

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

**WINTER 2022 MAKE UP
MARCH 14, 2022**

AEROBICS

Open Workout- Run, Row, Bike & Climb Scott Peterson	MWF 7-7:50 A.M.	LANG 012	Extra classes March 16, 18	FLEX
Cardio Kickboxing Gabbi (M)	M 12-12:50 P.M.	LANG 200		FLEX
Step & Strength Dee Gillen	M 5:15-6:15 P.M.	LANG 200		FLEX

MIND & BODY

Vinyasa Flow Yoga Jocelyn Kerr (sub for Rick Brand)	M 12-12:50 P.M.	WB 204		FLEX
Pilates Adrianna Horner	M 11-11:50 A.M.	WB 118		FLEX
Yoga (all levels) Jocelyn Kerr	M 5:15-6:05 P.M.	WB 204		FLEX

AQUATICS

Noon Aqua Aerobics Adrianna Horner	M 12-12:50 P.M.	WB POOL		FLEX
Masters Swim Workout Drew/Marlys	M 12-1:00 P.M.	LANG POOL		FLEX
Therapeutic Water Exercise Ann Asbell	M 5:15-6:05 p.m.	WB POOL		FLEX

STRENGTH TRAINING

MWF Cardio Weights Kylee Wong/Jess Caze	M 11-11:50 A.M.	WB 009		FLEX
Weight Training Kylee Wong	M 4:15-5:05 P.M.	WB 009		FLEX
Weight Training Mason Morgan	M 5:15-6:05 P.M.	WB 009		FLEX

REMOTE OPTIONS

Online Faculty Staff Fitness *Winter Term	JAN. 3-MARCH 28, 2022	\$35	PRE-RECORDED HOME WORKOUTS
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Contact Dee Gillen if you want a trial - Dee.Gillen@oregonstate.edu

SPECIALTY

Functional Fitness Jessica Caze	M 12-12:50 P.M.	LANG 301		FLEX
Back & Postural Therapy Nikki Kurth	M 12:30-1:20 P.M.	WB 009		FLEX

NOTES

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.oregonstate.edu/FSF and your pass can be held for pick up.

All make ups will allow Flex Pass participants to join.

LANG = Langton Hall | WB = Women's Building | MLM = Milam Hall