

DISCOVER WELLNESS

FALL 2017 SCHEDULE

AUG 21 - DEC 8

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
6:00-6:50a	Spin - Carisa	S	6:00-6:50a	Spin - Alana	S	6:00-6:50a	Spin - Bridget	S	6:00-6:50a	Spin - Alana	S	6:00-6:50a	Spin - Carisa	S
	Swim Fit - Gena	P		Water Aerobics - Debbie B.	P		SwimFit - Gena	P		Water Aerobics - Debbie B.	P		Yoga - Sydney	D1
6:30-7:20a	Yoga - Bridget R.	D1	6:30-7:20a	Yoga - Julie S.	D2	6:30-7:20a	Yoga - Bridget R.	D1		Kickboxing - Macy	MP1	10:00-10:50a	Total Body - Marina	D2
10:00-10:50a	Barre - Bailey	D1	7:00-7:50a	Intensity- Sarah M.	D1	8:00-8:50a	Core and More - Sarah	D1	6:30-7:20a	Yoga - Julie S.	D2	11:00-11:45a	Yoga - Brittany	S2
11:00-11:50a	Total Body - Cailey	S2	8:00-8:50a	Total Body - Bailey	D1				7:00-7:50a	Intensity - Cailey	D1	12:10-12:50p	Strength & Stretch- Debbie	S2
12:10-12:50p	Yoga - LaMecia	S2	9:00-9:50a	Yoga - Julie	D2	12:10-12:50p	Spin - Marsha	S	8:00-8:50a	Total Body - Bailey	D1			
	Spin - Marsha	S	11:00-11:50a	Yoga - Ruby	S2		Yoga - Carol	S2	9:00-9:50a	Yoga - Julie	D2			
			12:10-12:50p	Yoga - Billie	S2	3:00-3:50p	Core & More - Marsha	D1	11:00-11:50a	Yoga - Ruby	S2			
3:00-3:50p	Core & More - Marsha	D1	4:30-5:20p	Core and More- Marina	S2	4:30-5:20p	Spin - Alex	S						
				P90X - Sarah M.	D1	4:30-5:20p	Zumba® - Heather	S2	4:30-5:20p	Core and More - Bailey	S2			
4:30-5:20p	Spin - Alex	S	5:10-6:00p	Country Western I - Sara	D2	5:30-6:00p	Barre - Abbie	D1	5:30-6:20p	Total Body - Macy	D1			
	Zumba® - Heather	S2				5:30-6:00p	Aqua Zumba® - Heather	OP/P*	5:30-6:20p	Spin - Quinn	S	8:30-9:20a	Spin - Staff	S
	H.I.I.T. - Macy	D1				5:30-6:20p	Racquetball - Tim	R	5:30-6:20p	TRX® - Joe	PS		Intervals - Debbie	D1
5:30-6:00p	Aqua Zumba® - Heather	OP/P*					P90X - Sarah M.	D1		Yoga - Addison	S2	10:00-12:00p	Judo - Kyle	C
							Cardio Fusion - Debbie	S2		Kickboxing - Natalie	MP1	10:30-11:20a	Total Body - Cailey	PS
5:30-6:20p	Spin - Bridget	S				6:30-7:20p	Barre -Taylor	D1		Orange Power Fit - Sarah	D1			
	Strength & Stretch- Debbie	S2	6:00-6:50p	Country Western II - Sara	D2		Dance Party! - Sydney	D2	6:30-7:20p	Core and More- Bailey	D1			
6:30-7:20p	Orange Power Fit - Cailey	D1	6:30-7:20p	Core & More - Marina	D1	7:00-7:50p	Spin - Marina	S		POUND® - Mikayla	MP2			
6:45-7:30p	Restorative Stretching - Genevieve	D2	6:30-7:20p	POUND® - Julie	MP2	7:30-8:20p	Kickboxing - Natalie	MP1	7:30-8:20p	Dance Party! - Tashia	D2	5:30-6:20p	Spin - Staff	S
7:30-8:20p	TRX® - Rachel	PS	7:30-8:20p	Dance Party! - Aevri	D2	7:30-8:20p	TRX® - Rachel	PS		Salsa - Randall	D1	6:00-6:50p	Yoga - Addison	MP2
	Yoga - Addison	D1	7:30-8:30p	Jazz - Abbie	D1		Power Yoga - Brittany	D1	7:30-9:20p	Tae Kwon Do - Kerris	MP2	7:00-7:50p	POUND® - Julie B.	MP2
			7:30-9:20p	Tae Kwon Do - Kerris	MP2		POUND® - Taylor	MP2	8:30-9:20p	Bachata - Randall	D1			
			8:00-9:30p	Judo- Kyle	C	8:00-9:15p	Hip Hop - Taylor	D2						

