

Healthy minds.
Healthy bodies.
Healthy teams.



Faculty Staff Fitness
Activity Schedule | Summer 2019

AEROBICS					
AM Cardio Machines Garret Van Ree	NEW FLEX	MWF 7-7:50 am	Lang 013	\$70	
Cardio Kickboxing Dee (MW)/Laura(W)	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	
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 TBD	NEW	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 Hanna Brewer	NEW FLEX	MW 5:15-6 pm	WB Pool	\$55	
Swim Skills Workout Joyce Federiuk	FLEX	TR 12-12:50 pm	Lang Pool	\$55	
Swim I/II & Open Swim Hanna Brewer	NEW FLEX	TR 5:15-6:05 pm	Lang Pool	\$55	
Evening Aqua Aerobics Garret Van Ree	NEW FLEX	TR 5:15-6 pm	WB Pool	\$55	

SPECIALTY					
Functional Fitness Jessica Caze	FLEX	MW 12-12:50 pm	Lang 301	\$55	
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	
Pilates I Laura Luczkiw	FLEX	MW 11-11:50 am	Lang 200	\$55	
Gentle Yoga Siobhan Van Lanen	FLEX	TR 12-12:50 pm	WB 204	\$55	
Core Stability Ball/Yoga Carey Hilbert	FLEX	TR 12-12:50 pm	Lang 301	\$55	
Barre Fusion Megan Kitner	FLEX	TR 12-12:50 pm	WB 118	\$55	
Yoga/Core (all levels) Jamie Petts	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 Kylee Wong	NEW	<u>MWF</u> 11-11:50 am	Lang 006	\$70	
Weight Training Kylee Wong	FLEX	MWF 4:15-5:05 pm	Lang 006	\$70	
Weight Training Garret Van Ree	NEW 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 Nikki Kurth	NEW	TR 12-12:50 pm	Lang 006	\$55	
Weight Training Rochelle Schwab		<u>TR</u> 4:15-5:05 pm	Lang 006	\$55	
Weight Training Rochelle Schwab		<u>TR</u> 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			
Scuba Open Skills Practice Contact: Cressy Merrill to schedule at: merrille@oregonstate.edu	Dates/times vary	Lang Pool	\$15 +air &/or rental

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

Term Begins: Monday, June 24, 2019
Term Ends: Friday, August 30, 2019
NO CLASSES JULY 4

Faculty Staff FITNESS

College of Public Health and Human Sciences

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

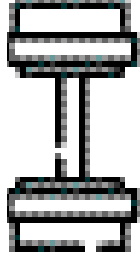
What participants are saying:

"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



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/FSF



Look for these fun events during the year!

Winter 80s Workout - TBA

Get ready for the workout of your past with several of your favorite FSF instructors leading you through the tunes of the 80s. Dress up for the part if you would like, and stay for dinner afterwards.

Spring TRY-Athlon - TBA

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

Spring Annual Awards Picnic - TBA

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

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 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.