



Faculty Staff Fitness Strength Training

Faculty Staff Fitness believes in the importance of strength training throughout the lifespan. We offer a variety of different strength training programs instructors to fit all ability levels with classes Monday through Friday from 7:00am to 5:15pm including:

- Weight Training
- Cardio Weights
- Functional Fitness

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



Oregon State University
College of Public Health
and Human Sciences