

Girls Guide to Norman, Oklahoma



2025 PANHELLENIC
RECRUITMENT TEAM

Hello and Welcome!



Welcome to Norman, Oklahoma and the University of Oklahoma Panhellenic community! We're so glad you're here and excited to share this guide made just for you! Inside, you'll find some of our favorite local spots to eat, shop, and hang out, along with tips to help you feel more at home in your new town. Whether you're exploring campus or grabbing a bite with new friends, we hope this guide helps you settle in and get excited for all the new experiences ahead. We can't wait to meet you. Boomer Sooner!



TABLE OF CONTENTS

Cafes & Cram Sessions1

Yellow Dog Coffee Company 7 Brew Coffee
The Tower Nutrition Stella Nova
Not Your Average Joe

Adulting 1017

Paynted Nail Bar Restorative The Suite Life Pure Barre Orangetheory
Mave Beauty Injectables Garner Crossing Crunch
Dry Bar Betty Lou's Party Pics Hotworx

The 405 Pantry.....20

The Mont Volare Mamaka
Pickleman's Surf Bar
Hideaway Classic 50's

Retail Therapy28

Mave The Apothem Christmas Expressions Caymans
Savvy Blake Giftly by Katsey MC Clothing Co
Lucca Greek Necessities Parcel Goods + Gifts

Treat Yo' Self.....39

Swig Menchies
Baked Bear Pinkberry
Insomnia Cookies Sweet Sips and Sticks



Cafes & Cram Sessions

There's nothing like a cozy coffee shop to get you through your first college exam. Here are some go-to spots for studying, people-watching, or just sipping a cold drink!



yellowdogcoffee



1,187
Posts

4,488
Followers

3,160
Following

Yellow Dog Coffee Company

222 S. Porter Ave, Norman, Oklahoma ...more

<https://www.yellowdogcoffeecompany.com/>





thetowernutrition



940
Posts

6,921
Followers

7,073
Following

The Tower Energy and Nutrition

Hours: mon-fri: 7am-7pm sat/sun: 9am-5pm

584 Buchanan Ave, Norman, Oklahoma





nyaj.coffee



1,713
Posts

8,986
Followers

429
Following

Not Your Average Joe
Exceptional coffee. Accept-ional people.
1001 Elm Ave, Norman, OK
<https://www.nyaj.coffee/>





7brewcoffee



1,245

Posts

519K

Followers

49

Following

7 Brew Coffee

Cultivating kindneww one cup at a time!

2224 W Main Street, Norman, OK

<https://7brew.com/>





stellanovacoffee



497

Posts

9,955

Followers

2,267

Following

Stella Nova Coffee

Enriching daily lives through incredible coffee and rewarding experiences.

1415 W Main Street, Norman, Oklahoma

<https://www.stellanova.com/>



Adulting 101

Welcome to college life! College is about more than classes — it's your first step into real independence. From finding a good nail salon and knowing where to get your hair done to great places to workout, this section has the essentials to help you feel a little more put together, even when life gets busy.

*special mention of Betty Lou's
Flowers & Gifts for Mother's Day or
a little appreciation ;)*



