

GROUP FITNESS



DEPARTMENT OF WELLNESS

Spring 2025

Jan. 13 - May 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sunrise Cycle 5:45-6:35 a.m. Cycle Studio Carisa Ramming</p>	<p>Yoga 6:30-7:20 a.m. D1 Studio Clarke Iakovakis</p>	<p>Sunrise Cycle 5:45-6:35 a.m. Cycle Studio Carisa Ramming</p>	<p>Yoga 6:30-7:20 a.m. D1 Studio Clarke Iakovakis</p>	<p>Sunrise Cycle 5:45-6:35 a.m. Cycle Studio Carisa Ramming</p>
<p>Circuit Cycle 7-7:50 a.m. Cycle Studio Calli Jones</p>	<p>Total Body 7:30-8:20 a.m. D1 Studio Jack Walker</p>	<p>Circuit Cycle 7-7:50 a.m. Cycle Studio Calli Jones</p>	<p>Total Body 7:30-8:20 a.m. D1 Studio Jack Walker</p>	<p>Yoga 12-12:50 p.m. D1 Studio Lauren Pittser</p>
<p>Yoga 12-12:50 p.m. D1 Studio Lauren Pittser</p>	<p>Yoga 12-12:50 p.m. D1 Studio Andrea MacPeters</p>	<p>Yoga 12-12:50 p.m. D1 Studio Lauren Pittser</p>	<p>Yoga 12-12:50 p.m. D1 Studio Andrea MacPeters</p>	<p>Zumba 5:30-6:20 p.m. D1 Studio Joni O'Neil</p>
<p>Zumba 4:30-5:20 p.m. SWC Studio 2 Heather Yates</p>	<p>Speedy Cycle 12-12:30 p.m. Cycle Studio Preslee Peevy</p>	<p>Total Body 4:30-5:20 p.m. D1 Studio Sylvia Wentroble</p>	<p>Speedy Cycle 12-12:30 p.m. Cycle Studio Preslee Peevy</p>	<p>Cycle 7-7:50 p.m. Cycle Studio Anna Porter</p>
<p>Barre 4:30-5:20 p.m. D1 Studio Ava Williams</p>	<p>Pilates 5:30-6:20 p.m. D1 Studio Alisara Ngamlurdwongsakul</p>	<p>Ballet 5:30-6:20 p.m. D1 Studio Amanda Ziemke</p>	<p>Pilates 5:30-6:20 p.m. D1 Studio Alisara Ngamlurdwongsakul</p>	
<p>Strength and Stretch 5:30-6:20 p.m. D1 Studio Debbie McAuliff</p>	<p>Circuit Cycle 5:30-6:20 p.m. Cycle Studio Anna Porter</p>	<p>Barre 6:30-7:20 p.m. D1 Studio Ava Williams</p>	<p>Circuit Cycle 5:30-6:20 p.m. Cycle Studio Cayeden Doudney</p>	
<p>Ballet 6:30-7:20 p.m. D1 Studio Amanda Ziemke</p>	<p>Modern Dance 6:30-7:20 p.m. D1 Studio Emma Webb</p>	<p>Cycle 7-7:50 p.m. Cycle Studio Preslee Peevy</p>	<p>Zumba 6:30-7:20 p.m. D1 Studio Joni O'Neil</p>	
<p>Late Night Ride 8:30-9:20 p.m. Cycle Studio Calli Jones</p>	<p>Late Night Ride 8:30-9:20 p.m. Cycle Studio Preslee Peevy</p>	<p>Late Night Ride 8:30-9:20 p.m. Cycle Studio Sylvia Wentroble</p>	<p>Late Night Ride 8:30-9:20 p.m. Cycle Studio Cayeden Doudney</p>	

Reserve your spot at rec.wellness.okstate.edu

Registration opens 24 hours prior to class time.

Semester Group Fitness Fee:

Students - \$40 | Faculty/Staff & OSU Affiliates - \$50 | Community Members - \$60

