### AEROBICS

**Aerobic Machines**
- Scott Peterson: MWF 7:30-8 am, Lang 013, $70

**Cardio Kickboxing**
- Dee Gillen(W)/Emily Ho(W)/Kylene Wong(F): MWF 12-12:50 pm, Lang 200, $70

**Step/Sculp**
- Amanda Kidwell(M)/Dee Gillen(W): MW 12:30-1:00 pm, Lang 200, $55

**Morning Blast**
- Nick DeGandi: TR 7:30-8 am, Lang 200, $55

**Cardio Machines**
- David Wynd: TR 12:30-1:00 pm, Lang 12/13, $55

**Cardio Dance**
- Laura Luczkiw(T)/Monica Oliver(4R): TR 5:15-6:05 pm, Lang 200, $55

*Cardio Machines dates vary.

### AQUATICS

**Noon Aqua Aerobics**
- Beth Lambright/Hanna Brewer: MWF 12-12:50 pm, WB Pool, $70

**Masters Swim Workout**
- Drew Ibarra: MWF 12-12:50 pm, Lang Pool, $70

**Therapeutic Water Workout**
- Ann Abell: MW 12-12:50 pm, WB Pool, $70

**Swim Skills Workout**
- Marlys Cappaert: TR 12-12:50 pm, Lang Pool, $70

**Swim I/II & Open Swim**
- Jason Smith: TR 12-12:50 pm, Lang Pool, $70

**Swim Skills Workout**
- Marlys Cappaert: TR 12-12:50 pm, Lang Pool, $55

**Swim I/II & Open Swim**
- Jason Smith: TR 12-12:50 pm, Lang Pool, $55

**Evening Aqua Aerobics**
- Nanda Mugnolo: TR 5:15-6:05 pm, WB Pool, $55

### SPECIALTY

**Functional Fitness**
- Jessica Caze: MWF 12-12:50 pm, Lang 301, $70

**Back Clinic/Postural Therapy**
- Kyle Larkin: MWF 12:30-1:00 pm, Lang 301, $70

### STRENGTH TRAINING

**Weight Training**
- Kylee Wong: MWF 7:30-8 am, Lang 006, $70

**MWF Cardio Weights**
- Nick DeGandi: MWF 11:15-12:00 am, Lang 006, $70

**Weight Training**
- Kylee Wong: MWF 12:50-1:45 pm, Lang 006, $55

**Weight Training**
- Dee Gillen: TR 7:30-8 am, Lang 006, $55

**TR Cardio Weights**
- Nick DeGandi: TR 12:30-1:00 pm, Lang 006, $55

**Weight Training**
- Rochelle Schwab: MWF 12:50-1:45 pm, Lang 006, $55

**Weight Training**
- Rochelle Schwab: TR 12:30-1:00 pm, Lang 006, $55

**Weight Training**
- Rochelle Schwab: TR 5:15-6:05 pm, Lang 006, $55

### MIND & BODY

**Active Tri-Flow Yoga**
- Sujita Sklenar: MW 12-12:50 pm, WB 204, $75

**Therapeutic Yoga**
- Sobhan Van Laren: MW 5:15-6:05 pm, WB 204, $75

**Pilates I**
- Michelle Smith: MW 11-11:50 pm, Lang 200, $75

**Noon Fusion Yoga**
- Michelle Smith: TR 12:30-1:00 pm, Lang 200, $75

**Restorative Yoga**
- Subbappa Ribeiro: TR 12-12:50 pm, WB 204, $75

**Core Stability Ball Yoga**
- Canny Hilbert: TR 12-12:50 pm, Lang 301, $75

**Barre Fusion**
- Megan Kitten: TR 12-12:50 pm, WB 118, $75

**Evening Fusion Yoga**
- Lisa Brodkorb: TR 5:15-6:05 pm, WB 118, $75

### PAC COURSES

**PAC Classes**
- Check Course Catalog at catalog.oregonstate.edu

**Location & Instructor vary**
- $49+

**Physical Activity Courses (PAC)** have limited availability. There are many PAC classes offered and individuals may enroll in any PAC class that has available spots after the first week of the term. Classes can be found online in the Course Catalog, catalog.oregonstate.edu. Search PAC in "Quick-Jump" and then select correct term (on the right) for complete listing.