payntednailbar



422

Posts

8,730

Followers

63

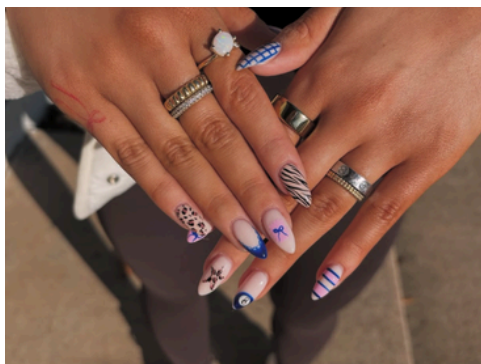
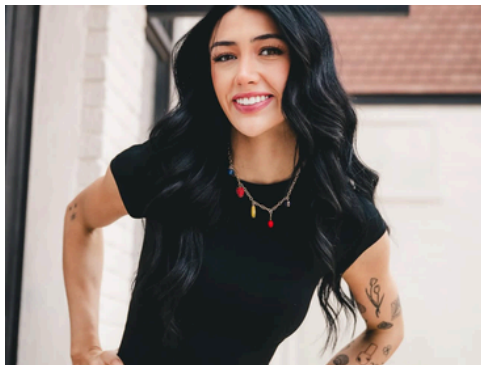
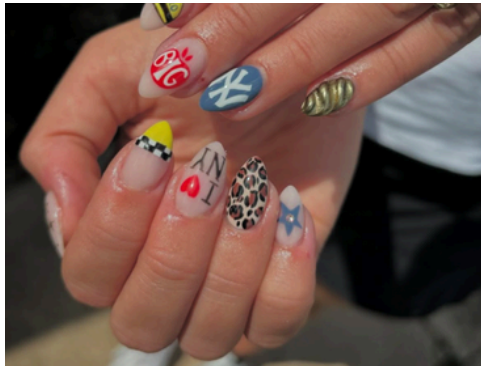
Following

PAYNTED by payton coats

For availability and scheduling: <https://www.vagaro.com/payntednailbar>

734 Culbertson Drive, Oklahoma City, Oklahoma

<https://www.payntednailbar.com/>





mavebeautynorman



179

Posts

1,391

Followers

541

Following

Beauty, cosmetics & personal care

spray tanning, hair, extensions, nails, facials, lashes, brows, & waxing

761 Asp Ave, Norman, Oklahoma

<https://mavebeauty.glossgenius.com/>





drybarshops_norman



1,161
Posts

2,657
Followers

774
Following

Drybar Norman

Peace, Love & Blowouts

Open 7 days a week!

