

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

AEROBICS			
Cardio Dance Dee Gillen	F 12-12:50 PM	LANG 200 NEW	FLEX
Cardio Kickboxing Emily Ho/Gabbi Merales-Zott	W 12-12:50 PM	LANG 200 NEW	FLEX
Step & Strength Rachel Beyer	MW 5:15–6:15 PM	LANG 200	FLEX
LIIT (Low Intensity Interval Training) Nikki Kurth	TU 12:15-12:45 PM	LANG 200	FLEX
Cardio Dance Carolyn Hudson-Harris (T)/Monica Olvera (TH)	TU/TH 5:15-6:15 PM	LANG 200 NEW	FLEX

AQUATICS			
Noon Aqua Aerobics Kate Breitling (MW)/ Michelle Smith (F)	MWF 12–12:50 P.M.	WB POOL NEW	FLEX
Masters Swim Workout Dave Sullivan	MWF 12-1 PM	LANG POOL	FLEX
Therapeutic Water Exercise Ann Asbell	MW 5:15–6:05 PM	WB POOL NEW	FLEX
Swim Skills Workout Joyce Federiuk	TU/TH 12–1 PM	LANG POOL	FLEX
Swim I/II & Open Swim Joyce Federiuk	TU/TH 5:10-6 :00 PM	LANG POOL	FLEX
Evening Aqua Aerobics Sophia Ranck	TU/TH 5:15–6:05 PM	WB POOL	FLEX

MIND & BODY			
Noon All Levels Yoga Rick Brand	MW 12-12:50 PM.	WB 204	FLEX
Pilates Kate Breitling (MW)/ Carol Weaver (F)	MWF 11-11:50 AM	LANG 200 NEW	FLEX
Gentle Yoga Michelle Smith (T)/Rick Brand (TH)	TU/TH 12-12:50 PM	WB 204	FLEX
Core Stability Ball/Yoga Rachel Beyer	TU/TH 12–12:50 PM	LANG 301	FLEX
Evening All Levels Yoga Rachel Beyer	TU/TH 5:15- 6:15 PM	WB 118	FLEX

SPECIALTY			
Functional Fitness Jessica Caze	MWF 12–12:50 PM	LANG 301	FLEX
Pickleball Andrew Donaldson	MWF 12-12:50 PM	LANG GYM NEW	FLEX
Stretch and Roll Katelyn Kirk	MW 12:15-12:45 PM	LANG 310	FLEX
Postural Therapy Nikki Kurth	MWF 12:30–1:20 PM	WB 009	FLEX
Adaptive Exercise Clinic * Nick Fraser + Student Volunteers	TU/TH 2:00-3:00 PM	LANG 013	Community welcome
Country Social Dance Hunter Mole	TU/TH 6:30-7:20 PM	LANG 200 NEW	ADO

STRENGTH TRAINING			
MW Cardio Weights Kylee Wong (MW)/Nick Fraser (F)	MWF 11–11:50 AM.	WB 009	ADO
Weight Training Carly Knecht	MW 4:15–5:05 PM.	WB 009	FLEX
Weight Training Nick Fraser	TU/TH 7–7:50 AM	WB 009	FLEX
TR Cardio Weights Nick Fraser	TU/TH 11-11:50 AM	WB 009	FLEX
TR Cardio Weights Nick Fraser	TU/TH 12–12:50 PM.	WB 009	ADO
Weight Training Rochelle Schwab	TU/TH NEW 4:15–5:05 PM.	WB 009	FLEX
Weight Training Rochelle Schwab	TU/TH NEW 5:15–6:05 PM.	WB 009	FLEX

REMOTE OPTIONS		
Online Faculty Staff Fitness	JAN 1ST - MAR 25TH	PRE-RECORDED HOME WORKOUTS

WINTER 2024			
PRICING			
LAND CLASSES		TERM	
1 day/week		\$55	
2 days/week (20% discount)		\$88	
3 days/week (add'l 20% discount)		\$114	
AQUATICS CLASSES		TERM	
1 day/week		\$60	
2 days/week (20% discount)		\$96	
3 days/week (add'l 20% discount)		\$125	
REMOTE OPTIONS		TERM	
Online Faculty Staff Fitness		\$45	
PAC COURSES			
PAC Classes+	Check Course Catalog at catalog.oregonstate.edu	Location & instructor vary	\$100+

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. Your pass can be held for pick up or mail delivery.

ADO = Sign-up for individual days not available; must sign up and pay for all days

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

* Adaptive Exercise Clinic scholarships available for qualifying participants. Call for applications.

LANG = Langton Hall | WB = Women’s Building

+PAC Through FSF registration must be done in the Physical Activiy Office, Langton 123. Individuals must pay a base rate of \$100 in place of the PAC PEA2 fee, and any additional PAC fees to cover cost of equipment and/or travel expenses.



WINTER 2024

FITNESSES

FACULTY STAFF

COLLEGE OF HEALTH

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 my 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—in my life. And I look and feel better because of it. What a great thing to offer the staff of OSU!”
– PAUL

LOOK FOR THE YEAR END EVENTS DURING THE YEAR

FACULTY STAFF FITNESS

SPRING TRY-ATHLON SPRING 2024

An annual team-building fundraiser that brings faculty and staff together to compete in swimming, running and walking.

health.oregonstate.edu/fsf/tryathlon

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? 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 include 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 after the first week of the term.

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

Travel?/Want variety? Online FSF classes are available with over 300 classes. Types include the styles offered on our in person schedule with the leisure to participate in pre-recorded formats anytime, anywhere with your internet connection. You also may buy a flex pass punch card for \$7/class to attend classes listed as “FLEX” on our schedule. Passes can be purchased in the FSF office or online. Choose to combine classes to save money and receive customized weekly workouts.