

GROUP FITNESS



DEPARTMENT OF
WELLNESS

Spring 2024

Jan. 16 - May 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sunrise Cycle 5:45-6:35 a.m. D2 Cycle Studio Carissa Ramming</p> <p>Morning Moves 7-7:50 a.m. D1 Studio Calli Jones</p> <p>Quick HIIT 9-9:30 a.m. D1 Studio Sylvia Wentroble</p> <p>Speedy Cycle 12-12:30 p.m. D2 Cycle Studio Preslee Peevy</p> <p>Yoga 12-12:50 p.m. D1 Studio Amber Manning</p> <p>Zumba 4:30-5:20 p.m. SWC Heather Yates (Starting Feb. 26)</p> <p>Cycle 5:30-6:20 p.m. D2 Cycle Studio Kaylin Gilliam</p> <p>Strength and Stretch 5:30-6:20 p.m. D1 Studio Debbie McAuliff</p>	<p>Circuit Cycle 5:45-6:35 a.m. D2 Cycle Studio Sylvia Wentroble</p> <p>Cycle 7-7:50 a.m. D2 Cycle Studio Calli Jones</p> <p>Morning Moves 7-7:50 a.m. D1 Studio Whitney Rivers</p> <p>Quick HIIT 9-9:30 a.m. D1 Studio Reagan Hodson</p> <p>Quick HIIT 12-12:30 p.m. D1 Studio Kaylin Gilliam</p> <p>Strength and Stretch 12:10-1 p.m. Student Union Debbie McAuliff</p> <p>Cycle 5:30-6:20 p.m. D2 Cycle Studio Kallin Gilliam</p> <p>Total Body 5:30-6:20 p.m. D1 Studio Jack Walker</p> <p>Work Your Body Dance Party 7-7:50 p.m. D1 Studio Whitney Rivers</p> <p>Late Night Ride 8:30-9:20 p.m. D2 Cycle Studio Cara York</p>	<p>Sunrise Cycle 5:45-6:35 a.m. D2 Cycle Studio Carissa Ramming</p> <p>Morning Cycle 7-7:50 a.m. D2 Cycle Studio Addie Holley</p> <p>Morning Moves 7-7:50 a.m. D1 Studio Kaylin Gilliam</p> <p>Yoga 9-9:50 a.m. D1 Studio Stephanie Sontag</p> <p>Speedy Cycle 12-12:30 p.m. D2 Cycle Studio Kaylin Gilliam</p> <p>Yoga 12-12:50 p.m. D1 Studio Stephanie Sontag</p> <p>Strength and Stretch 12:10-1 p.m. Student Union Debbie McAuliff</p> <p>Total Body 5:30-6:20 p.m. D1 Studio Preslee Peevy</p> <p>Cycle 5:30-6:20 p.m. D2 Cycle Studio Sylvia Wentroble</p>	<p>Sunrise Cycle 5:45-6:35 a.m. D2 Cycle Studio Calli Jones</p> <p>Cycle 7-7:50 a.m. D2 Cycle Studio Cara York</p> <p>Morning Moves 7-7:50 a.m. D1 Studio Whitney Rivers</p> <p>Quick HIIT 9-9:30 a.m. D1 Studio Reagan Hodson</p> <p>Kick Boxing 12-12:45 p.m. Combative Room Taylor Bailey</p> <p>Yoga 12-12:50 p.m. D1 Studio Stephanie Sontag</p> <p>Total Body 5:30-6:20 p.m. D1 Studio Calli Jones</p> <p>Cycle 5:30-6:20 p.m. D2 Cycle Studio Kaylin Gilliam</p> <p>Work Your Body Dance Party 7-7:50 p.m. D1 Studio Whitney Rivers</p> <p>Late Night Ride 8:30-9:20 p.m. D2 Cycle Studio Addie Holley</p>	<p>Sunrise Cycle 5:45-6:35 a.m. D2 Cycle Studio Carissa Ramming</p> <p>Morning Cycle 7-7:50 a.m. D2 Cycle Studio Calli Jones</p> <p>Morning Moves 7-7:50 a.m. D1 Studio Whitney Rivers</p> <p>Quick HIIT 9-9:30 a.m. D1 Studio Jack Walker</p> <p>Yoga 12-12:50 p.m. D1 Studio Amber Manning</p> <p>Speedy Cycle 12-12:30 p.m. D2 Cycle Studio Preslee Peevy</p> <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <p>Semester Group Fitness Fee:</p> <p>Students - \$40</p> <p>Faculty/Staff - \$50</p> <p>Community Members - \$60</p> </div> <div style="text-align: center; margin-top: 10px;">  <p>Registration opens 24 hours prior to class time.</p> </div>

Reserve your spot at rec.wellness.okstate.edu