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 to find and register for a class or call/email us at 541-737-3222/pac.fsf@oregonstate.edu