# Group Fitness

## Finals Week

**May 6-10**

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

- **Morning Moves**
  - 7-7:50 a.m.
  - D1 Studio
  - Calli Jones

- **Speedy Cycle**
  - 12-12:30 p.m.
  - Cycle Studio
  - Preslee Peevy

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

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

- **Cycle**
  - 5:30-6:20 p.m.
  - Cycle Studio
  - Kaylin Gilliam

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

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

- **Morning Moves**
  - 7-7:50 a.m.
  - D1 Studio
  - Calli Jones

- **Speedy Cycle**
  - 12-12:30 p.m.
  - Cycle Studio
  - Kaylin Gilliam

- **Quick HIIT**
  - 12-12:30 p.m.
  - D1 Studio
  - Kaylin Gilliam

- **Strength and Stretch**
  - 12:10-12:50 p.m.
  - Student Union
  - Debbie McAuliff

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

- **Morning Moves**
  - 7-7:50 a.m.
  - D1 Studio
  - Kaylin Gilliam

- **Yoga**
  - 9-9:50 a.m.
  - D1 Studio
  - Stephanie Sontag

- **Speedy Cycle**
  - 12:10-12:50 p.m.
  - Student Union
  - Debbie McAuliff

- **Total Body**
  - 5:30-6:20 p.m.
  - D1 Studio
  - Jack Walker

### Thursday
- **Sunrise Cycle**
  - 5:45-6:35 a.m.
  - Cycle Studio
  - Calli Jones

- **Morning Moves**
  - 7-7:50 a.m.
  - D1 Studio
  - Whitney Rivers

- **Kickboxing**
  - 12-12:45 p.m.
  - Combative Room
  - Taylor Bailey

- **Strength and Stretch**
  - 12:10-12:50 p.m.
  - Student Union
  - Debbie McAuliff

- **Total Body**
  - 5:30-6:20 p.m.
  - D1 Studio
  - Preslee Peevy

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

- **Morning Cycle**
  - 7-7:50 a.m.
  - D2 Cycle Studio
  - Calli Jones

- **Speedy Cycle**
  - 12-12:30 p.m.
  - Cycle Studio
  - Preslee Peevy

- **Yoga**
  - 12-12:50 p.m.
  - D1 Studio
  - Stephanie Sontag

- **Strength and Stretch**
  - 12:10-12:50 p.m.
  - Student Union
  - Debbie McAuliff

- **Total Body**
  - 5:30-6:20 p.m.
  - D2 Cycle Studio
  - Kaylin Gilliam

### Registration
- Visit [rec.wellness.okstate.edu](http://rec.wellness.okstate.edu)
- Registration opens **23 hours prior to class time**.