(continued from previous page)

**PAC COURSES**

Physical Activity Courses (PAC) have limited availability. There are many PAC classes offered and individuals may enroll in any PAC class that has available spots after the first week of the term. The PAC schedule can be found online at catalog.oregonstate.edu. Individuals must pay a base rate of $55 in place of the PAC PEA2 Fee and in select cases any additional PAC fees to cover the cost of the equipment and travel expenses associated with a course, such as scuba, skiing, and many of the outdoor recreation and education classes.

PAC registration MUST be done in the Physical Activity Office, Langton Hall 123. If you have registered as a student, you cannot change registration to FSF.

**STRENGTH TRAINING**

- **Weight Training**
  - Kylee Wong
    - MWF: 7-7:50 am
    - Lang 006
    - $70
  - Nick DeGandi
    - MWF: 11-11:50 am
    - Lang 006
    - $70
  - Alisha Carlson
    - TR: 5-5:05 pm
    - Lang 006
    - $55
  - Dee Gillen
    - TR: 7-7:50 am
    - Lang 006
    - $55

  **MIND & BODY**

- **Vinyasa Flow Yoga**
  - Rick Brand
    - MW: 12-12:50 pm
    - WB 204
    - $55
- **Therapeutic Yoga**
  - Christine Mclennan-Biederman
    - MW: 5:15-6:05 pm
    - WB 204
    - $55
  - Soobhan Van Lanen
    - TR: 12-12:50 pm
    - Lang 301
    - $55
- **Restorative Yoga**
  - Carey Hilbert
    - TR: 12-12:50 pm
    - Lang 301
    - $55
- **Barre Fusion**
  - Megan Klener
    - TR: 5-5:05 pm
    - WB 118
    - $55
- **Flex & Flow**
  - Amy Singh
    - TR: 5-5:05 pm
    - WB 118
    - $55
- **Tai Chi (Chen Style)**
  - Jeff Kelly
    - TR: 5-5:05 pm
    - WB 204
    - $55

**SEASONAL**

- **Scuba Open Skills Night**
  - M. Nov. 19, 6-7:50 pm
  - Rentals Available with reg.
  - Lang Pool
  - $15

- **Virtual Run/Walk (1HR)**
  - October 27 or 28
  - Distance logged online
  - $7-35

**NOTES**

- **NEW Class, name change, or other change**
- General Pricing: One-day-per-week=$35, any combo of two days-per-week=$55, any combo of three-days-per-week=$70
- Lang = Langton Hall
- WB = Women’s Building
- Visit our website for class descriptions

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*No Cardio Machines: 9/25/18*
PHYSICAL ACTIVITY OFFICE
Langton Hall 123
Open Monday-Thursday, 8 a.m.-5 p.m. & Friday 8 a.m.-3 p.m.
Ph: 541-737-3222
email: pac.fsf@oregonstate.edu
health.oregonstate.edu/FSF

Faculty Staff Fitness
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? Housed in the College of Public Health and Human Sciences, 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: More than 30 classes ranging from aquatic 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: Basket/locker rentals, annual program events and quality community instructors.

Travel? Want variety?: Buy a flex pass punch card for $4/class to attend classes listed as “FLEX” on our schedule. Passes can be purchased in the FSF office or online. Look for our NEW online programming through Extension Services starting Fall 2017.

Class combos: 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 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