

Healthy  
minds.  
Healthy  
bodies.  
Healthy  
teams.

Faculty Staff Fitness

MAKE UP Schedule | September 3, 2019

## AEROBICS

Noon Cardio Machines  
Garret Van Ree Tu 9/3,  
12-12:50 pm Lang 013

Cardio Dance  
Monica Olvera Tu 9/3,  
5:15-6:05 pm Lang 200

## AQUATICS

\*\*Therapeutic Water Exercise  
Hanna Brewer W 9/4  
5:15-6:05 pm WB Pool

\*\*Swim Skills Workout  
Joyce Federiuk Tu 9/3, Th 9/5  
12-12:50 pm Lang Pool

\*\*Swim I/II & Open Swim  
Hanna Brewer Tu 9/3, Th 9/5  
5:15-6:05 pm Lang Pool

Evening Aqua Aerobics  
Garret Van Ree Tu 9/3,  
5:15-6:00 pm WB Pool

## MIND & BODY

Gentle Yoga  
Olivia Heath Tu 9/3,  
12-12:50 pm WB 204

Core Stability Ball/Yoga  
Carey Hilbert Tu 9/3,  
12-12:50 pm Lang 301

Barre Fusion  
Megan Kitner Tu 9/3,  
12-12:50 pm WB 118

Yoga/Core (all levels)  
Jamie Petts Tu 9/3,  
5:15-6:05 pm WB 118

Tai Chi  
Jeff Kelly Tu 9/3,  
5:15-6:05 pm WB 204

## STRENGTH TRAINING

Weight Training  
Dee Gillen Tu 9/3,  
7-7:50 am Lang 006

TR Cardio Weights  
Nikki Kurth Tu 9/3,  
12-12:50 pm Lang 006

Weight Training  
Rochelle Schwab Tu 9/3,  
4:15-5:05 pm Lang 006

Weight Training  
Rochelle Schwab Tu 9/3,  
5:15-6:05 pm Lang 006

## EXTRAS

Weight Training  
Garret Van Ree TR 9/5-9/24/19  
12-12:50 pm Lang 006 **FLEX**

Weight training will be offered over  
the interim for Flex Pass.

Outdoor Workout  
David Myrold MWF 9/4-9/23/19  
11-11:50 am Student  
Legacy Park Donation

Outdoor Workout will be held as a  
donation to equipment fund. Details  
in 123 Langton Hall.

## NOTES

**FLEX** = Flex Pass class option: \$4 per class session. Expires 9/15/2020, 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.

Lang = Langton Hall  
WB = Women's Building

Visit our website for class descriptions

health.oregonstate.edu/FSF