

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

MAKE UP AND SUMMER FLEX PASS EXTENSION 2024

MAKE UP CLASSES SEPT. 3RD - 10TH CAN BE ATTENDED WITH FLEX PASS

Noon All Levels Yoga Rick Brand	W 12-12:50 PM	WB 204	FLEX
Step & Strength (Sept 4th & 9th) Rachel Beyer	W/M 5:15-6:15 PM	LANG 200	FLEX
Weight Training (Sept 10th) Nick Fraser	TU 7-7:50 AM	WB 009	FLEX
Cardio Weights (Sept 10th) Nick Fraser	TU 12-12:50 PM	WB 009	FLEX
Aqua Zumba Maria Donovan	TU 12-12:50 PM	WB POOL	FLEX
Swim Skills Workout Joyce Federiuk	TU 12-1 PM	LANG POOL	FLEX
Core Stability Ball Yoga Rachel Beyer	TU/TH 12-12:50 PM	LANG 301	FLEX
LIIT Nikki Kurth & Emma Vawter	TU/TH 12:15-12:45 PM	LANG 200	FLEX
Weight Training Sarah Weber	TU/TH 4:15-5:05 PM	WB 009	FLEX
Weight Training Sarah Weber	TU/TH 5:15-6:05 PM	WB 009	FLEX
Swim I/II & Open Swim Joyce Federiuk	TU/TH 5:10-6:00 PM	LANG POOL	FLEX
Cardio Dance (Sept 3rd & 10th) Carolyn Hudson-Harris	TU 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

FLEX PASS SESSION SEPT. 3RD - SEPT. 20TH

Noon All Levels Yoga Rick Brand	W/M 12-12:50 PM	WB 204	FLEX
Weight Training Sarah Weber	TU/TH 4:15-5:05 PM	WB 009	FLEX

FLEX PASS SESSION SEPT. 10TH - SEPT. 20TH

Weight Training Nick Fraser	TU/TH 7-7:50 AM	WB 009	FLEX
Cardio Weights Nick Fraser	TU/TH 12-12:50 PM	WB 009	FLEX

REMOTE OPTIONS

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

FLEX = Flex Pass class option: \$8 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