SATURDAY

8:30-9:20a	Spin - Staff	S
	Intervals - Debbie	D1
10:00-12:00p	Judo - Kyle	C
10:30-11:20a	Total Body - Cailey	PS

SUNDAY

5:30-6:20p	Spin - Staff	S
6:00-6:50p	Yoga - Addison	MP2
7:00-7:50p	POUND® - Julie B.	MP2

STUDIO KEY:

C = Combatives (CRC), D1 = Dance 1 (CRC), D2 = Dance 2 (CRC), MP1 = Multipurpose 1 (CRC), MP2 = Multipurpose 2 (CRC), PS = Performance Studio (CRC), P =Indoor Pool (CRC), OP = Outdoor Pool (CRC), R = Racquetball Courts (CRC), S =Spin (CRC), S1 = Studio 1 (SWC), S2 = Studio 2 (SWC) CRC = Colvin Recreation Center | SWC = Seretean Wellness Center | *Pool dependent on weather

Classes are offered at no charge to students and benefits eligible employees. Others must have Department of Wellness Membership. CRC 405-744-5510 | SWC 405-744-9355

Spin, Kickboxing, and TRX require a pass. Passes are available for free 30 minutes prior to class time. Class sizes are limited.

OSUWELL



OKLAHOMA STATE UNIVERSITY WELLNESS

DISCOVER FITNESS

Cardio and Conditioning Classes:

• **Cardio Fusion** - The perfect conditioning class to prepare your body for any type of fitness activity. The functional movements that are used in the class are ideal for everyday activity. If you are looking to strengthen your muscles and increase endurance levels, this class is for you.

• **H.I.I.T.** - HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

• **Intensity** - A revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. By using MAX Interval Training, Intensity pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism.

• **Intervals** - If you are looking to perform at your ultimate fitness level, interval class is for you. That's right, maximum exertion, for maximum results. This class makes fitness fun, and introduces exercises that will help you burn fat and calories.

• **Kickboxing** - Kick and punch your stress away with this high-energy workout that uses martial arts basics and bags to really work up a sweat. No experience required, just come several minutes early to wrap your hands.

• **Orange Power Fit** - This class is sure to get your heart rate up with interval based training. Exercises encourage participants to work at high intensities with short segments of rest helping to create a more efficient cardiovascular system for all participants.

P90X® – is a total-body workout that will keep your body guessing—and transforming—with a variety of strength-training moves, cardio conditioning, and core work. In every class you'll tone strong, lean muscle, and together, you'll bust through any plateau that stands in your way.

• **POUND®** - This class is the first cardio jam sessions inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

• **Racquetball** - Participants will have the opportunity to practice and play against the best of the best players! Come with a fun and competitive attitude for a fun filled workout.

• **Spin** - A great low-impact workout! Your instructor will guide you over a variety of terrain with several modes of training styles. Every ride is your own, so you have the ability to adjust your intensity making this class great for all levels! Space is limited, so please pick up your spin number starting 30 min. prior to class from the customer service desk to reserve your space!

