

Group FITNESS

FINALS WEEK

MAY 4-8

(Please note, the Colvin closes at 7 p.m. Mon.-Fri. of Finals Week)

MONDAY

Sunrise Cycle	5:45-6:35 a.m.	Cycle Studio	Carisa Ramming
Zumba	4:30-5:20 p.m.	SWC Studio 2	Heather Yates
Strength & Stretch	5:30-6:20 p.m.	D1 Studio	Debbie McAuliff

TUESDAY

Circuit Cycle	9-9:50 a.m.	Cycle Studio	Cayeden Doudney
Yoga	12-12:50 p.m.	D1 Studio	Lauren Pittser
Total Body	4:30-5:20 p.m.	D1 Studio	Lexie Grino
Barre	5:30-6:20 p.m.	D1 Studio	Ava Williams
Cycle	5:30-6:20 p.m.	Cycle Studio	Anna Porter

WEDNESDAY

Sunrise Cycle	5:45-6:35 a.m.	Cycle Studio	Carisa Ramming
Yoga	12-12:50 p.m.	D1 Studio	Lauren Pittser
Pilates	5:30-6:20 p.m.	D1 Studio	Alisara Ngamlurdwongsakul
Cycle	5:30-6:20 p.m.	Cycle Studio	Sylvia Wentroble

THURSDAY

Circuit Cycle	9-9:50 a.m.	Cycle Studio	Cayeden Doudney
Total Body	4:30-5:20 p.m.	D1 Studio	Lexie Grino
Pilates	5:30-6:20 p.m.	D1 Studio	Alisara Ngamlurdwongsakul
Cycle	5:30-6:20 p.m.	Cycle Studio	Cara York

FRIDAY

Sunrise Cycle	5:45-6:35 a.m.	Cycle Studio	Carisa Ramming
----------------------	----------------	--------------	----------------



Reserve your spot at rec.wellness.okstate.edu

Registration opens 24 hours prior to class time.



WELLNESS