WINTER FLEX SESSION DEC. 5-16, 2022 *DATES VARY

Open Workout- Run, Row, Bike & Climb
Scott Peterson
MWF
7–7:50 AM
LANG 012

Cardio Intervals
Mason Morgan
MW · NEW
5:15–6:05 PM
WB 009

Cardio Dance
Monica Olvera
TU/TH
5:15–6:15 PM
LANG 200
*NO CLASS DEC 13 & 15

Masters Swim Workout
Kari Jaques
MWF
12–1:00 PM
LANG POOL
DEC 5-9
*POOL CLOSED FOR CLEANING 12/10 -1/8

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.

Class session will run December 5-16, 2022 unless otherwise indicated.

Fall 2022 Make Up classes are open for FLEX attendance.