Faculty Staff Fitness

**LOOK FOR THESE FUN EVENTS DURING THE YEAR**

**SPRING TRY-ATHLON | TBA ACCORDING TO COVID19**
An annual team-building fundraiser that brings faculty and staff together to compete in swimming, running and walking.

health.oregonstate.edu/tryathlon

**SPRING ANNUAL AWARDS PICNIC | TBA ACCORDING TO COVID19**
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

**RECHARGE WELLNESS CHALLENGE | WINTER 2022**
A remote, electrifying program that addresses the overall well-being of OSU’s faculty and staff. This empowering program will provide opportunities to participate in healthy lifestyle choices including environmentally friendly ideas, fitness programs, positive mental energy, and rewards.

health.oregonstate.edu/fsf/recharge

**COOKING WITH KIDS | TBA**
Cook, eat and play with your 8-12 year olds. Parents/guardians and up to 2 kids will develop cooking skills, enhance family meal time and bring home a healthy meal from each class. The class is based on 4-H “Cook” curriculum run through the Moore Family Center. Call 541-737-5205 for more information.

physical.activity.office@oregonstate.edu

**TERMS**

**TERM BEGINS**
Monday, March 29, 2021

**TERM ENDS**
Friday, June 4, 2021

**NO CLASS**
Monday, May 31, 2021

**MARTHA**
I have always had a difficult time committing to exercise. It was something I had to do, but never enjoyed doing it. 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. FSF has changed my whole way of thinking about my health. I was always afraid something would go wrong when I started at OSU, but was exceeded by the travel... I now eat a more balanced diet and feel better.

**PAUL**
I have always had a difficult time exercising. It was always something I had to do, but never enjoyed doing it. 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. FSF has changed my whole way of thinking about my health. I was always afraid something would go wrong when I started at OSU, but was exceeded by the travel... I now eat a more balanced diet and feel better.
When I started at OSU I was excited by the faculty staff fitness program, but I found that commuting from Portland with only two days on campus, it was too difficult to work exercise into my schedule. When the program went online during the pandemic, the flexibility it offered made a huge difference for me. For the first time in my life I have been able to exercise everyday!

– MARTHA

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
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.

Added bonuses of participation
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.

Class combos
Choose to combine classes to save money and receive customized weekly workouts.

SPRING 2021
**Accessibility to PAC classes will be on hold until the COVID-19 pandemic has passed.**

### AEROBICS

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor(s)</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Remote Cardio Intervals</td>
<td>MON/WED</td>
<td>12–12:30 P.M.</td>
<td>REMOTE</td>
<td>Dee, Nikki, Garret, Jessica</td>
<td>$65</td>
<td>ZOOM</td>
</tr>
<tr>
<td>*SYNCHRONOUS ZOOM</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cardio Dance</td>
<td>TUES/THURS</td>
<td>5:30–6:05 P.M.</td>
<td>LANG</td>
<td>Monica Olivera (TUES)/ Laura Luczkow (THURS)</td>
<td>$65</td>
<td>10’x10’ SPACING</td>
</tr>
</tbody>
</table>

### PAC COURSES

### STRENGTH TRAINING

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>MWF Cardio Weights</td>
<td>MON/WED/FRI</td>
<td>11–11:50 A.M.</td>
<td>WB 009</td>
<td>Kylee (MW)/Garret (F)</td>
<td>$80</td>
<td>9’x9’ SPACING</td>
</tr>
<tr>
<td>Weight Training</td>
<td>MON/WED</td>
<td>4:15–5:05 P.M.</td>
<td>WB009</td>
<td>Kylee Wong</td>
<td>$65</td>
<td>9’x9’ SPACING</td>
</tr>
<tr>
<td>*SYNCHRONOUS ZOOM</td>
<td>AVAILABLE</td>
<td></td>
<td></td>
<td>Dee Gillen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TIR Cardio Weights</td>
<td>TUES/THURS</td>
<td>12–12:50 P.M.</td>
<td>WB 009</td>
<td>Nikki Kurth</td>
<td>$65</td>
<td>9’x9’ SPACING</td>
</tr>
<tr>
<td>Weight Training</td>
<td>TUES/THURS</td>
<td>5:15–6:05 P.M.</td>
<td>WB 009</td>
<td>Rochelle Schwab</td>
<td>$65</td>
<td>9’x9’ SPACING</td>
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### AQUATICS

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor(s)</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Masters Swim Workout</td>
<td>MON/WED/FRI</td>
<td>11–1200 P.M.</td>
<td>LANG POOL</td>
<td>Marlys Cappaert</td>
<td>$120</td>
<td>1/LANE</td>
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<tr>
<td>Therapeutic Water</td>
<td>MON/WED</td>
<td>5:15–6:00 p.m.</td>
<td>WB POOL</td>
<td>10’x10’ SPACING</td>
<td>$70</td>
<td></td>
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<tr>
<td>Swim Skills Workout</td>
<td>TUES/THURS</td>
<td>12–1 P.M.</td>
<td>LANG POOL</td>
<td>Marlys Cappaert</td>
<td>$105</td>
<td>1/LANE</td>
</tr>
<tr>
<td>Evening Aqua Aerobics</td>
<td>TUES/THURS</td>
<td>5:15–6:05 P.M.</td>
<td>WB POOL</td>
<td>Joyce Federiuk</td>
<td>$70</td>
<td>10’x10’ SPACING</td>
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### SEASONAL

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Golf II</td>
<td>MON/WED</td>
<td>5:15-6:45 P.M.</td>
<td>OFF</td>
<td>Ann Asbell</td>
<td>$70*</td>
<td></td>
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</tbody>
</table>

*Park in area north of OSU Rowing Facilities at intersection of Hwy 34 and 34 By Pass, west of Trysting Tree Golf Course

### REMOTE OPTIONS

<table>
<thead>
<tr>
<th>Class</th>
<th>Dates</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online Faculty Staff</td>
<td>MARCH 29- JUNE 21, 2021</td>
<td>$35</td>
<td>PRE-RECORDED HOME WORKOUTS</td>
</tr>
<tr>
<td>*Spring Term</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Synchronous Zoom options in Remote Cardio Intervals, TUES/THURS 7am Weight Training, and 12pm TUES/THURS Cardio Weights. See under &quot;Aerobics&quot; and &quot;Strength Training.&quot;</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### NOTES

**NEW** = To help with contact tracing and manageable class sizes, we will not be selling additional Flex Passes until the COVID-19 pandemic has passed. Your 2019-2020 Flex Pass will remain valid until used up. You may attend any classes on our schedule but people registered for a class will receive priority. It will be on your honor system to self-punch each class you attend on your card until used up.

**FLEX** = **NEW Class, name change, or other change**

MON/WED/FRI or TUES/THURS: Sign-up for individual days not available; must sign up and pay for all days.

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

We have **NEW Pricing**

It has been several years since we have evaluated our prices. With the increasing cost of running a business and double cost of instructors and lifeguards in aquatics, we have made some changes. Post-pandemic, swim prices will lower to aqua aerobics pricing. Thank you for understanding.

**Land classes (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
- Aqua Aerobics: General Pricing: One-day-per-week=$50, any combo of two days-per-week=$70, any combo of three-days-per-week=$85
- Swimming: One-day-per-week=$60, any combo of two days-per-week=$105, any combo of three-days-per-week=$120