

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

SPRING 2023

AEROBICS

Open Workout- Run, Row, Bike & Climb Scott Peterson	MWF 7-7:50 AM	LANG 012	\$80	FLEX
Step & Strength Rachel Beyer (M)/ Dee Gillen (W)	MW 5:15-6:15 PM	LANG 200	\$65	FLEX
Cardio Dance Carolyn Hudson-Harris (T)/Monica Olvera(TH)	T/TH 5:15-6:15 PM	LANG 200	\$65	FLEX
Cardio Kickboxing Gabbi Merales-Zott & Emily Ho	TH- NEW 12-12:50 PM	LANG 200	\$45	FLEX
Cardio Dance Dee Gillen	FRI 12-12:50 PM	LANG 200	\$45	FLEX

AQUATICS

Noon Aqua Aerobics TBD (M/W)/Adrianna Horner (F)	MWF 12-12:50 PM	WB POOL	\$85	FLEX
Masters Swim Workout Kari Jaques	MWF 12-1:00 PM	LANG POOL	\$85	FLEX
Therapeutic Water Exercise TBD	MW 5:15-6:05 PM	WB POOL	\$70	FLEX
Swim Skills Workout Joyce Federiuk	T/TH 12-1 PM	LANG POOL	\$70	FLEX
Swim I/II & Open Swim Joyce Federiuk	T/TH 5:10-5:55 PM	LANG POOL	\$70	FLEX
Evening Aqua Aerobics Sophia Ranck	T/TH 5:15-6:05 PM	WB POOL	\$70	FLEX

SPECIALTY

Functional Fitness Jessica Caze	MWF 12-12:50 P.M.	LANG 301	\$80	FLEX
Postural Therapy Nikki Kurth	MWF 12:30-1:20 P.M.	WB 009	\$80	FLEX
Adaptive Exercise Clinic (Formerly MS Clinic) Nick Fraser & student volunteers	T/TH 2:00-3:00 PM	LANG 013	\$65*	Community welcome. See health.oregonstate. edu/adaptive- exercise-clinic

*scholarships available

MIND & BODY

Noon All Levels Yoga Rick Brand	MW 12-12:50 PM	WB 204	\$65	FLEX
Pilates Adrianna Horner	MWF 11-11:50 AM	WB 116	\$80	FLEX
Gentle Yoga Michelle Smith (T)/Rachel Beyer (TH)	T/TH 12-12:50 PM	WB 204	\$65	FLEX
Core Stability Ball/Yoga Rachel Beyer (T)/ Siobhan Van Lanen (TH)	T/TH 12-12:50 PM	LANG 301	\$65	FLEX
Evening All Levels Yoga Rachel Beyer	T/TH 5:15-6:05 PM	WB 118	\$65	FLEX

STRENGTH TRAINING

MWF Cardio Weights Kylee Wong/Nick Fraser	MWF 11-11:50 AM	WB 009	\$80	
Weight Training Mason Morgan	MW 4:15-5:05 PM	WB 009	\$65	FLEX
Weight Training Nick Fraser	T/TH 7-7:50 AM	WB 009	\$65	FLEX
TR Cardio Weights Nick Fraser	T/TH- NEW 12-12:50 PM	WB 009	\$65	FLEX
Weight Training Rochelle Schwab	T/TH 4:15-5:05 PM	WB 009	\$65	FLEX
Weight Training Rochelle Schwab	T/TH 5:15-6:05 PM	WB 009	\$65	FLEX

REMOTE OPTIONS

Online Faculty Staff Fitness *Spring Term	MARCH 28- JUNE 19, 2022	\$35	PRE-RECORDED HOME WORKOUTS
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PAC THROUGH FSF COURSES

Tai Chi Patty Flatt	MW 9-9:50 AM	WB 112	\$100
Non Swimmer (Learn to Swim) Joyce Federiuk	T/TH 9-9:50 AM	WB POOL	\$106
Pickleball Andrew Donaldson	T/TH 12-12:50 PM	LANG 300	\$100
Pickleball Andrew Donaldson	F 12- 1:50 PM	LANG 300	\$100

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 through FSF registration is done on a first come, first serve basis. If you have registered as a student, you cannot change registration to FSF.

SEASONAL

Golf II Ann Asbell	MON/WED 5:15-6:45 PM	OFF CAMPUS*	\$70**
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*Park in area north of OSU Rowing Facilities at intersection of Hwy 34 and 34 By Pass, west of Trysting Tree Golf Course
**\$70 to FSF + Green Fees on location

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.

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



SPRING 2023

FITNESS

FACULTY STAFF

COLLEGE OF PUBLIC HEALTH AND HUMAN SCIENCES

LOOK FOR THESE FUN EVENTS DURING THE YEAR

SPRING TRY-ATHLON | JUNE 14, 2023

An annual team-building fundraiser that brings faculty and staff together to compete in swimming, running and walking.

health.oregonstate.edu/fsf/tryathlon

FACULTY STAFF FITNESS

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.

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.