

FACULTY STAFF FITNESS

WINTER 2026

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 \$8/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.

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

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

health.oregonstate.edu/fsf/tryathlon

PHYSICAL ACTIVITY OFFICE

Langton Hall 123
Open MTWR 8-5:30 pm, F 9-1 pm
Ph: 541-737-3222
email: pac.fsf@oregonstate.edu
health.oregonstate.edu/FSF

TERM BEGINS

Mon., January 5, 2025

TERM ENDS

Fri., March 13, 2025

NO CLASS

Mon., January 19, 2025

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

AEROBICS MARCH 16TH

Cardio Step Emma Ciechanowski	M 5:15-6:05 PM	LANG 200	FLEX
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AQUATICS MARCH 16TH

Noon Aqua Aerobics Maria Donovan	M 12-12:50 PM	WB POOL	FLEX
Masters Swim Workout Dave Sullivan	M 12-1 PM	LANG POOL	FLEX
Therapeutic Water Exercise Ann Asbell	M 5:15-6:05 PM	WB POOL	FLEX

SPECIALTY MARCH 16TH-19TH

Functional Fitness Jessica Caze	M 12-12:50 PM	LANG 301	FLEX
Pickleball Andrew Donaldson	M 12-12:50 PM	LANG GYM	FLEX
Postural Therapy Nikki Kurth	M 12:30-1:20 PM	WB 009	FLEX
Country Line Dancing Jake Duda	TH 5:30-6:30 PM	LANG 200	FLEX

MIND & BODY MARCH 16TH-18TH

Noon All Levels Yoga Rick Brand	M 12-12:50 PM	WB 204	FLEX
Core Stability Yoga Rick Brand	TU 12-12:50 PM	LANG 301	FLEX
Pilates Adrianna Horner	W 12-12:50 PM	LANG 200	FLEX
Evening Pilates Renee Watte	W 5:15- 6:15 PM	WB 118	FLEX

STRENGTH TRAINING MARCH 16TH-18TH

Open Gym Kylee Wong (MW)/	MW 7-7:50 AM	WB 009	FLEX
Cardio Weights Kylee Wong	M 11-11:50 AM	WB 009	ADO
Weight Training Eric Bruce	M 4:15-5:05 PM	WB 009	FLEX
Weight Training Eric Bruce	M 5:15-6:05 PM	WB 009	FLEX

WINTER MAKE UP 2026

FLEX PASS USERS MAY ATTEND MAKE UP
CLASSES LISTED WITH A FLEX PASS ICON **FLEX**

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. 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.

** Class location at OSU Printing & Mailing Building, 4700 Research Way

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.