2236 24th Ave NW, Suite 10, Norman, Oklahoma

<https://www.drybarshops.com>





restorativeinjectables



2,164
Posts

12.9K
Followers

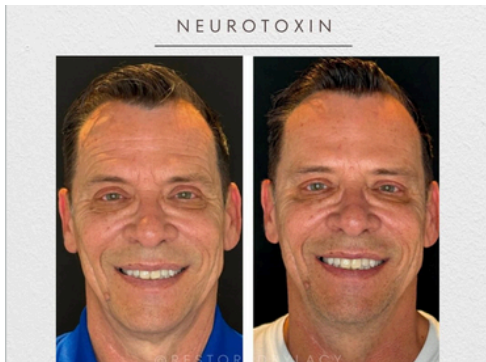
2,398
Following

Resorative Injectables

Cosmetic Injectable Services + Skincare + Lasers

1001 NW 71st Pl Building 3, Oklahoma City, Oklahoma

<https://restorativeinjectables.com>





bettylousflowers



403

Posts

517

Followers

441

Following

Betty Lou's Flowers & Gifts

Florist

Hours: mon-fri 9-5, sat 9-2

445 W. Gray St., Norman, Oklahoma

<https://bettylousflowers.com/>





thesuitelife_okc



The Suite Life♡

30

Posts

222

Followers

18

Following

The Suite Life

One stop shopping for college suites and apartments

By: Nicole Rickey Interior Design

<https://www.thesuitelife.store/>





garnercrossingnorman



417
Posts

205
Followers

356
Following

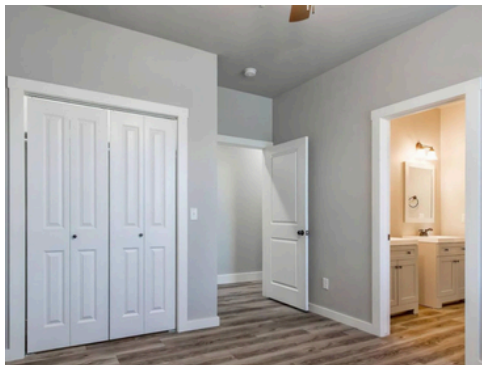
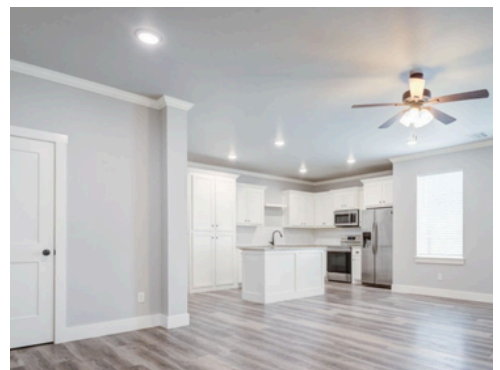
Garner Crossing

Real Estate

Luxury Townhome living in the heart of Norman, Oklahoma

103 West Apache Suite 101 B, Norman, Oklahoma

<https://www.garnercrossing.com/>





okpartypics



Party Pics®

1,105
Posts

732
Followers

7,245
Following

Oklahoma Party Pics

You make the memories, and we'll capture them!
1300 Metropolitan Ave, Oklahoma City, Oklahoma

<https://www.oklahomapartypics.com/>





purebarrenorman



100

Posts

1,949

Followers

289

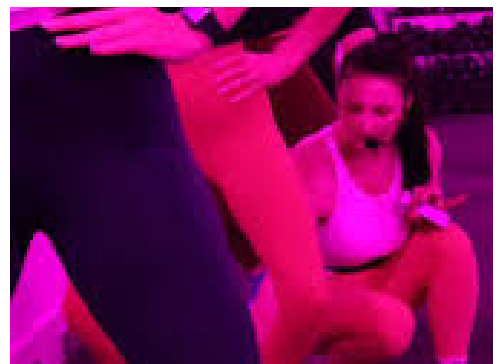
Following

Pure Barre Norman

1908 24TH Ave NW, Norman, Oklahoma

FIRST CLASS FREE ...more

<https://www.purebarre.com/location/norman-ok>





crunchnorman



5,599

Posts

4,306

Followers

2,680

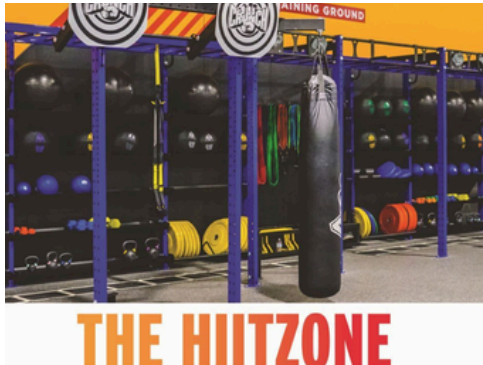
Following

Crunch Norman

35,000 square feet of fitness & fun! \$9.99/mo!

2300 W. Main Street, Norman, Oklahoma

<https://www.crunch.com/locations/norman>





hotworxnormanutc



1,197

Posts

2,701

Followers

6,002

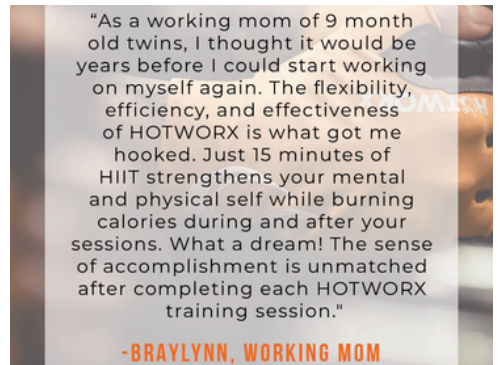
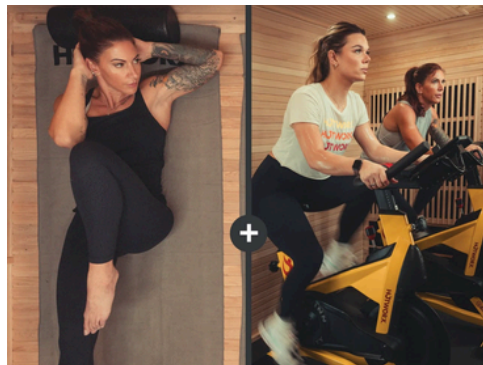
Following

