

FACULTY STAFF FITNESS |

HEALTHY MINDS. HEALTHY BODIES. HEALTHY TEAMS.

MAKE UP AND SUMMER FLEX PASS EXTENSION 2023

MAKE UP CLASSES SEPT. 5 - 12TH, 2023 CAN BE ATTENDED WITH FLEX PASS			
Weight Training Nick Fraser	TU 7-7:50 AM	WB 009	FLEX
Swim Skills Workout Joyce Federiuk	TU 12-1 PM	LANG POOL	FLEX
Core Stability Ball Yoga Rachel Beyer	TU 12-12:50 PM	LANG 301	FLEX
Noon Cardio Weights Nick Fraser	TU 12-12:50 PM	WB 009	FLEX
Adaptive Exercise Clinic Nick Fraser	TU/TH 2-3:00 PM	LANG 013	
Weight Training Mike Thalken	TU 4:15-5:05 PM	WB 009	FLEX
Weight Training Mike Thalken	TU 5:15-6:05 PM	WB 009	FLEX
Swim I/II & Open Swim Joyce Federiuk	TU/TH/TU 5:10-6:00 PM	DIXON POOL	FLEX
Evening Aqua Adrianna Horner (T)/ Ann Asbell (TH)	TU/TH 5:15-6:05 PM	WB POOL	FLEX
Cardio Dance Carolyn Hudson- Harriss(T)/ Gabbit Merales-Zott (TH)	TU/TH 5:15-6:15 PM	LANG 200	FLEX
Evening Outdoor Yoga Rachel Beyer	TU/TH 5:15-6:15 PM	LAWN NEAR GILKEY HALL	FLEX
Weight Training Mason Morgan	W 4:15-5:05 PM	WB 009	FLEX
Therapeutic Water Exercise Mike Thalken	W 5:15-6:05 PM	WB POOL	FLEX
Step & Strength Rachel Beyer	W/M 5:15-6:15 PM	LANG 200	FLEX

FLEX PASS SESSION SEPT. 5TH - SEPT. 15TH HOLIDAY SEPTEMBER 4TH- NO CLASSES			
Open Workout- Run, Row, Bike & Climb Scott Peterson	MWF 7-7:50 AM	LANG CARDIO CENTER	FLEX
Cardio Weights Kylee Wong	MW 11-11:50 AM	WB 009	FLEX
Postural Therapy Nikki Kurth	MW 12:30-1:20 PM	WB 009	FLEX

REMOTE OPTIONS			
Online Faculty Staff Fitness Summer Extension	SEPT. 11- SEPT. 25, 2023	\$10	PRE-RECORDED HOME WORKOUTS

NOTES

FLEX = Flex Pass class option: \$7 per class session. Expires August 31st of the next academic year, no exceptions/refunds. Can be purchased in the FSF Office, Langton 123, or online at health.oregonstate.edu/FSF and your pass can be held for pick up.

NEW= Change in class, instructor, name/format, location, or other

‡ MWF/TR: Sign-up for individual days not available; must sign up and pay for all days.

LANG = Langton Hall | WB = Women’s Building | MLM = Milam Hall