

Group FITNESS

SUMMER 2026

MAY 11 - AUG. 15

MONDAY

Yoga

6:30-7:20 a.m.

Amber
Manning-Ouellette
D1

**Starts June 22*

Strength & Stretch

12-12:50 p.m.

Debbie McAuliff
D1

Dance Fit

5:30-6:20 p.m.

Jenn Lane
D1

TUESDAY

Zumba

6:45-7:35 a.m.

Joni O'Neil
D1

**Starts May 26*

Yoga

12-12:50 p.m.

Lauren Pittser
D1

Pilates

5:30-6:20 p.m.

Alisara
Ngamlurdwongsakul
D1

**Starts June 9*

Barre

5:30-6:20 p.m.

Amber
Manning-Ouellette
D1

**May 12, 19, 26 & June 2*

WEDNESDAY

Yoga

6:30-7:20 a.m.

Amber
Manning-Ouellette
D1

**Starts June 17*

Barre

12-12:50 p.m.

Amber
Manning-Ouellette
D1

Pilates

5:30-6:20 p.m.

Alisara
Ngamlurdwongsakul
D1

**Starts June 10*

Strength & Stretch

5:30-6:20 p.m.

Debbie McAuliff
D1

**May 13, 20 27 & June 3*

THURSDAY

Zumba

6:45-7:35 a.m.

Joni O'Neil
D1

**Starts May 21*

Yoga

12-12:50 p.m.

Jenn Lane
D1

Pilates

5:30-6:20 p.m.

Alisara
Ngamlurdwongsakul
D1

**Starts June 11*

Yoga

5:30-6:20 p.m.

Jenn Lane
D1

**May 14, 21, 28 & June 4*

FRIDAY

HIIT

12-12:50 p.m.

Madison Grove
D1

**Last Day July 10*

SATURDAY

First: Cycle

**June 6 | Aug. 1*

Second: Zumba

**June 13 | July 11 | Aug. 8*

Third: Yoga

**May 16 | July 18 | Aug. 15*

Fourth: Total Body

**May 30 | June 27 | July 25*

9:15-10:05 a.m.

Aqua Zumba

10:30-11:20 a.m.

Joni O'Neil
Colvin Pool

**Starts May 30*



Reserve your spot at rec.wellness.okstate.edu

Registration opens 24 hours prior to class time.

SEMESTER GROUP FITNESS FEE: Students - \$35 | Faculty/Staff & OSU Affiliates - \$45 | Community Members - \$55

Follow us: @OSUWELL



WELLNESS