

Healthy
minds.
Healthy
bodies.
Healthy
teams.

Faculty Staff Fitness
Activity Schedule | Spring 2019

AEROBICS					
AM Cardio Machines Garret Van Ree	NEW FLEX	MWF 7-7:50 am	Lang 013	\$70	
Cardio Kickboxing Dee(M)/ Emily(W)/ Laura(F)	FLEX	MWF 12-12:50 pm	Lang 200	\$70	
Step/Sculpt Amanda Kidwell(M)/ Dee Gillen(W)	FLEX	MW 5:15-6:15 pm	Lang 200	\$55	
Morning Blast Nick DeGandi	FLEX	TR 7-7:30 am	Lang 200	\$55	
Noon Cardio Machines Garret Van Ree	NEW FLEX	TR 12-12:50 pm	Lang 013	\$55	
Cardio Dance Monica Olvera(T)/ Laura Luczkiw(R)	FLEX	TR 5:15-6:05 pm	Lang 200	\$55	

AQUATICS					
Noon Aqua Aerobics Hanna Brewer		MWF 12-12:50 pm	WB Pool	\$70	
Masters Swim Workout Drew Ibarra	FLEX	MWF 12-1:00 pm	Lang Pool	\$70	
Therapeutic Water Exercise Garret Van Ree	FLEX	MW 5:15-6 pm	WB Pool	\$55	
Swim Skills Workout Marlys Cappaert/Joyce Federiuk	FLEX	TR 12-12:50 pm	Lang Pool	\$55	
Swim I/II & Open Swim Hanna Brewer	FLEX	TR 5-5:50 pm	Lang Pool	\$55	
Evening Aqua Aerobics Eric Kerstetter	FLEX	TR 5:15-6 pm	WB Pool	\$55	

SPECIALTY					
Functional Fitness Jessica Caze	FLEX	MWF 12-12:50 pm	Lang 301	\$70	
Back & Postural Therapy Nikki Kurth(MW)/Kylee Wong(F)	FLEX	MWF 12:30-1:20 pm	WB 009	\$70	

MIND & BODY					
Vinyasa Flow Yoga Rick Brand	FLEX	MW 12-12:50 pm	WB 204	\$55	
Therapeutic Stretch Kenzie Sanderford	FLEX	MW 5:15-6:05 pm	WB 204	\$55	
Pilates I Laura Luczkiw	FLEX	MW 11-11:50 am	Lang 200	\$55	
Gentle Yoga Siobhan Van Lanen	NEW FLEX	TR 12-12:50 pm	WB 204	\$55	
Core Stability Ball/Yoga Carey Hilbert		TR 12-12:50 pm	Lang 301	\$55	
Barre Fusion Megan Kitner	FLEX	TR 12-12:50 pm	WB 118	\$55	
Yoga/Pilates Fusion Leigha Bickford	NEW FLEX	TR 5:15-6:05 pm	WB 118	\$55	
Tai Chi Jeff Kelly	FLEX	TR 5:15-6:05 pm	WB 204	\$55	

STRENGTH TRAINING					
Weight Training Kylee Wong	FLEX	MWF 7-7:50 am	Lang 006	\$70	
MWF Cardio Weights Nick DeGandi(MW)/Kylee Wong(F)	MWF±	11-11:50 am	Lang 006	\$70	
Weight Training Kylee Wong	FLEX	MWF 4:15-5:05 pm	Lang 006	\$70	
Weight Training Alisha Carlson	FLEX	MW 5:15-6:05 pm	Lang 006	\$55	
Weight Training Dee Gillen	FLEX	TR 7-7:50 am	Lang 006	\$55	
TR Cardio Weights Nick DeGandi		TR 12-12:50 pm	Lang 006	\$55	
Weight Training Rochelle Schwab	TR±	4:15-5:05 pm	Lang 006	\$55	
Weight Training Rochelle Schwab	TR±	5:15-6:05 pm	Lang 006	\$55	

±MWF/TR: Sign-up for individual days not available; must sign up and pay for all days.

PAC COURSES			
PAC Classes	Check Course Catalog at catalog.oregonstate.edu	Location & instructor vary	\$55+
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 @ 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.			

SEASONAL			
Golf II (Intermediate) Ann Asbell	MW 5:15-6:45pm	Off Campus*	\$60**
Adult Learn to Swim	TR 5-5:50pm April 16-May 2	Lang Pool	\$15
Scuba Open Skills Practice Contact: Cressey Merrill to schedule at: merrille@oregonstate.edu	Dates/times vary	Lang Pool	\$15 +air &/or rental
*Park by OSU Boat House off Monroe, west of Trysting Tree Golf Course **\$60 to FSF + Green Fees on location			

NOTES
FLEX = Flex Pass class option: \$4 per class session. Expires at end of term, 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.
NEW 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

health.oregonstate.edu/FSF

Faculty Staff FITNESS

College of Public Health and Human Sciences

Faculty Staff Fitness • Healthy minds. Healthy bodies. Healthy teams.

What participants are saying:

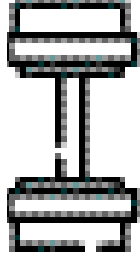
“FSF has changed my life in many ways. The FSF community is partly responsible for keeping me alive and speeding up my recovery. The friendships and camaraderie developed over 20 plus years of working out together are a huge benefit to overall wellness”

-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



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/ffsf.

Classes offered: 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: 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 online programming. Contact Dee Gillen, FSF Coordinator at Dee.Gillen@oregonstate.edu.

Class combos: Choose to combine classes to save money and receive customized weekly workouts.

Faculty Staff Fitness

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/ffsf



Look for these fun events during the year!

OSU FSF Virtual Run/Walk - Fall 2019

Set a goal, challenge a friend, or compete to be on the overall leaderboard in this online Independent virtual 1-hour walk/run. Open to all levels. See website for more details.

Winter Decades Dance - Winter 2020

Dress up in your favorite outfit from your number 1 decade for this FSF fundraiser that takes you back to the hits of each decade. Buy tickets in advance for a discount or at the door.

Spring TRV-Athlon - June 14, 11:30am-1:00pm

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

Spring Annual Awards Picnic - June 13, 6-8pm
Williamette Park Rotary Shelter

FSF celebrates those who have shown outstanding performance and have encouraged others to do their best and keep improving.

Term Begins:

Monday, April 1, 2019

Term Ends:

Friday, June 7, 2019