

Group FITNESS

SPRING 2026

JAN. 12 - MAY 2

MONDAY

Sunrise Cycle
5:45-6:35 a.m.
Cycle Studio
Carisa Ramming

Circuit Cycle
7-7:50 a.m.
Cycle Studio
Lauren Miller

Yoga
12-12:50 p.m.
D1 Studio
Amber Manning-Ouelette

Zumba
4:30-5:20 p.m.
SWC Studio 2
Heather Yates

Strength and Stretch
5:30-6:20 p.m.
D1 Studio
Debbie McAuliff

Modern Dance
6:30-7:20 p.m.
D1 Studio
Emma Webb

TUESDAY

Circuit Cycle
9-9:50 a.m.
Cycle Studio
Cayeden Doudney

Yoga
12-12:50 p.m.
D1 Studio
Lauren Pittser

Total Body
4:30-5:20 p.m.
D1 Studio
Lexie Grino

Barre
5:30-6:20 p.m.
D1 Studio
Ava Williams

Pilates
6:30-7:20 p.m.
D1 Studio
Alisara Ngamlurdwongsakul

Late Night Ride
8:30-9:20 p.m.
Cycle Studio
Anna Porter

WEDNESDAY

Sunrise Cycle
5:45-6:35 a.m.
Cycle Studio
Carisa Ramming

Circuit Cycle
7-7:50 a.m.
Cycle Studio
Lauren Miller

Yoga
12-12:50 p.m.
D1 Studio
Lauren Pittser

Pilates
5:30-6:20 p.m.
D1 Studio
Alisara Ngamlurdwongsakul

Ballet
6:30-7:20 p.m.
D1 Studio
Emma Webb

Late Night Ride
8:30-9:20 p.m.
Cycle Studio
Anna Porter

THURSDAY

Circuit Cycle
9-9:50 a.m.
Cycle Studio
Cayeden Doudney

Barre
12-12:50 p.m.
D1 Studio
Amber Manning-Ouelette

Total Body
4:30-5:20 p.m.
D1 Studio
Lexie Grino

Pilates
5:30-6:20 p.m.
D1 Studio
Alisara Ngamlurdwongsakul

Yoga
6:30-7:20 p.m.
D1 Studio
Lauren Pittser

Late Night Ride
8:30-9:20 p.m.
Cycle Studio
Anna Porter

FRIDAY

Sunrise Cycle
5:45-6:35 a.m.
Cycle Studio
Carisa Ramming

Power Yoga
12-12:50 p.m.
D1 Studio
Lauren Pittser

SATURDAY

FIRST:
Jan. 17 || Feb. 7
Mar. 7 || Apr. 4
Cycle
10:15-11:05 a.m.
Cycle Studio

SECOND:
Jan. 24 || Feb. 14 || Apr. 11
Yoga
10:15-11:05 a.m.
D1 Studio

THIRD:
Jan. 31 || Feb. 21 || Apr. 18
Total Body
10:15-11:05 a.m.
D1 Studio



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

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WELLNESS