**Individuals must pay the PAC fees associated with each class (most $49).** However, some classes do have additional fees to cover the cost of the equipment and travel expenses associated with the course, such as scuba, skiing, and many of the outdoor recreation and education classes. PAC registration MUST be done in the Physical Activity Office, Langton Hall 123. If you have registered as a student, you cannot change registration to FSF.

### SEASONAL

**HOTV Run**
- Run by HOTV Members

**Happy Healthy Eyes**
- Marybetts Sinclair

**NEW**
- Meet @ front of Langton FREE

**General Pricing:** One-day-per-week=$35, any combo of two days-per-week=$55, any combo of three days-per-week=$70

**Lang = Langton Hall**

**WB = Women’s Building**

**Visit our website for class descriptions**

### NOTES

- NEW Class, name change, or other change
- Check Course Catalog at catalog.oregonstate.edu
- Location & instructor vary
- $49+
Term Begins: Wednesday, September 20, 2017
Term Ends: Friday, December 1, 2017

PHYSICAL ACTIVITY OFFICE
Langton Hall 123
Open Monday-Thursday, 9 a.m.-5 p.m. & Friday 9 a.m.-3 p.m.
Ph: 541-737-3222
e-mail: pac.fsf@oregonstate.edu
health.oregonstate.edu/FSF

Faculty Staff Fitness

The program is designed to accommodate everyone — from beginners to the highly trained. It provides a year-round opportunity to focus on fitness, embrace wellness, make connections, enjoy easy accessibility, and earn the long-term rewards of leading an active lifestyle.

Taught by certified fitness professionals, classes are cost-effective and held on campus in Langton Hall and the Women's Building.

New to FSF?
We can give you a FREE 2-class trial pass.

Who can join?
Housed in the College of Public Health and Human Sciences, Faculty Staff Fitness (FSF) offers a variety of health and wellness programming to faculty, staff, retirees, graduate students and their partners and spouses.

How to join?
To enroll, stop by the FSF office in Langton Hall, Room 123 or visit us online at health.oregonstate.edu/fsf.

Classes offered:
More than 30 classes ranging from aquatic to kickboxing to yoga and weight training are offered at a variety of times including early morning, during lunch and later afternoon.

Can’t find a class that interests you? Enroll in any Physical Activity Course (PAC) with open spots after the first week of the term.

Added bonuses of participation:
Basket/locker rentals, annual program events and quality community instructors.

Travel? Want variety?
Buy a flex pass punch card for $4/class to attend classes listed as "FLEX" on our schedule. Passes can be purchased in the FSF office or online. Look for our NEW online programming through Extension Services starting Fall 2017.

Class combos:
Choose to combine classes to save money and receive customized weekly workouts.

Fall GridIron Challenge - Oct. 21st
The GridIron Challenge event consists of a football themed 1k/5k fun run/walk event aimed at increasing fitness, supporting the FSF and KidSprit programs and having fun!

Retro Prom - TBA
Put on your neon and dancing shoes for this FSF fundraiser that takes you back to the '80s. Buy tickets in advance or at the door.

Spring TRY-Athlon - TBA
An annual team-building fundraiser that brings faculty, staff, retirees, graduate students and their partners and spouses.

What participants are saying:

“FSF has changed my life in many ways. The FSF community is partly responsible for keeping me alive and speeding up my recovery. The friendships and camaraderie developed over 20 plus years of working out together are a huge benefit to overall wellness”

-Tom

“I have always had a difficult time committing to exercise. It was always something I had to do, but never enjoyed. FSF weights is the first time I have really looked forward to exercise. And I look and feel better because of it. What a great thing to offer the staff of OSU!”

-Paul