AEROBICS

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

LIIT (Low Intensity Interval Training)
Nikki Kurth (T)/Emma Vawter (TH)
TU/TH 12:15-12:45 PM
LANG NEW 200

Cardio Dance
Carolyn Hudson-Harris (T)
TU 5:15-6:15 PM
LANG 200

FLEX LIIT (Low Intensity Interval Training)
Nikki Kurth (T)/Emma Vawter (TH)
TU/TH 12:15-12:45 PM
LANG NEW 200

Cardio Weights
Sarah Weber
MWF 7:50-8:50 AM
WB NEW 009

Cardio Weights
Kylee Wong (MW)/Sarah Weber (F)
MWF 11-11:50 AM
WB NEW 009

Weight Training
Nick Fraser
TU/TH 7-7:50 AM
WB 009

Weight Training
Nick Fraser
TU/TH 11-11:50 AM
WB 009

Weight Training
Sarah Weber
TU/TH 12-12:50 PM
WB NEW 009

Weight Training
Sarah Weber
TU/TH 4:15-5:05 PM
WB NEW 009

Pilates
Sarah Weber
MWF 12-12:50 PM
LANG NEW 200

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

Evening Outdoor Yoga
Rachel Beyer
TU/TH 5:15-6:15 PM
LANG 301

REMOTE OPTIONS

Online Faculty Staff Fitness
JUNE 19TH-SEPT. 11TH
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. 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

** 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 Activity 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.
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

FACULTY STAFF FITNESS
LOOK FOR THESE FUN EVENTS DURING THE YEAR

TERM BEGINS
Monday, June 24th
TERM ENDS
Friday, August 30th
NO CLASS
Thursday, July 4th

FSF Summer 2024