

FACULTY STAFF FITNESS | HEALTHY MINDS. HEALTHY BODIES. HEALTHY TEAMS.

FALL 2023 MAKE UP

WINTER FLEX SESSION DEC. 11-15TH, 2023 *DATES VARY

FALL 2023 MAKE UP SESSIONS OPEN TO CLASS REGISTRANTS AND FLEX PASS		
Noon Aqua Aerobics Adrianna Horner	Mon Dec 11th 12-12:50 PM Wed Dec 13th 12-12:50 PM	WB Pool
Pilates Adrianna Horner	Mon Dec 11th 11-11:50 AM	WB 116
Postural Therapy Nikki Kurth	Mon Dec 11th 12:30-1:20 PM	WB 009

MIND & BODY FLEX DEC. 11-15TH		
Noon All Levels Yoga Rick Brand	MW 12-12:50 PM	WB 204

STRENGTH TRAINING FLEX DEC. 11-15TH		
Open Gym Mike Thalken	MWF 6 - 7 AM	WB 009
Cardio Weights Kylee Wong	MW 11-11:50 AM	WB 009
Weight Training Nick Fraser	TU/TH 7-7:50 AM	WB 009
Cardio Weights Nick Fraser	TU/TH 12-12:50 PM	WB 009

AEROBICS DEC. 11-15TH		
Open Workout Run Bike & Climb Scott Peterson	MWF 7-7:50 AM	LANG 012

REMOTE OPTIONS DEC. 18 - JAN 1, 2024		
Winter Break Online Faculty Staff Fitness (Fall registration ends December 18th)	\$15	PRE-RECORDED HOME WORKOUTS

SPECIAL WINTER BREAK FLEX SESSION

FLEX = Flex Pass class option: \$7 per class session. Expires August 31 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.

Class session will run December 11-15, 2023 unless otherwise indicated.

Fall 2023 Make Up classes are open for **FLEX** attendance.