Party</i> 7-7:50 p.m. D1 Studio Whitney Rivers			



Reserve your spot at rec.wellness.okstate.edu

Registration opens 23 hours prior to class time.

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