

GROUP FITNESS

Summer 2024

May 13 - Aug. 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycle 7-7:50 a.m. Cycle Studio Calli Jones	Yoga 6:30-7:20 a.m. D1 Studio Clarke Iakovakis	Cycle 7-7:50 a.m. Cycle Studio Calli Jones	Yoga 6:30-7:20 a.m. D1 Studio Clarke Iakovakis	Cycle 7-7:50 a.m. Cycle Studio Calli Jones
Yoga 7:30-8:20 a.m. D1 Studio Amber Manning-Ouellette	Total Body 8-8:50 a.m. D1 Studio Whitney Rivers	Yoga 12-12:50 p.m. D1 Studio Amber Manning-Ouellette	Total Body 8-8:50 a.m. D1 Studio Whitney Rivers	Yoga 12-12:50 p.m. D1 Studio Stephanie Sontag (Class ends June 21st)
Yoga 12-12:50 p.m. D1 Studio Stephanie Sontag (Class ends June 24th)	Barre 12:00-12:45p.m. D1 Studio Amber Manning-Ouellette	Yoga 5:30-6:20 p.m. D1 Studio Stephanie Sontag (Class ends June 12th)	Quick HIIT 12-12:30 p.m. D1 Studio Whitney Rivers	
Strength and Stretch 5:30-6:20 p.m. D1 Studio Debbie McAuliff	Dance Cardio 5:15-6:00p.m. D1 Studio Whitney Rivers	Circuit Cycle 5:30-6:20 p.m. Cycle Studio Kaylin Gilliam	Yoga 5:30-6:20 p.m. D1 Studio Stephanie Sontag (Class ends June 20th)	
Circuit Cycle 5:30-6:20 p.m. Cycle Studio Kaylin Gilliam	Cycle 5:30-6:20p.m. Cycle Studio Sylvia Wentroble		Zumba 5:30-6:20 p.m. D1 Studio Joni O'Neil (Class begins June 27th)	
			Cycle 5:30-6:20 p.m. Cycle Studio Sylvia Wentroble	

Reserve your spot at rec.wellness.okstate.edu

Registration opens 24 hours prior to class time.

Summer Group Fitness Fee:

Students - \$35 | Faculty/Staff & OSU Affiliate - \$45 | Community Members - \$55



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