

GROUP FITNESS

Summer

MAY 12 - AUG. 15*

MONDAY

Yoga	12-12:50 p.m.	D1 Studio	Lauren Pittser
Strength & Stretch	5:30-6:20 p.m.	D1 Studio	Debbie McAuliff

TUESDAY

Yoga	6:30-7:20 a.m.	D1 Studio	Clarke Iakovakis
Circuit Cycle	7-7:50 a.m.	Cycle Studio	Kaytlyn Hayes
Aqua Zumba	8:30-9:20 a.m.	Colvin Pool	Joni O'Neil
<i>(Starts Tuesday, May 27 Ends Tuesday, July 29)</i>			
Yoga	12-12:50 p.m.	D1 Studio	Lauren Pittser
Barre	4:30-5:20 p.m.	D1 Studio	Amber Manning-Ouellette
Total Body	5:30-6:20 p.m.	D1 Studio	Kaytlyn Hayes

WEDNESDAY

Yoga	12-12:50 p.m.	D1 Studio	Amber Manning-Ouellette
Total Body	5:30-6:20 p.m.	D1 Studio	Kaytlyn Hayes

THURSDAY

Yoga	6:30-7:20 a.m.	D1 Studio	Clarke Iakovakis
Circuit Cycle	7-7:50 a.m.	Cycle Studio	Kaytlyn Hayes
Aqua Zumba	8:30-9:20 a.m.	Colvin Pool	Joni O'Neil
<i>(Starts Thursday, May 29 Ends Thursday, July 31)</i>			
Yoga	12-12:50 p.m.	D1 Studio	Lauren Pittser
Total Body Fusion	5:30-6:20 p.m.	D1 Studio	Joni O'Neil
<i>(Starts Thursday, May 22)</i>			

FRIDAY

Total Body	7:30-8:20 a.m.	D1 Studio	Kaytlyn Hayes
Mindfulness	12-12:30 p.m.	D1 Studio	Clarke Iakovakis

SATURDAY

Aqua Zumba	10:30-11:20 a.m.	Colvin Pool	Joni O'Neil
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(Last Saturday of the month: May 31, June 28, July 26)

***No Classes:** Monday, May 26 (Memorial Day); Thursday, June 19 (Juneteenth); Friday, July 4 (Independence Day)

Reserve your spot at rec.wellness.okstate.edu

Registration opens 24 hours prior to class time.

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



DEPARTMENT OF
WELLNESS