



# Faculty Staff Fitness Cardio Training

---

Faculty Staff Fitness provides a wide variety of different classes to promote cardiovascular health, meet each participant's ability level, and be fun! Find one of these classes throughout every weekday:

- Cardio Kickboxing
- Step and Strength
- 30-minute Cardio Intervals course
- Cardio Dance
- Cardio Conditioning with Cardio Equipment (not currently offered due to pandemic restrictions)

Visit us at [health.oregonstate.edu/fsf](https://health.oregonstate.edu/fsf) to find and register for a class or call/email us at 541-737-3222/[pac.fsf@oregonstate.edu](mailto:pac.fsf@oregonstate.edu)



Oregon State University  
College of Public Health  
and Human Sciences