**NOTES**

- **Flex Pass class option:** $4 per class session. Expires at end of term, no exceptions/refunds. Can be purchased in the FSF Office, Langton 123, or online at [health.oregonstate.edu/FSF](http://health.oregonstate.edu/FSF). Your pass can be held for pick up.

- **NEW Class, name change, or other change:**
  - **General Pricing:** $49+.
  - **Location & instructor vary**
  - **PAC Classes:** Check [Course Catalog](http://catalog.oregonstate.edu)
  - **Search PAC in “Quick-Jump” and then select correct term (on the right) for complete listing.**
  - **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**
  - **Faculty Staff Fitness Activity Schedule**
  - **Summer 2017**

- **SPECIALTY**
  - **Functional Fitness**
  - **Back Clinic/Postural Therapy**

- **AEROBICS**
  - **Aerobic Machines**
  - **Cardio Kickboxing**
  - **Step/Sculpt**
  - **Cardio Dance**
  - **Cardio Machines**

- **AQUATICS**
  - **Noon Aqua Aerobics**
  - **Evening Aqua Aerobics**
  - **Masters Swim Workout**
  - **Therapeutic Water Exercises**
  - **Swim Skills Workout**
  - **Swim I/II & Open Swim**

- **STRENGTH TRAINING**
  - **Weight Training**
  - **MWF Cardio Weights**
  - **Weight Training**
  - **Weight Training**
  - **TR Cardio Weights**
  - **Weight Training**
  - **Weight Training**

- **MIND & BODY**
  - **Active Tri-Flow Yoga**
  - **Therapeutic Yoga**
  - **Pilates**
  - **Restorative Yoga**
  - **Core Stability Ball/Yoga**
  - **Barre Fusion**

- **DANCE**

- **PAC COURSES**
  - **PAC Classes**
  - **Location & instructor vary**

- **Sound minds. Sound bodies.**
In a fun, convenient and welcoming environment, the Faculty Staff Fitness program caters to your busy schedule to ensure that fitting in a daily workout is a breeze.

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.

The program is designed to accommodate everyone — from beginners to the highly trained. It provides a year-round opportunity to focus on fitness, embrace healthy habits 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.

To enroll, stop by the Faculty Staff Fitness office in Langton Hall, Room 123 or visit us online at health.oregonstate.edu/fsf for a list of classes and to sign up.

Join us today!

What faculty and staff are saying:

I personally have enjoyed the classes for 10 years. The instructors are always wonderful and the classes are, too.

An extremely valuable program to me providing an accessible, convenient, well-organized and fun way to take part in fitness activities. It provides a place for employees from all parts of the university to mingle and develop a certain camaraderie.

I value FSF very much for my mental and physical well-being. It’s a great employee benefit.

Swim Skills Workout has changed my life. I have been in it for 12 months and now swim twice a week, run twice a week and lift three times a week. I NEVER would have done any of that before this class.

Who can join? All OSU employees (including GRAs/GTAs), their spouses or partners and retirees of the university.

Classes offered: More than 30 classes ranging from aquatics 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.

Benefits of participation: Physical activity has been shown to increase overall health, mood and work productivity and reduce stress levels.

Participants meet new people and make connections, enjoy easy accessibility, attain fitness goals and get treated to a great workout!

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

Flex Pass: Participants can test out the FSF program by attending classes that best fit unique interests and needs week-by-week. Take between 5-20 classes from the approved list with the Flex Pass. Passes can be purchased in the FSF office, Langton 123, or online and your pass can be held for pick up.

Class combos: Participants can choose to combine days/week of classes to help save money and receive customized weekly workouts.