HOTWORX Norman, OK UTC

24 HOUR INFRARED FITNESS STUDIO

2216 24th Ave NW, Norman, Oklahoma

<https://www.hotworx.net/studio/norman-universitytowncenter/>





orangetheorynorman



1,902
Posts

2,056
Followers

1,237
Following

Orangetheory Fitness Norman

Heart-rate based interval training

3700 W Robinson St Suite 120-124, Norman, Oklahoma

<https://www.orangetheory.com/>



The 405 Pantry

There's a lot to learn when you move to a new town — and Oklahoma likes to keep you on your toes. This section gives you the inside scoop on some of the popular restaurants near campus!



themontlife



102

Posts

2,535

Followers

380

Following

The Mont

Norman Go-To Spot!

1300 Classen Blvd, Norman, Oklahoma

<https://themont.com/>





pickleman's



1,655

Posts

17.5K

Followers

1,114

Following

Pickleman's Gourmet Cafe

Award-winning sandwiches, tavern-style pizzas, fresh salads, savory soups, made-from-scratch cookies, and (of course) pickles.

759 Asp Ave, Norman, Oklahoma

<https://www.pickleman's.com/location/norman-ok/>





hideawaypizza



3,673

Posts

14K

Followers

2,824

Following

Hideaway Pizza

Famous Since 1957

577 Buchanan Ave, Norman, Oklahoma

<https://www.hideawaypizza.com/>





volarenorman



295
Posts

2,088
Followers

763
Following

Volare Pizzeria

Your favorite spot on Campus Corner!

315 White St, Norman, Oklahoma

<https://volarepizzeria.com/>





surfbar.us



30

Posts

1529

Followers

15

Following

Surf Bar

Health Food Restaurant

582 Buchanan Ave, Norman, Oklahoma

<https://surfbar.com/>





classic 50.s



115

Posts

600

Followers

55

Following

Classic 50's Drive in

Home of the Sprittle & Hot Tamale Pepper

1521 W Lindsey St, Norman, Oklahoma





mamakabowls



1,116
Posts

44.2K
Followers

789
Following

mamaka bowls

Health Food Restaurant

smoothie bowls, smoothies, coffees & breakfast tacos

19 W Boyd St, Norman, Oklahoma

<https://www.mamakabowls.com/>



Retail Therapy

Sometimes a little retail therapy is just what the doctor ordered. From cozy boutiques to trendy stores, Norman has all the spots to refresh your wardrobe, find the perfect gift, or just treat yourself to something new. Get ready to explore, splurge a little, and feel fabulous doing it!



mavenorman



MAVE

441

Posts

4,135

Followers

178

Following

Mave

Boutique Store, Permanent Jewelry & Hat Bar

Hours: Mon-Sat 12-6 Sun 12-4

763 Asp Ave, Norman, Oklahoma





shop.savvyblake



489

Posts

2,222

Followers

147

Following

Savvy Blake

trendy lifestyle boutique

Hours: mon-sat from 10am-6pm

731 Asp Ave A, Norman, Oklahoma

<https://www.savvy-blake.com/>





ilovelucca



774
Posts

56.7K
Followers

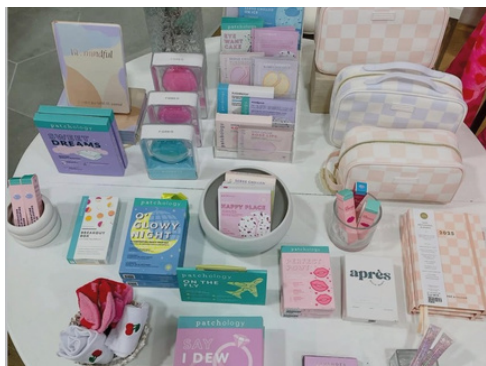
1
Following

LUCCA NORMAN

Shopping & retail

319 W Boyd St, Norman, Oklahoma

<https://ilovelucca.com/>





theapothemnorman



783
Posts

4,790
Followers

6,127
Following

The Apothem On Campus Corner
Apparel & clothing
733 Asp Ave Ste A, Norman, Oklahoma
<https://theapothem.com/>





