## Winter Break Schedule

**DEC 17 - 21**

### Class Descriptions

#### Cardio and Conditioning Classes:

- **Spin** - A great high intensity, 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!

#### Mind/Body:

- **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:

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

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

### 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

**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.