

FALL 2019

GROUP FITNESS

AUG. 19 - DEC. 7



DEPARTMENT OF
WELLNESS

MONDAY

6AM-6:50AM

SwimFit - Gena - P
Spin - Carisa - S

6:30AM-7:20AM

Sunrise Yoga
Amber - D1

12:10PM-12:50PM

Yoga - LaMecia - S2
Total Body - Presli - D1

4:30PM-5:20PM

Spin - Lauren - S
Zumba - Kaitlin - D1

5:30PM-6:20PM

Pilates - Shonda - D1
Spin - Quinn - S
Strength & Stretch
Debbie - S2

6:30PM-7:30PM

Intro to Brazilian Ju Jitsu
Kerris - C

7:30PM-8:20PM

Power Yoga - Aaron - D1

TUESDAY

6AM-6:50AM

Water Aerobics
Debbie - P

9AM-9:50AM

Yin Yoga - Addison - D2

12:10PM-12:50PM

Yoga - Ayri - S2
Barre - Debbie M. - D1

12:15PM-12:45PM

BOGA Fit* - Colleen - P

4:30PM-5:20PM

Zumba - Sarah Gr. - D1

5PM-6PM

Country Western I
Sarah Gl. - D2

5:30PM-6:20PM

TRX - Presli - PS
Barre - Grace - D1

6PM-7PM

Country Western II
Sarah Gl. - D2

6:30PM-7:20PM

Pop Pilates - Addison - D1

7:30PM-8:20PM

Dance Party! - Aevri - D1

7:30PM-8:30PM

Intro to Tae Kwon Do
Kerris - C

WEDNESDAY

6AM-6:50AM

SwimFit - Gena - P
Spin - Bridget - S

6:30AM-7:20AM

Sunrise Yoga
Amber - D1

12:10PM-12:50PM

Yoga - Savannah - D2
Total Body - Presli - D1

4:30PM-5:20PM

Spin - Jared - S

5:30PM-6:20PM

Pilates - Shonda - D1
Spin - Quinn - S
Cardio Fusion
Debbie - S2

6:30PM-7:20PM

P90X - Sarah M. - D2
Hip Hop - Grace - D1

7:30PM-8:30PM

Intro to Judo
Jonathan - C

THURSDAY

6AM-6:50AM

Water Aerobics
Debbie - P

9AM-9:50AM

Yin Yoga
Addison - D2

11AM-11:45AM

Mid-Day Meditation
Aaron - D2

12:10PM-12:50PM

Yoga - Ayri - S2
Barre - Grace - D1

12:15PM-12:45PM

BOGA Fit* - Colleen - P

4:30PM-5:20PM

PiYo - Kourtney - D2

5:30PM-6:20PM

TRX - Presli - PS
Barre - Abbie - D1
Yoga - Savannah - D2

6:30PM-7:20PM

Pop Pilates - Addison - D1

7:30PM-8:20PM

Dance Party! - Aevri - D1
D1

FRIDAY

6AM-6:50AM

Spin - Carisa - S

6:30AM-7:20AM

Sunrise Yoga
Addison - D1

11AM-11:45AM

Yoga - Aaron - D2

12:10PM-12:50PM

Strength & Stretch
Debbie - S2

5:30PM-6:30PM

Advanced Judo
Jonathan - C

SATURDAY

8:30AM-9:20AM

Spin - STAFF - S

10AM-12PM

Open Mat Judo
Jonathan - C

SUNDAY

5:30PM-6:20PM

Spin - STAFF - S
Yoga - Aaron - D1

* BOGA Fit ends October 11, 2019

Spin, Boga Fit and TRX require a pass to participate.
Passes are available at the Front Desk for free 30
minutes prior to class time. Class sizes are limited.

Colvin Recreation Center

C = Combatives, D1 = Dance 1, D2 = Dance 2, S = Spin
PS = Performance Studio, P = Indoor Pool

Seretean Wellness Center

S1 = Studio 1
S2 = Studio 2



DEPARTMENT OF
WELLNESS



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DISCOVER WELLNESS