giftlybykatsey



190
Posts

1,337
Followers

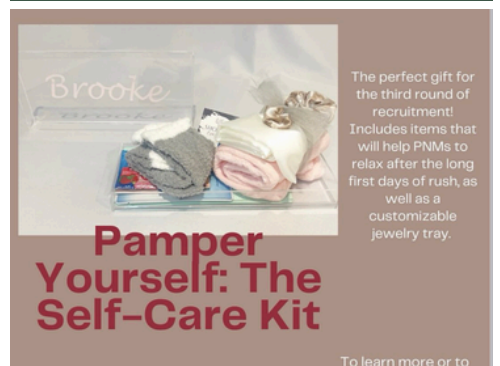
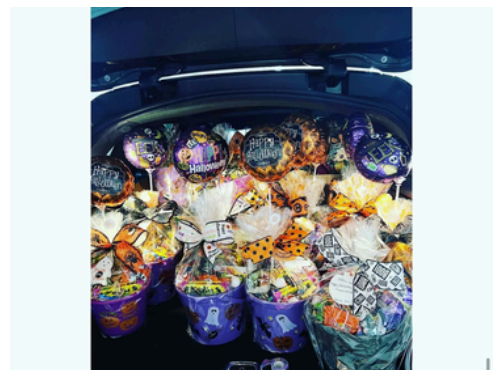
1,219
Following

Giftly by Katsey

Norman, OK Personalized gift baskets for any and all occasions!!

(972) 765 - 5370

<https://www.giftlybykatsey.com/>





greeknecessities1



574

Posts

2,046

Followers

847

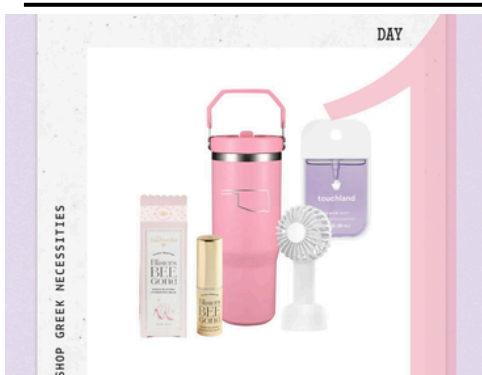
Following

Greek Necessities

Unique Sorority Gifts

Specialize in Chapter gifts!

<https://greeknecessities.com/>





shopcaymans



7,000
Posts

16.5K
Followers

3,726
Following

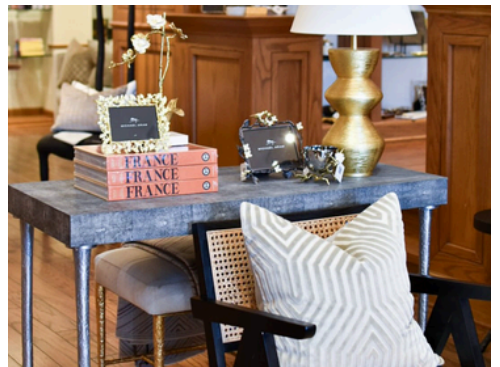
Cayman's

LIVE WELL. DRESS WELL. SHOP WELL.

