<table>
<thead>
<tr>
<th>FACULTY STAFF FITNESS</th>
<th>HEALTHY MINDS. HEALTHY BODIES. HEALTHY TEAMS.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AEROBICS</strong></td>
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</tbody>
</table>
| Open Workout- Run, Row, Bike & Climb | Scott Peterson  
MWF - NEW  
7-7:50 A.M.  
LANG 012  
$80 |
| Cardio Kickboxing | Dee (M)/Emily (W)/Laura (L)  
MWF  
12-12:30 P.M.  
LANG 200  
$80 |
| Step & Strength | Dee Gillen  
TU/TH - NEW  
5:15-6:15 P.M.  
LANG 200  
$65 |
| Run, Row, Bike & Climb | Jess Caze  
TU/TH - NEW  
12-12:30 P.M.  
LANG 200  
$65 |
| Cardio Dance | Monica Olivera (T)/Laura Luczkow (R)  
TU/TH  
5:15-6:15 P.M.  
LANG 200  
$65 |
| **AQUATICS**           |                                               |
| Noon Aqua Aerobics | Adrianna Horner  
MWF - NEW  
12-12:30 P.M.  
WB POOL  
$85 |
| Masters Swim Workout | Drew/Myra  
MWF - NEW  
12-12:30 P.M.  
LANG POOL  
$85 |
| Therapeutic Water Exercise | Ann Asbell  
MWF  
5:15-6:05 P.M.  
WB POOL  
$70 |
| Swim Skills Workout | Joyce Federuk  
TU/TH  
12-1 P.M.  
LANG POOL  
$70 |
| Swim I/II & Open Swim | Joyce Federuk  
TU/TH  
5:10-6:20 P.M.  
LANG POOL  
$70 |
| Evening Aqua Aerobics | Jess Caze/TBD  
TU/TH - NEW  
5:15-6:05 P.M.  
WB POOL  
$70 |
| **SPECIALTY**          |                                               |
| Functional Fitness | Jessica Caze  
MWF  
12-12:30 P.M.  
LANG 301  
$80 |
| Back & Postural Therapy | Nikki Kurth  
MWF  
12:30-12:50 P.M.  
WB 009  
$80 |

**MIND & BODY**

| Vinyasa Flow Yoga | Rick Brand  
MW  
12-12:50 P.M.  
WB 204  
$65 |
| Pilates | Adrianna Horner  
MWF - NEW  
11-11:30 A.M.  
WB 118  
$65 |
| Yoga (all levels) | TBD  
MWF  
5:15-6:05 P.M.  
WB 204  
$65 |
| Gentle Yoga | Michelle Smith  
TU - TBD  
12-12:50 P.M.  
WB 204  
$45 |
| Core Stability Ball/ Yoga | Carey Hilbert  
CANCELED |
| Barre Fusion | Siobhan VanLanen  
TU/TH - NEW  
12-12:50 P.M.  
WB 118  
$65 |
| Yoga/Core Jamie Petts  
TU/TH  
5:15-6:05 P.M.  
WB118/OUTSIDE  
$65 |

**STRENGTH TRAINING**

| MWF Cardio Weights | Kylie Wong/Jess Caze  
MW  
11-11:30 A.M.  
WB 009  
$80 |
| Weight Training | Kylie Wong  
MWF  
4:15-5:05 P.M.  
WB 009  
$65 |
| Weight Training | Mason Morgan  
MWF - NEW  
5:15-6:05 P.M.  
WB 009  
$65 |
| Weight Training | Dee Gillen  
TU/TH  
7-7:50 A.M.  
WB 009  
$65 |
| TR Cardio Weights | Nikki Kurth  
TU/TH  
12-12:50 P.M.  
WB 009  
$65 |
| Weight Training | Rochelle Schwab  
TU/TH  
4:15-5:05 P.M.  
WB 009  
$65 |
| Weight Training | Rochelle Schwab  
TU/TH  
5:15-6:05 P.M.  
WB 009  
$65 |

**REMOTE OPTIONS**

| Online Faculty Staff Fitness | *Fall Term  
SEPT. 20-DEC. 13, 2021  
$35 |
| Winter Break Online Faculty Staff Fitness (opens fall) | Dec. 13, 2021- Jan. 3, 2022  
$10 |
| Zoom options of in person classes will open if needed. | Contact Dee Gillen at Dee.Gillen@oregonstate.edu |

**PAC COURSES**

| PAC Classes | Check Course Catalog at catalog.oregonstate.edu  
Location & instructor vary  
$100+ |

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 $100 in place of the PAC PEAS 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.

FACULTY STAFF FITNESS | HEALTHY MINDS. HEALTHY BODIES. HEALTHY TEAMS. **FALL 2021**

**NOTES**

- Flex Pass class option: $3 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 and your pass can be held for pick up.
- NEW= NEW Class, name change, or other change
- MWF/TR: Sign-up for individual days not available; must sign up and pay for all days.
- Land class pricing (all classes not in the pools): General Pricing: One-day-per-week=$45, any combo of two days per week=$65, any combo of three days per week=$80
- Aquatics pricing: One-day-per-week=$50, any combo of two days per week=$70, any combo of three days per week=$85
- LANG = Langton Hall | WB = Women’s Building | MLM = Milam Hall
FACULTY STAFF FITNESS

LOOK FOR THESE FUN EVENTS DURING THE YEAR

SPRING TRY-ATHLON | JUNE 2022
An annual team-building fundraiser that brings faculty and staff together to compete in swimming, running and walking.
health.oregonstate.edu/fsf/tryathlon

SPRING ANNUAL AWARDS PICNIC | JUNE 2022
FSF celebrates those who have shown outstanding performance and have encouraged others to do their best and keep improving throughout the years.
health.oregonstate.edu/fsf/awards-picnic

RECHARGE 2020 WELLNESS CHALLENGE | WINTER 2022
A new, electrifying program that addresses the overall well-being of OSU’s faculty and staff. This empowering program will provide opportunities to participate in healthy lifestyle choices including environmentally friendly ideas, fitness programs, positive mental energy, in-office exercise challenges and rewards.
health.oregonstate.edu/fsf/recharge

WHAT PARTICIPANTS ARE SAYING

FSF has changed my life in many ways.
TOM

I have always had a difficult time committing to exercise. It was always something I had to do, not something I wanted to do. But now, things are different. I try to exercise at least 5 days a week. For me, it is always something I look forward to.
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.

TERMS BEGINS

Wednesday, September 22, 2021

TERMS ENDS

Friday, December 3, 2021

NO CLASS

November 11, 25, 26, 2021