



# Faculty Staff Fitness Mind and Body

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FSF's Mind/Body programming works to provide a class for everyone. A blend of lunch and evening courses can fit every schedule. We offer:

- A Variety of Yoga classes: Vinyasa, Gentle, Core, All Levels
- Pilates
- Barre Fusion
- Core Stability Ball/Yoga

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)



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College of Public Health  
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