



FALL 2020

# FACULTY STAFF FITNESS

COLLEGE OF PUBLIC HEALTH AND HUMAN SCIENCES

## WHAT PARTICIPANTS ARE SAYING

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

## LOOK FOR THESE FUN EVENTS DURING THE YEAR

### FACULTY STAFF FITNESS

#### SPRING TRY-ATHLON | TBA

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 | TBA

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)

#### RECHARGE WELLNESS CHALLENGE | WINTER 2021

A new, 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, in-office exercise challenges and rewards.

[health.oregonstate.edu/fsf/recharge](http://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 “iCook” curriculum run through the Moore Family Center.

Call 541-737-5205 for more information.

### 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)

### TERM BEGINS

Wednesday, September 23, 2020

### TERM ENDS

Wednesday, November 25, 2020

### NO CLASS

November 11, 2020

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

#### 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.

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

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.

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).

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.

New to FSF?  
We can give you a FREE 2-class trial pass.

Taught by certified fitness professionals, classes are cost-effective and held on campus in Langton Hall and the Women's Building.

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.

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

## FALL 2020

### AEROBICS

Cardio Kickboxing Dee (MW)/Laura (F)	MWF 12-12:50 P.M.	LANG 200	\$70	10'x10' SPACING
Step & Strength Dee Gillen	MW 5:15-6:15 P.M.	LANG 200	\$55	10'x10' SPACING
Cardio Intervals Garret Van Ree	TR - <b>NEW</b> 12-12:30 P.M.	LANG 301	\$55	10'x10' SPACING
Cardio Dance Monica Olvera (T)/ Laura Luczkiw (R)	TR 5:15-6:05 P.M.	LANG 200	\$55	10'x10' SPACING

### AQUATICS

Noon Aqua Aerobics Catriona Smith	MWF 12-12:50 P.M.	WB POOL	\$70	10'x10' SPACING
Masters Swim Workout Drew Ibarra	MWF 12-1:00 P.M.	LANG POOL	\$70	1/LANE
Therapeutic Water Exercise Ann Asbell	MW 5:15-6:05 p.m.	WB POOL	\$55	10'x10' SPACING
Swim Skills Workout Marlys Cappaert	TR 12-1 P.M.	LANG POOL	\$55	1/LANE
Swim I/II & Open Swim Marlys Cappaert	TR 5:10-6:00 P.M.	LANG POOL	\$55	1/LANE
Evening Aqua Aerobics Hanna Brewer	TR 5:15-6:05 P.M.	WB POOL	\$55	10'x10' SPACING

**COVID ANNOUNCEMENT:**  
CLASSES WITH LOW ENROLLMENT ARE SUBJECT TO CANCELLATION. THE CLASS SCHEDULE WILL BE UPDATED SEPTEMBER 16, 2020 WITH ANY CANCELLATIONS. WE ARE DOING OUR BEST TO GIVE YOU POSITIVE, SAFE CLASSES.

### MIND & BODY

Vinyasa Flow Yoga Rick Brand	MW 12-12:50 P.M.	WB 118	\$55	9'x9' SPACING
Pilates Laura Luczkiw	MW 11-11:50 A.M.	LANG 200	\$55	10'x10' SPACING

### STRENGTH TRAINING

Weight Training Kylee (MW)/Garret (F)	MWF 7-7:50 A.M.	WB 009	\$70	9'x9' SPACING
MWF Cardio Weights Kylee (MW)/Garret (F)	MWF‡ 11-11:50 A.M.	WB 009	\$70	9'x9' SPACING
Weight Training Kylee (MW)/Garret (F)	MWF 4:15-5:05 P.M.	WB009	\$70	9'x9' SPACING
Weight Training Kylee (M)/Garret (W)	MW 5:15-6:05 P.M.	WB 009	\$55	9'x9' SPACING
Weight Training Dee Gillen	TR 7-7:50 A.m.	WB 009	\$55	9'x9' SPACING
TR Cardio Weights Nikki Kurth	TR 12-12:50 P.M.	WB 009	\$55	9'x9' SPACING
Weight Training Rochelle Schwab	TR‡ 4:15-5:05 P.M.	WB 009	\$55	9'x9' SPACING
Weight Training Rochelle Schwab	TR‡ 5:15-6:05 P.M.	WB 009	\$55	9'x9' SPACING

### PAC COURSES

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

### SPECIALTY

Back & Postural Therapy Nikki Kurth	MWF 12:30-1:20 P.M.	WB 204	\$70	9'x9' SPACING
Online Faculty Staff Fitness *Fall Term	SEPT. 18-NOV. 30, 2020		\$35	HOME WORKOUTS
Online Faculty Staff Fitness *Winter Extension	NOV. 30, 2020- JAN. 4, 2021		\$20	HOME WORKOUTS

### NOTES

**FLEX** = 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.

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

‡ MWF/TR: Sign-up for individual days not available; must sign up and pay for all days.

General Pricing: One-day-per-week=\$35, any combo of two days-per-week=\$55, any combo of three-days-per-week=\$70

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

ALL IN PERSON CLASSES ARE SUBJECT TO CANCELLATION IF LOW ENROLLMENT. ATENDEES MUST AGREE WITH OSU FACULTY STAFF FITNESS' COVID SAFETY STANDARDS WRITTEN BY OSU AND FITNESS FACILITIES.