

Campus Recreation

Class	Instructor	Session	Day	Time	Room	Enrollment
Zumba	Melanie	6/2-7/25	Mon.	6:30-7:30pm	Dance Studio #1	Enrollment isn't required.
Zumba	Joni	6/2-7/25	Wed.	6:30-7:30pm	Dance Studio #1	Enrollment isn't required.
Zumba	Beth	6/2-7/25	Tues.	7:00-8:00pm	Dance Studio #2	Enrollment isn't required.
Absolutely Abs	Gena	6/2-7/25	M,W	5:15-5:45pm	Dance Studio #1	Enrollment isn't required.
Ab Lab	Shannon A.	6/2-7/25	T,Th	5:15-5:45pm	Dance Studio #1	Enrollment isn't required.
Core 'n More	Jan	6/2-7/25	T,Th	6:00-7:00pm	Dance Studio #1	Enrollment isn't required.
Step 'n Pump	Rita	6/2-7/25	T,Th	5:45-6:45pm	Dance Studio #2	Enrollment isn't required.
Cardiokickboxing	Rita	6/2-7/25	M,W	5:45-6:45pm	Multipurpose #1	Enrollment isn't required.
Cardiokickboxing	Hayley	6/2-7/25	T,Th	5:45-6:45pm	Multipurpose #1	Enrollment isn't required.
Spin	Shannon	6/2-7/25	T,Th	6:15-7am	Spin Area	Pick up # at Customer Service desk, 30 min. prior to class.
Spin	Amanda	6/2-7/25	M,W	12:15-1pm	Spin Area	
Spin	Bridget, Tia	6/2-7/25	M thru Th	5:15-6:00pm	Spin Area	
Spin	Colleen	6/2-7/25	M,W	6:15-7:00pm	Spin Area	
Belly Dancing	Laura	6/2-7/25	Tues.	7:30-8:30pm	Multipurpose #1	Enrollment is required.
Stillcenter Yoga	Ruby	6/2-7/25	T,Th	12noon-1:00pm	Dance Studio #1	Enrollment is required.
Pilates	Evelt	6/2-7/25	M,W	4:30-5:30pm	Dance Studio #2	Enrollment is required.
Pilates	Deb	7/7-7/25	M,W	5:45-6:45pm	Dance Studio #2	Enrollment is required.
Pilates	Shannon A.	6/2-7/25	T,Th	4:00-5:00pm	Dance Studio #1	Enrollment is required.
Pilates	Rita	6/2-7/25	T,Th	6:30-7:15am	Dance Studio #2	Enrollment is required.
Ballroom Dancing	Mauro	6/2-7/25	M,Th	7:00-8:00pm	Dance Studio #2	Enrollment is required.
Tae Kwon Do	Lori	6/2-7/25	T,Th	7:00-9:00pm	Multipurpose #2	Enrollment is required.
Beginning Kickboxing	Doug	6/2-7/25	T,Th	5:00-6:00pm	Combatives	Enrollment is required.
Kickboxing & Brazilian Jui Jitsu	Doug	6/2-7/25	T,Th	6:00-8:00pm	Combatives	Enrollment is required.
SCUBA	Pirate's Cove	6/14-6/15	Sat. & Sun.	9am-6pm	Classroom 174	Enrollment is required.
NAUI Open Water Certification classes. Instructors from Pirate's Cove SCUBA shop, OKla. City, lead the class. Participants must supply mask snorkel. Equipment packages are available through Pirates's Cove , 405-722-4465. They can be charged to your bursar. \$180students/\$200 ot						
Personal Training	see flyer		by appointment only		Colvin Recreation Center	See flyer
Massage Therapy	see brochure		by appointment only		Colvin Recreation Center	\$35, \$55, \$80
For more information, contact Campus Recreation @ 744-5510 or enroll in the business office or customer service desk.						
Students may take classes free of charge. Faculty/Staff members are required to pay a fee of \$35 to enroll in any or all of the above classes.						

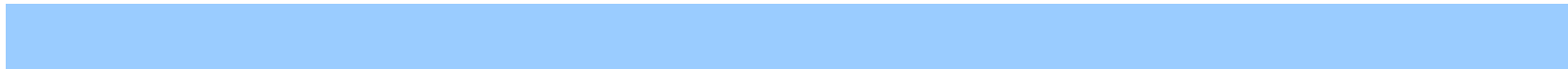
Enroll Today! 101 Colvin Recreation Center



Class	Instructor	Session	Day	Time	Room	Cost
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SCUBA Session I Feb. 10-12	Staff - Pirates Cove, OKC		Friday Saturday	7pm-9pm 9am-6pm	Colvin Recreation Center	\$200
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Payment to enroll in the above classes is required for OSU students and faculty/staff members.

Enroll Today! 101 Colvin Recreation Center