• **TRX®** – Work against gravity and your body's own resistance! As you perform hundreds of exercises that build strength, balance, flexibility, power, mobility, and prevent injuries all at the intensity you choose.

Dance:

• **Bachata** - This class will teach you the beginning moves to the Bachata dance! Partner is not needed; the class will mingle with one another!

• **Country Western Dance I** - The focus in this class is on four styles of two stepping both past and present. Gain insight into the history of many different styles of Two Stepping. Learn a variety of easy and effective basic principles of Leading and following. Acquire the knowledge of key terminology, techniques of fundamentals, and dance etiquette.

• **Country Western Dance II** - Advance with combinations of turns and tap into creative developments through rigorous practice. Expand on Two Stepping styles and bring out new ideas. Must have taken Country Western I.

• **Dance Party** - Listen to the Top Hits and learn choreography that will get your heart rate jumping and your body moving. This class targets giving you a total body workout while dancing to the beats of the music! Come join the party.

• **Hip-Hop** - Hip Hop Class will enrich you with technique, movement, confidence, and lots of fun. The instructor, makes sure to pick choreography that will suit and benefit dancers of all levels.

• **Jazz** - An umbrella term that can refer to several related dance styles. All of them are connected via common roots, namely tap, ballet, jazz music, and African-American rhythms and dance.

• **Salsa** - This class will teach you the beginning moves to Salsa dance! Partner is not needed; the class will mingle with one another!

• **Zumba®** - A total body workout with cardio conditioning in a Latin flavor. Fusing hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

Martial Arts:

• **Judo** - Uses a series of throws, as well as grappling techniques, to win a judo match, where other martial arts use kicking and punching. Judo training includes self-defense, cardiovascular training, strength conditioning, improving balance and self-confidence.

• **Tae Kwon Do** - This class infuses the practicality of Karate style sparring. There is equal emphasis on punching as well as kicking, and the valid striking targets are more realistic and closer to what one may encounter in a self-defense type situation. Also incorporated into the class structure are Brazilian Jiu-Jitsu, Okinawan Weapons, Shotokan and Goju-Ryu Karate, Muay Tai, Aikido, and various self-defense methods.

Mind/Body:

• **Power Yoga** - an intense workout that will make you sweat. A traditional Ashtanga practice follows the same series of poses and makes you hold each for five breaths before moving through a Vinyasa.

• **Restorative Stretching** - Sequence typically involves only five or six poses, supported by props that allow you to completely relax and rest. Held for 5 minutes or more, restorative poses include light twists, seated forward folds, and gentle bends.

• **Yoga** - This class works to develop the physical body with strength, stamina and flexibility; the emotional body with stability, confidence and discernment; the mental body with awareness, concentration and focus.

Resistance:

• **Barre** - This class will combine postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training, combined with high reps of small range-of-motion.

• **Core & More** – This comprehensive core class will target every aspect of your core, along with involving other muscle groups throughout the class!

• **Strength and Stretch** - A great way to complement yoga and/or cardio exercise. Strengthening exercises emphasize the abs, torso and "core" muscles to condition you.

• **Total Body** – A strength training class targeting major muscle groups using various equipment and body weight, total body incorporates bursts of cardio into movements.

• **Relax & Restore Yoga** - Yoga class for all body types and all levels of ability; no prior yoga experience required. Approximately 30-40 minutes of gentle yoga poses, followed by a 15 minute guided relaxation.

Water:

• **Aqua Zumba®** - Love to Zumba® Come join us in the pool for a total body workout with cardio conditioning in a Latin flavor.

• **SwimFit** - This class incorporates lap swimming and supplementary movements to provide resistance on the body and improve cardiovascular endurance.

• **Water Aerobics** – This aerobics class incorporates a variety of exercises ranging from running to Jumping jacks in the deep water. Belts are provided for floatation. This class will increase muscle tone and strength.



DEPARTMENT OF
Wellness