

Healthy
minds.
Healthy
bodies.
Healthy
teams.

Faculty Staff Fitness
Activity Schedule | Fall 2019

AEROBICS					
AM Cardio Machines Garret Van Ree	NEW FLEX	MWF 7-7:50 am	Lang 013	\$70	
Cardio Kickboxing Laura (MF)/Dee (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	FLEX	TR 12-12:50 pm	Lang 013	\$55	
Cardio Dance Monica Olvera(T)/ Laura Luczkiv(R)	FLEX	TR 5:15-6:05 pm	Lang 200	\$55	

AQUATICS					
Noon Aqua Aerobics Hanna Brewer	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 Ann Asbell	NEW FLEX	MW 5:15-6 pm	WB Pool	\$55	
Swim Skills Workout Joyce Federiuk	FLEX	TR 12-1:00 pm	Lang Pool	\$55	
Swim I/II & Open Swim Joyce Federiuk	NEW FLEX	TR 5:15-6:05 pm	Lang Pool	\$55	
Evening Aqua Aerobics Hanna Brewer	NEW FLEX	TR 5:15-6 pm	WB Pool	\$55	

SEASONAL					
Scuba Open Skills Practice Contact: Cressey Merrill to schedule at: merrille@oregonstate.edu		Dates/times vary	Lang Pool	\$15 +air &/or rental	

MIND & BODY						
Vinyasa Flow Yoga Rick Brand	FLEX	MW 12-12:50 pm	WB 204	\$55		
Pilates I Laura Luczkiv	FLEX	MW 11-11:50 am	Lang 200	\$55		
Yoga (all levels) TBA	NEW FLEX	MW 5:15-6:05 pm	WB 204	\$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	FLEX	TR 5:15-6:05 pm	WB 118	\$55		

STRENGTH TRAINING						
Weight Training Kylee Wong	FLEX	MWF 7-7:50 am	Lang 006	\$70		
MWF Cardio Weights Kylee Wong		<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	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 (T)/Dee Gillen (R)	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.			

SPECIALTY					
Functional Fitness Jessica Caze	FLEX	MWF 12:00-12:50 pm	Lang 301	\$70	
Back & Postural Therapy Nikki Kurth(MW)/Kylee Wong(F)	FLEX	MWF 12:30-1:20 pm	WB 009	\$70	
Adult Recess TBA	NEW FLEX	TR 12:15-12:45 pm	Lang 200	\$55	
Tai Chi Jeff Kelly	FLEX	TR 5:15-6:05 pm	WB 204	\$55	

NOTES	
FLEX	=Flex Pass class option: \$4 per class session. Expires September 15 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.
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	

health.oregonstate.edu/FSF