

# GROUP FITNESS

## Summer 2024

May 13 - Aug. 16

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

Reserve your spot at [rec.wellness.okstate.edu](https://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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