### FACULTY STAFF FITNESS

**HEALTHY MINDS, HEALTHY BODIES, HEALTHY TEAMS.**

#### SPRING 2024

### REMOTE OPTIONS

- Online Faculty Staff: MAR 25TH - JUNE 19TH
- Pre-Recorded Home Workouts

### 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

<table>
<thead>
<tr>
<th>Classes+</th>
<th>Check Course Catalog at catalog.oregonstate.edu</th>
<th>Location &amp; instructor vary</th>
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<tr>
<td>$100+</td>
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### 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.
- **ADD** = 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.
- **LAND CLASSES**
  - **PAC COURSES**
  - **REMOTE OPTIONS**

### PRICING

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### MIND & BODY

#### Noon All Levels Yoga
- Rick Brand
  - MW: 12-12:50 PM
  - WB: 204

#### Pilates
- Carol Weaver
  - WF: 11-11:50 AM
  - LANG: NEW 200

#### Gentle Yoga
- Michelle Smith (T)/Rick Brand (TH)
  - TU/TH: 12-12:50 PM
  - WB: 204

#### Core Stability Ball/Yoga
- Rachel Beyer
  - TU/TH: 12-12:50 PM
  - LANG: 301

### AEROBICS

#### Cardio Dance
- Dee Gillen
  - F: 12-12:50 PM
  - LANG: 200

#### Cardio Kickboxing
- Emily Ho/Gabby Merales-Zott
  - W: 12-12:50 PM
  - LANG: 200

#### Step & Strength
- Rachel Beyer
  - MW: 5:15-6:15 PM
  - LANG: 200

#### LIt (Low Intensity Interval Training)
- Nikki Kurth
  - TU: 12:15-12:45 PM
  - LANG: 200

#### Cardio Dance
- Carolyn Hudson-Harris (T)/Monica Olivera (TH)
  - TU/TH: 5:15-6:15 PM
  - LANG: 200

### AQUATICS

#### Noon Aqua Aerobics
- Maria Donovan (MW)/Michelle Smith (F)
  - MWF: 12-12:50 PM

#### Masters Swim Workout
- Dave Sullivan
  - MWF: 12-12:50 PM

#### Therapeutic Water Exercise
- Maria Donovan
  - MW: 5:15-6:05 PM
  - WB: NEW POOL

#### Swim Skills Workout
- Joyce Federiuk
  - TU/TH: 12-12:50 PM

#### Swim I/II & Open Swim
- Joyce Federiuk
  - TU/TH: 5:10-6:00 PM

#### Evening Aqua Aerobics
- Maddy Bloom
  - TU/TH: 5:15-6:05 PM
  - WB: POOL

### SPECIALTY

#### Functional Fitness
- Jessica Caze
  - MWF: 12-12:50 PM
  - LANG: 301

#### Pickleball
- Andrew Donaldson
  - MWF: 12-12:50 PM
  - LANG: GYM

#### Postural Therapy
- Nikki Kurth
  - MWF: 12:30-1:20 PM
  - WB: 009

#### Adaptive Exercise Clinic
- Nick Fraser + Student Volunteers
  - TU/TH: 2:00-3:00 PM
  - LANG: 013

#### Country Line Dancing
- Hunter Mole
  - TU/TH: 6:30-7:20 PM
  - LANG: NEW 200

#### Mobility Stretch
- Maddy Bloom
  - MW: 12-12:50 PM
  - OFF NEW CAMPUS*

*Class location at OSU Printing and Mailing building at 4700 SW Research Way

### SEASONAL

#### Golf II
- Ann Asbell
  - MW: 5:15-6:45 PM
  - Off Campus*

## **PARKING AND DIRECTIONS**

- Pass, west of Trysting Tree Golf Course
- Park in area north of OSU Rowing Facilities at intersection of Hwy 34 and 34 By pass, west of Trysting Tree Golf Course
- Green Fees on location

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### Notes

- **PAC COURSES**
  - **NEW** Adaptive Exercise Clinic scholarships available for qualifying participants. Call for applications.
  - **LAND CLASSES**
  - **PAC COURSES**
  - **NEW** Change in class, instructor, name/format, location or other.
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/trithyathlon

WHAT PARTICIPANTS ARE SAYING

TOM - "Great thing to offer the staff of OSU! I look and feel better because of it. Now I look forward to exercising—in my life and feel excited when I see other faculty working out together. Somewhere I had to do that never found me. The community is really encouraging!"

PAUL - "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 feels amazing."

COLLEGE OF HEALTH

FACULTY STAFF FITNESS

FITNESS

TERM BEGINS
Monday, April 1st
TERM ENDS
Friday, June 7th
NO CLASS
Monday, May 27th

SPRING 2024