**PAC Classes**

Check Course Catalog at [catalog.oregonstate.edu](http://catalog.oregonstate.edu)

**Location & Instructor vary**

$100+

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**SUMMER 2023**

<table>
<thead>
<tr>
<th><strong>AEROBICS</strong></th>
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<tbody>
<tr>
<td><strong>Open Workout- Run, Row, Bike &amp; Climb</strong>&lt;br&gt;Scott Peterson</td>
<td>MWF</td>
</tr>
<tr>
<td><strong>Step &amp; Strength</strong>&lt;br&gt;Rachel Beyer</td>
<td>MW</td>
</tr>
<tr>
<td><strong>Cardio Dance</strong>&lt;br&gt;Carolyn Hudson-Harris (T)/Monica Olvera (Th)</td>
<td>TU/TH</td>
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</tbody>
</table>

**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 Hall 123, starting Friday before the term begins. If you have registered as a student, you cannot change registration to FSF.

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<table>
<thead>
<tr>
<th><strong>MIND &amp; BODY</strong></th>
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<tbody>
<tr>
<td><strong>Noon All Levels Yoga</strong>&lt;br&gt;Rick Brand</td>
<td>MW</td>
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<tr>
<td><strong>Pilates</strong>&lt;br&gt;Adrianna Horner</td>
<td>MW</td>
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<tr>
<td><strong>Core Stability Ball/Yoga</strong>&lt;br&gt;Rachel Beyer (T)/Siobhan Van Lanen (Th)</td>
<td>TU/TH</td>
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<tr>
<td><strong>Evening Outdoor Yoga</strong>&lt;br&gt;Rachel Beyer</td>
<td>TU/TH + NEW</td>
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*Siobhan Van Lanen teaching July 6th, 13th, 20th, 27th, August 3rd, 17th, 24th
Rachel Beyer teaching June 29th, August 10th, 31st

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<tr>
<th><strong>STRENGTH TRAINING</strong></th>
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<tbody>
<tr>
<td><strong>MW Cardio Weights</strong>&lt;br&gt;Kylee Wong</td>
<td>MW</td>
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<tr>
<td><strong>Weight Training</strong>&lt;br&gt;Mason Morgan</td>
<td>MW</td>
</tr>
<tr>
<td><strong>Weight Training</strong>&lt;br&gt;Nick Fraser</td>
<td>TU/TH</td>
</tr>
<tr>
<td><strong>TR Cardio Weights</strong>&lt;br&gt;Nick Fraser</td>
<td>TU/TH</td>
</tr>
<tr>
<td><strong>Weight Training</strong>&lt;br&gt;Mike Thalken</td>
<td>TU/TH + NEW</td>
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<thead>
<tr>
<th><strong>SPECIALTY</strong></th>
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<tbody>
<tr>
<td><strong>Functional Fitness</strong>&lt;br&gt;Jessica Caze</td>
<td>MW</td>
</tr>
<tr>
<td><strong>Postural Therapy</strong>&lt;br&gt;Nikki Kurth</td>
<td>MW</td>
</tr>
<tr>
<td><strong>Adaptive Exercise Clinic</strong>&lt;br&gt;Nick Fraser &amp; student volunteer</td>
<td>TU/TH</td>
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<tr>
<td><strong>Community welcome. See health. oregonstate.edu/adaptive-exercise-clinic</strong></td>
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<thead>
<tr>
<th><strong>REMOTE OPTIONS</strong></th>
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<tbody>
<tr>
<td><strong>Online Faculty Staff Fitness</strong>&lt;br&gt;<em>Summer Term</em></td>
<td>JUNE 19 - SEPT. 11, 2022</td>
</tr>
</tbody>
</table>

PRE-RECORDED HOME WORKOUTS

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**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 [catalog.oregonstate.edu](http://catalog.oregonstate.edu) 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
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

FACULTY STAFF FITNESS

LOOK FOR THESE FUN EVENTS DURING THE YEAR

SPRING TRY-ATHLON | SPRING 2024

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

health.oregonstate.edu/fsf/tryathlon

SUMMER 2023

TERM BEGINS
Monday, June 26, 2023
TERM ENDS
Friday, September 1, 2023
NO CLASS
Tuesday, July 4, 2023

PHYSICAL ACTIVITY OFFICE
Langton Hall 123
Open MTWR 8-1 & 2:30-5, F 8-2
Ph: 541-737-3222
email: pac.fsfs@oregonstate.edu
health.oregonstate.edu/FSF

TERM BEGINS
Monday, June 26, 2023
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SUMMER 2023

FITNESS

FACULTY STAFF

COLLEGE OF PUBLIC HEALTH AND HUMAN SCIENCES

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– 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.