Hours: mon-fri 10am-5:30pm, Sat 10am-5pm

2001 W Main St, Norman, Oklahoma

<https://shop-caymans.com/>





shopparcelok



650

Posts

2,134

Followers

458

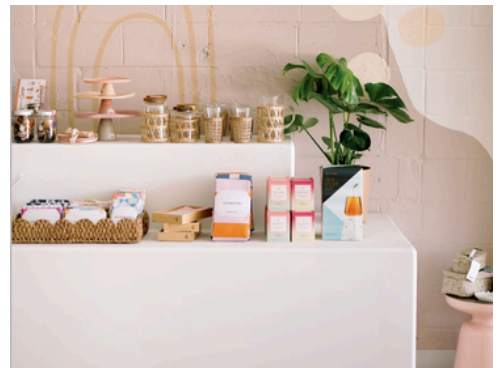
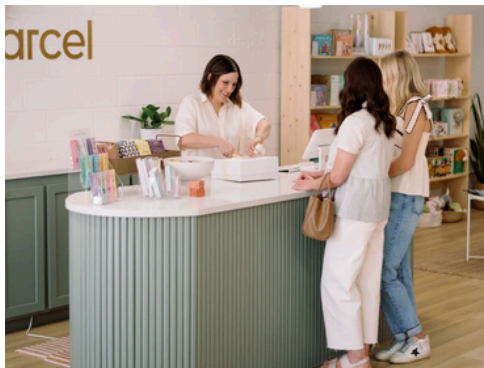
Following

Parcel Goods + Gifts

Thoughtful, memorable gifts and engraved gifts!

140 E 5th St, Ste 100, Edmond, Oklahoma

<https://www.shopparcelok.com/>





mc_clothing_company



694

Posts

1,355

Followers

1,278

Following

MC Clothing Company

Unique game day attire and accessories!

DM with inquiries or orders!







Gifts * Sorority * Home Decor * Apparel * Paper
2214 West Lindsey Norman, OK 73069
405.360.5211

277
Posts

1,492
Followers

507
Following

Christmas Expressions

Shopping & Retail
Gifts, Shopping, Decor, Apparel, Paper
Hours: mon-fri 10am-5pm, sat 10am-5pm
2214 W Lindsey St, Norman, Oklahoma



Treat Yo' Self

Because sometimes you just need a cookie after a long day (or before recruitment). From cupcakes and cookies to ice cream and boba, these are our favorite spots around Norman to satisfy your sweet tooth, celebrate small wins, or treat yourself — just because. After all, dessert is always a good idea.



swigdrinks



2,455
Posts

335K
Followers

337
Following

Swig

Home of the Original Dirty Soda

1904 24th Ave NW, Norman, Oklahoma

<https://swigdrinks.com/menu/>





thebakedbear



1,582
Posts

241K
Followers

175
Following

The Baked Bear

Custom Ice Cream Sandwiches

731 Asp Ave, Norman, Oklahoma

<https://www.thebakedbear.com/locations/norman/>





sweetsipsandsticks



1,087
Posts

2,009
Followers

218
Following

Sweet Sips & Sticks

Ice Cream Shop

333 W Boyd St, Norman, Oklahoma





insomniacookies



2,968
Posts

502K
Followers

678
Following

Insomnia Cookies
Warm. Delicious. Delivered.
758 Asp Ave, Norman, Oklahoma
<https://insomniacookies.com/>





mymenchies



3,114

Posts

84.2K

Followers

343

Following

Menchie's Frozen Yogurt

Frozen Yogurt Shop

1432 24th Ave NW, Norman, Oklahoma

<https://www.menchies.com/>





pinkberryswirl



2,318
Posts

66.6K
Followers

3,557
Following

Pinkberry

Taste Worth Obsessing Over!

323 W Boyd St, Norman, Oklahoma

<https://www.pinkberry.com/stores/yogurt-norman/15397>



Thank You!



Thank you for taking the time to read through the Girls Guide to Norman! We hope it helps you feel more connected to Norman, the University of Oklahoma, and the Panhellenic community. This chapter of your life is just beginning, and we're so excited to watch you grow, make memories, and find your place here.

Remember—this community is here to support you every step of the way. We're cheering you on and can't wait to see all the incredible things you will do.

Boomer Sooner!

