### SERETEAN WELLNESS CENTER

**SPRING 2015 GROUP FITNESS SCHEDULE / JAN. 5TH - MAY 9TH**

#### MONDAY
- 11:00 - 11:45a  Yoga w. Carol  S2
- 12:10 - 12:50p  Strength & Stretch w. Debbie  S2
- 1:00 - 1:50p  Step & Pump w. Marsha  S2
- 4:30 - 5:20p  Zumba® w. Heather  S2
- 5:30 - 6:20p  Strength & Stretch w. Debbie  S2

#### TUESDAY
- 6:00 - 6:45a  Sunshine Circuit w. TaNiqua  S2
- 11:00 - 11:50a  Yoga w. Ruby  S2
- 12:10 - 12:50p  Yoga w. Billie  S2
- 6:00 - 7:00p  Relax & Restore Yoga w. Carol  S2

#### WEDNESDAY
- 11:00 - 11:50a  Zumba® w. Marilyn  S2
- 12:10 - 12:50p  Yoga w. LaMecia  S2
- 4:30 - 5:20p  Zumba® w. Heather  S2
- 5:30 - 6:20p  Cardio Toning w. Debbie  S2

#### THURSDAY
- 6:00 - 6:45a  Sunshine Circuit w. TaNiqua  S2
- 11:00 - 11:50p  Yoga w. Ruby  S2
- 12:10 - 12:50p  Pilates w. Marsha  S1
- 12:10 - 12:50P  Yoga w. Carol  S2
- 5:30 - 6:20p  Yogilates w. Kelsey  S1
- 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
- 1:00 - 1:50p  Cardio Kickboxing w. Marsha  S2
- 5:30 - 6:20p  Zumba® w. Marissa  S2

#### SATURDAY
- 8:30 - 9:30a  Intervals/CardioBursts w. Debbie  S2
- 9:45 - 10:35a  Zumba® w. Staff  S2
- 10:40 - 11:25p  Yoga w. Bridget  S2

### EXTRAS

#### SERETEAN WELLNESS CENTER HOURS
- **MON. - FRI.** 5:30a - 9:00p
- **SATURDAY** 8:00a - 12:00p
- **SUNDAY** Closed

#### KEY
- S1 = Studio 1
- S2 = Studio 2

#### EMAIL
- wellness.okstate.edu

#### PHONE
- 405 - 744 - 9355

#### WEB
- www.wellness.okstate.edu

### NOTE
- Classes are offered at no charge to benefits eligible employees and students. Others must have a Department of Wellness Membership.

### EFFECTIVE
- Jan. 5th - May 9th

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