

# FACULTY STAFF FITNESS

SERVING OSU COMMUNITY – FACULTY,  
STAFF, GTAS/GRAS, AFFILIATES, ALUMNI,  
AND PARTNERS/SPOUSES

## WEBSITES

- [HTTPS://HEALTH.OREGONSTATE.EDU/FSF](https://health.oregonstate.edu/fsf)
- [HTTPS://HEALTH.OREGONSTATE.EDU/FSF/SCHEDULE/FALL](https://health.oregonstate.edu/fsf/schedule/fall)
- [HTTPS://HEALTH.OREGONSTATE.EDU/FSF/ONLINE](https://health.oregonstate.edu/fsf/online)

## HAVE QUESTIONS? WATCH A VIDEO. MEET UP VIRUTALLY.

- [HTTPS://MEDIA.OREGONSTATE.EDU/MEDIA/T/1\\_T2ERMPOW](https://media.oregonstate.edu/media/t/1_t2ermPow)
- VIRTHDAL OFFICE HOURS 11:00-12:00 TUESDAY, OCTOBER 6 OR THURSDAY, OCTOBER 8, ZOOM ID: 918 1019 1810, PW: OSUFSF

## MEET AND MOVE SESSION WITH FSF INSTRUCTORS

- 12 PM THURSDAY, OCTOBER 8, ZOOM ID 914 8521 5185, PW: OSUFSF
- GET TO KNOW SOME OF THE FACULTY STAFF FITNESS INSTRUCTORS AND HAVE A SAMPLER FROM EACH INSTRUCTOR. YOU WILL ALSO HAVE AN OPPORTUNITY TO HEAR WHAT FSF IS DOING TO KEEP YOU MOVING AND ACTIVE.

## WIN A TERM OF 1 DAY/WEEK CLASSES OR ONLINE FSF FOR A QUARTER.

- EMAIL DEE GILLEN AT [DEE.GILLEN@OREGONSTATE.EDU](mailto:DEE.GILLEN@OREGONSTATE.EDU)
- SUBJECT: BENEFITS 2020
- INCLUDE YOUR EMAIL, PHONE NUMBER, AND WHAT YOU WOULD LIKE TO DO TO KEEP EXERCISING
- WE WILL RANDOMLY PICK 3 WINNERS AT THE END OF THE WEEK.

Faculty Staff Fitness

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[health.oregonstate.edu/fsf](https://health.oregonstate.edu/fsf)



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