

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

## WINTER 2022

### AEROBICS

Open Workout- Run, Row, Bike & Climb Scott Peterson	MWF 7-7:50 A.M.	LANG 012	\$80	<b>FLEX</b>
Cardio Kickboxing Gabbi (M)/Emily (W)/	MWF - <b>NEW</b> 12-12:50 P.M.	LANG 200	\$65	<b>FLEX</b>
Step & Strength Dee Gillen	MW 5:15-6:15 P.M.	LANG 200	\$65	<b>FLEX</b>
Run, Row, Bike & Climb Jess Caze	TU/TH 12-12:50 P.M.	LANG 012	\$65	<b>FLEX</b>
Cardio Dance Monica Olvera (T)/ Gabbi Merales (R)	TU/TH - <b>NEW</b> 5:15-6:15 P.M.	LANG 200	\$65	<b>FLEX</b>
Cardio Dance Dee Gillen	FRI - <b>NEW</b> 12:00-12:50 P.M.	LANG 200	\$45	<b>FLEX</b>

### AQUATICS

Noon Aqua Aerobics Adrianna Horner	MWF 12-12:50 P.M.	WB POOL	\$85	<b>FLEX</b>
Masters Swim Workout Drew/Marlys	MWF 12-1:00 P.M.	LANG POOL	\$85	<b>FLEX</b>
Therapeutic Water Exercise Ann Asbell	MW 5:15-6:05 p.m.	WB POOL	\$70	<b>FLEX</b>
Swim Skills Workout Joyce Federiuk	TU/TH 12-1 P.M.	LANG POOL	\$70	<b>FLEX</b>
Non-Swim & Open Swim - <b>NEW</b> Joyce Federiuk	TU/TH 4:15-5:05 P.M.	WB POOL	\$70	<b>FLEX</b>
Evening Aqua Aerobics Sophia Ranck	TU/TH 5:15-6:05 P.M.	WB POOL	\$70	<b>FLEX</b>

### SPECIALTY

Functional Fitness Jessica Caze	MWF 12-12:50 P.M.	LANG 301	\$80	<b>FLEX</b>
Back & Postural Therapy Nikki Kurth	MWF 12:30-1:20 P.M.	WB 009	\$80	<b>FLEX</b>

### MIND & BODY

Vinyasa Flow Yoga Rick Brand	MW 12-12:50 P.M.	WB 204	\$65	<b>FLEX</b>
Pilates Adrianna Horner	MWF 11-11:50 A.M.	WB 118	\$65	<b>FLEX</b>
Yoga (all levels) Jocelyn Kerr	MW 5:15-6:05 P.M.	WB 204	\$65	<b>FLEX</b>
Gentle Yoga Michelle Smith	TU 12-12:50 P.M.	WB 204	\$45	<b>FLEX</b>
Core Stability Ball/Yoga Carey Hilbert	TU/TH - <b>NEW</b> 12-12:50 P.M.	LANG 301	\$65	<b>FLEX</b>
Barre Fusion Siobhan Van Lanen	TU/TH 12-12:50 P.M.	WB 118	\$65	<b>FLEX</b>

### STRENGTH TRAINING

MWF Cardio Weights Kylee Wong/Jess Caze	MWF 11-11:50 A.M.	WB 009 *NEW	\$80	<b>FLEX</b>
Weight Training Kylee Wong	MW 4:15-5:05 P.M.	WB 009 *NEW	\$65	<b>FLEX</b>
Weight Training Mason Morgan	MW 5:15-6:05 P.M.	WB 009	\$65	<b>FLEX</b>
Weight Training Dee Gillen	TU/TH 7-7:50 A.M.	WB 009	\$65	<b>FLEX</b>
TR Cardio Weights Mike Thalken	TU/TH - <b>NEW</b> 12-12:50 P.M.	WB 009	\$65	<b>FLEX</b>
Weight Training Rochelle Schwab	TU/TH 4:15-5:05 P.M.	WB 009	\$65	<b>FLEX</b>
Weight Training Rochelle Schwab	TU/TH 5:15-6:05 P.M.	WB 009	\$65	<b>FLEX</b>

### PAC COURSES

PAC Classes	Check Course Catalog at catalog.oregonstate.edu	Location & instructor vary	\$100+
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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](http://catalog.oregonstate.edu).

Individuals must pay a base rate of \$100 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, starting Friday before the term begins. If you have registered as a student, you cannot change registration to FSF.

### REMOTE OPTIONS

Online Faculty Staff Fitness *Winter Term	JAN. 3-MARCH 28, 2022	\$35	PRE-RECORDED HOME WORKOUTS
Zoom options of in person classes will open if needed.			Contact Dee Gillen at <a href="mailto:Dee.Gillen@oregonstate.edu">Dee.Gillen@oregonstate.edu</a>

### 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](http://health.oregonstate.edu/FSF) and your pass can be held for pick up.

**NEW** = Change in class, instructor, name/format, location, or other

‡ 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

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](http://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](http://health.oregonstate.edu/fsf/awards-picnic)

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PHYSICAL ACTIVITY OFFICE

Langton Hall 123  
Open Monday–Thursday,  
8 a.m.–5 p.m. & Friday 8 a.m.–3 p.m.  
Ph: 541-737-3222  
email: [pac.fsf@oregonstate.edu](mailto:pac.fsf@oregonstate.edu)  
[health.oregonstate.edu/FSF](http://health.oregonstate.edu/FSF)

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**TERM BEGINS**  
Monday, January 3, 2022  
**TERM ENDS**  
Friday, March 11, 2022  
**NO CLASS**  
January 17, 2022

FACULTY STAFF

# FITNESS

WINTER 2022



## WHAT PARTICIPANTS ARE SAYING

FSF has changed my life in many ways. The FSF community is partly responsible for keeping me alive and speeding up my recovery. The friendships and camaraderie developed over 20 plus years of working out together are a huge benefit to my overall wellness.

– TOM

I have always had a difficult time committing to exercise. It was always something I had to do, but never enjoyed. FSF weights is the first time I have really looked forward to exercise—in my life. And I look and feel better because of it. What a great thing to offer the staff of OSU!

– 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.

Who can join? Faculty Staff Fitness (FSF) offers a variety of health and wellness programming to faculty, staff, retirees, graduate students and their partners and spouses.

How to join? To enroll, stop by the FSF office in Langton Hall, Room 123 or visit us online at [health.oregonstate.edu/fsf](http://health.oregonstate.edu/fsf).

Classes offered include more than 30 classes ranging from aquatics to kickboxing to yoga and weight training are offered at a variety of times including early morning, during lunch and later afternoon.

Can't find a class that interests you? Enroll in any Physical Activity Course (PAC) with open spots after the first week of the term.

Added bonuses of participation include basket/locker rentals, annual program events and quality community instructors.

Travel?/Want variety? Online FSF classes are available with over 300 classes. Types include the styles offered on our in person schedule with the leisure to participate in pre-recorded formats anytime, anywhere with your internet connection. You also may buy a flex pass punch card for \$5/class to attend classes listed as "FLEX" on our schedule. Passes can be purchased in the FSF office or online.