## SERETEAN WELLNESS CENTER
### SUMMER 2015 GROUP FITNESS SCHEDULE / May 11TH - August 15TH

### MONDAY
- **11:00 - 11:45a**: Yoga w. Carol  
  - S2
- **12:10 - 12:50p**: Strength & Stretch w. Debbie  
  - S2
- **4:30 - 5:20p**: Zumba* w. Heather  
  - S2
- **5:30 - 6:20p**: Strength & Stretch w. Debbie  
  - S2

### TUESDAY
- **11:00 - 11:50a**: Yoga w. Ruby  
  - S2
- **12:10 - 12:50p**: Yoga w. Billie  
  - S2
- **12:10 - 12:55p**: Strength and Cardio w. Bridget  
  - S1
- **5:30 - 6:30p**: Relax & Restore Yoga w. Carol  
  - S2

### WEDNESDAY
- **10:00 - 10:45a**: Pilates Reformer w. Billie*  
  - WS
- **12:10 - 12:50p**: Yoga w. LaMecia  
  - S2
- **4:30 - 5:20p**: Zumba* w. Heather  
  - S2
- **5:30 - 6:20p**: Low Cardio Toning w. Debbie  
  - S2
- **5:30 - 6:30p**: Qigong w. Marty (June 24 - July 29)**  
  - S1

### THURSDAY
- **11:00 - 11:50p**: Yoga w. Ruby  
  - S2
- **12:10 - 12:50p**: Pilates w. Marsha  
  - S1
- **12:10 - 12:50p**: Yoga w. Carol  
  - S2
- **1:15 - 2:00p**: Pilates Reformer w. Billie*  
  - WS
- **4:45 - 5:15p**: Step w. Debbie  
  - S2
- **5:30 - 6:20p**: Zumba* w. Amber  
  - S2

### FRIDAY
- **11:00 - 11:45a**: Yoga w. Carol  
  - S2
- **12:10 - 12:50p**: Strength & Stretch w. Debbie  
  - S2
- **12:10 - 12:55p**: Pilates Reformer w. Marsha*  
  - WS
- **1:00 - 1:30p**: Core and More w. Marsha  
  - S2

### SATURDAY
- **8:30 - 9:30a**: Intervals/Cardio Bursts w. Debbie  
  - S2
- **9:45 - 10:35a**: Zumba* w. Staff  
  - S2
- **10:45 - 11:30p**: Yoga w. Bridget  
  - S2

### EXTRAS
**KEY**
- S1 = Studio 1
- S2 = Studio 2
- WS = Wellness Services

**EMAIL**: wellness.okstate.edu

**PHONE**: 405 - 744 - 9355

**WEB**: www.wellness.okstate.edu

**NOTE**
*Pilates Reformer classes are FREE. Participants must pre-register for classes by calling 405-744-9355.

Please see wellness.okstate.edu for additional details and restrictions.

**Qigong is a fee-based class series. Participants can register by calling 405-744-9355.
Faculty/Staff/Members: $60
Students: $50

**Revised 4/22/15**