

FACULTY STAFF FITNESS

SUMMER 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., June 22, 2026
TERM ENDS
Fri., August 28, 2026
NO CLASS
Fri., July 3, 2026

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

AEROBICS

Cardio Step Emma Ciechanowski	M 5:30-6:20 PM	LANG 200	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

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 (M)/ Maria Donovan (W)	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 118	NEW FLEX
Evening Pilates Sarah Weber	MW 5:15 - 6:15 PM	WB 118	NEW FLEX
Evening Yoga Bianca McNeil	TU/TH 5:15- 6:15 PM	WB 118	NEW FLEX

SPECIALTY

Functional Fitness Jeff Baxter	MW 12-12:50 PM	LANG 301	NEW FLEX
Pickleball Eric Bruce	MW 12-12:50 PM	LANG GYM	NEW FLEX
Postural Therapy Nikki Kurth	MW 12:30-1:20 PM	WB 009	FLEX
Country Line Dance Emma Ciechanowski	W 12-1 PM	WB 116	NEW FLEX
Stretch & Roll Jeff Baxter	TR 12-12:50 PM	LANG 310	NEW FLEX
Adaptive Exercise Clinic * Nick Fraser + Student Volunteers	TU/TH 2 - 3 PM	LANG 013	Community welcome

STRENGTH TRAINING

Open Gym Emma Ciechanowski (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	FLEX
Weight Training Nick Fraser	TU/TH 7-7:50 AM	WB 009	FLEX
TTH Cardio Weights Nick Fraser	TU/TH 12-12:50 PM	WB 009	ADO
Weight Training Eric Bruce	TU/TH 4:15-5:05 PM	WB 009	NEW ADO
Weight Training Eric Bruce	TU/TH 5:15-6:05 PM	WB 009	NEW ADO

REMOTE OPTIONS

Online Faculty Staff Fitness	JUNE 17 - SEPT. 9	PRE-RECORDED HOME WORKOUTS
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SUMMER 2026

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

PAC COURSES

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

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.