

# FACULTY STAFF FITNESS | HEALTHY MINDS. HEALTHY BODIES. HEALTHY TEAMS.

## FALL 2021 MAKE UP

## WINTER BREAK 2021 DEC. 6-17, 2021 \*SOME DATES VARY

### FALL 2021 MAKE UP SESSIONS TUESDAY, DECEMBER 7, 2021 OPEN TO FALL REGISTRANTS AND FLEX PASS

Weight Training Dee Gillen	Tues. 7:00-7:50 a.m.	WB 009
Cardio Weights Nikki Kurth	Tues. 12:00-12:50 p.m.	WB 009
Swim Skills Workout Joyce Federiuk	Tues. 12:00-1:00 p.m.	Lang Pool
Run, Row, Bike & Climb Jess Caze	Tues. 12:00-12:50 p.m.	Lang Cardio Center (basement)
Barre Fusion Siobhan VanLanen	Tues. 12:00-12:50 p.m.	WB 118
Swim I/II & Open Swim Joyce Federiuk	Tues. 5:10-6:05 p.m.	Lang Pool
Cardio Dance Dee Gillen	Tues. 5:15 p.m.	Lang 200
Yoga/Core Jamie Petts	Tues. 5:15 p.m.	WB 118
Weight Training Rochelle Schwab	Tues. 4:15 p.m.	WB 009
Weight Training Rochelle Schwab	Tues. 5:15 p.m.	WB 009

### SPECIAL WINTER BREAK FLEX SESSION

**FLEX** = Flex Pass class option: \$5 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.oregon-state.edu/FSF](http://health.oregon-state.edu/FSF) and your pass can be held for pick up.

Class session will run December 6-17, 2021 unless otherwise indicated. OSU will be closed Friday, December 24 and Friday, December 31, 2021.

Fall 2021 Make Up classes on Tuesday, December 7 is open for **FLEX** attendance.

### AEROBICS FLEX DEC. 20-23, 2021

Open Workout- Run, Row, Bike & Climb Scott Peterson	M/TU/TH/F 7-7:50 A.M.	LANG Cardio Center	\$80	*DEC. 20-23, 2021
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### AQUATICS FLEX DEC. 6-17, 2021

Masters Swim Workout Drew Ibarra	MWF 12-1:00 P.M.	LANG POOL	\$85
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### MIND & BODY FLEX DEC. 6-17, 2021

Vinyasa Flow Yoga Rick Brand	MW 12-12:50 P.M.	WB 204	
Gentle Yoga Michelle Smith	SPECIAL DATES 12-12:50 P.M.	WB 204	*DEC. 7, 9, 14, 2021

### STRENGTH TRAINING FLEX DEC. 6-17, 2021

MWF Cardio Weights Kylee Wong	MW 11-11:50 A.M.	WB 009
Weight Training Kylee Wong	MW 4:15-5:05 P.M.	WB 009
Weight Training Dee Gillen	TU/TH 7-7:50 A.m.	WB 009
Weight Training Rochelle Schwab	TU/TH 4:15-5:05 P.M.	WB 009
Weight Training Rochelle Schwab	TU/TH 5:15-6:05 P.M.	WB 009

### REMOTE OPTIONS DEC. 6, 2021-JAN. 3, 2022

Winter Break Online Faculty Staff Fitness (opens fall)	Dec. 13, 2021- Jan. 3, 2022	\$10	PRE-RECORDED HOME WORKOUTS
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