

FACULTY STAFF
FITNESS

SPRING 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 | WED., JUNE 10, 2026

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 8-5:30-5, F 9-1
Ph: 541-737-3222
email: pac.fsf@oregonstate.edu
health.oregonstate.edu/FSF

TERM BEGINS

Mon., March 30, 2026

TERM ENDS

Fri., June 5, 2026

NO CLASS

Mon., May 25, 2026

FACULTY STAFF FITNESS

HEALTHY MINDS. HEALTHY BODIES. HEALTHY TEAMS.

SPRING 2026

AEROBICS

Cardio Step Emma Ciechanowski	M 5:30-6:20 PM	LANG 200 NEW	FLEX
LIIT (Low Impact Interval Training) Nikki Kurth	TU/TH 12:15-12:45 PM	LANG 200	FLEX
Cardio Dance Carolyn Hudson-Harris	TU 5:15-6:15 PM	LANG 200	FLEX
Cardio Kickboxing Emily Ho & Gabbi Merales-Zott	W 5:15-6:05 PM	LANG 200	FLEX
Cardio Dance Dee Gillen	F 12-12:50 AM	WB 116 NEW	FLEX

AQUATICS

Noon Aqua Aerobics Maria Donovan (MW)/ Michelle Smith (F)	MWF 12-12:50 PM	WB POOL	FLEX
Masters Swim Workout Dave Sullivan	MWF 12-1 PM	LANG POOL	FLEX
Therapeutic Water Exercise Bianca McNeil	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

MIND & BODY

Noon All Levels Yoga Rick Brand	MW 12-12:50 PM	WB 204	FLEX
Pilates Carol Weaver (M)/ Amy McDonnell (F)	MF 12-12:50 PM	WB 118 NEW	FLEX
Evening Pilates Renee Watte	MW 5:15-6:15 PM	WB 118	FLEX
Evening All Levels Yoga Renee Watte	TU/TH 5:15-6:15 PM	WB 118	FLEX

REMOTE OPTIONS

Online Faculty Staff Fitness	MARCH 25TH-JUNE 17TH	PRE-RECORDED HOME WORKOUTS
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SPECIALTY

Functional Fitness Jess Caze	MWF 12-12:50 PM	LANG 301	FLEX
Pickleball Andrew Donaldson	MWF 12-12:50 PM	LANG GYM	FLEX
Postural Therapy Nikki Kurth (MW)/ Eric Bruce (F)	MWF 12:30-1:20 PM	WB 009	FLEX
Stretch & Roll Jeff Baxter	TU/TH 12:15-12:45 PM	LANG 310	FLEX
Adaptive Exercise Clinic * Nick Fraser + Student Volunteers	TU/TH 2:00-3:00 PM	LANG 013	Community welcome
Country Line Dancing Jake Duda	TH 5:30-6:30 PM	WB 116	FLEX

STRENGTH TRAINING

Open Gym Kylee Wong (MW)/ Nick Fraser (F)	MWF 7-7:50 AM	WB 009 NEW	FLEX
MWF Cardio Weights Kylee Wong (MW)/ Michelle Smith (F)	MWF 11-11:50 AM	WB 009	ADO
Group Strength Nick Fraser	MW 12-12:50 PM	LANG 200 NEW	FLEX
Weight Trainig Eric Bruce	MW 4:15-5:05 PM	WB 009	FLEX
Weight Training Eric Bruce	MW 5:15-6:05 PM	WB 009	FLEX
Weight Training Nick Fraser	TU/TH 7-7:50 AM	WB 009	FLEX
TR Cardio Weights Nick Fraser	TU/TH 12-12:50 PM	WB 009	ADO
Weight Training Jess Caze	TU/TH 12:15-1:05 PM	LANG 006	FLEX
Weight Training Rochelle Schwab	TU/TH 4:15-5:05 PM	WB 009	ADO
Weight Training Rochelle Schwab	TU/TH 5:15-6:05 PM	WB 009	ADO

SEASONAL

Golf I Eric Bruce	TU/TH 5:30-6:30 PM	OFF CAMPUS++	\$75 FSF registration fee + green fees on location
Golf II Ann Asbell	MW 5:15-6:45 PM	OFF CAMPUS++	\$80 FSF registration fee + green fees on location

PAC COURSES

PAC Classes+	Check course catalog at classes.oregonstate.edu	Location & instruction vary	\$125+
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PRICING

LAND CLASSES	TERM
1 day/week	\$63
2 days/week (20% discount)	\$100
3 days/week (add'l 20% discount)	\$131
AQUATICS CLASSES	TERM
1 day/week	\$68
2 days/week (20% discount)	\$109
3 days/week (add'l 20% discount)	\$141
REMOTE OPTIONS	TERM
Online Faculty Staff Fitness	\$47

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 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.

++ Park in area north of OSU Rowing facilities at intersecion of Hwy 34 and 34 Bypass, west of Trysting Tree Golf Course.