

## REGISTRATION CLASSES

Class	Day(s)	Date(s)	Start Time	End Time	Location	Fees		
						Students/ Members	OSU Community	General Public
DAM FIT <i>(Dam Fit lab for participants, on Tuesdays 10/3 and 11/28)</i>	M,W,F	10/2-12/1	12:00 PM	1:00 PM	McAlexander Turf	\$60	N/A	N/A
DAM FIT <i>(Dam Fit lab for participants, on Tuesdays 10/3 and 11/28)</i>	M,W,F	10/2-12/1	4:00 PM	5:00 PM	McAlexander Turf	\$60	N/A	N/A
DAM FIT <i>(Dam Fit lab for participants, on Tuesdays 10/3 and 11/28)</i>	M,W,F	10/2-12/1	5:00 PM	6:00 PM	McAlexander Turf	\$60	N/A	N/A
Judo Instructional Class	T,R	9/18-12/3	6:30 PM	8:00 PM	Dixon Multipurpose Room 1	\$45	N/A	N/A

## EVENTS

Activity	Day(s)	Date(s)	Start Time	End Time	Location	Fees		
						Students/ Members	OSU Community	General Public
<b>FIT FEST</b>								
DAM FIT Party	W	9/27	12:00 PM	1:00 PM	McAlexander Turf	Free	Free*	N/A
DAM FIT Party	W	9/27	4:00 PM	5:00 PM	McAlexander Turf	Free	Free*	N/A
DAM FIT Party	W	9/27	5:00 PM	6:00 PM	McAlexander Turf	Free	Free*	N/A
Fit Pass Classes <i>(For friend(s) who come with Fit Pass holding member/student or a DAM FIT participant)</i>	M,T,W	12/4-12/6	All Day	All Day	Dixon Multipurpose Rooms 1, 2, & 3	Free	Free*	N/A
<b>FALL FAMILY WEEKEND</b>								
Free Fit Pass Classes <i>(Family members can attend Fit Pass Classes for free when they come with a Fit Pass holding student)</i>	F,Sat,Sun	11/17-11/19	See Fit Pass Schedule for a list of classes, days and times		Dixon Multipurpose Room 1, 2, & 3	N/A	N/A	NA

\*With purchase of facility access pass

DROP-IN ACTIVITIES								
Activity	Day(s)	Date(s)	Start Time	End Time	Location	Fees		
						Students/ Members	OSU Community	General Public
<b>FITNESS ASSESSMENTS</b>								
Body Composition Assessment and Analysis	M	11/6	5:00 PM	7:00 PM	Dixon Lower Classroom	\$5	N/A	N/A
<b>FITNESS ORIENTATION</b>								
FREE 30-Minute Orientation	M-F	9/18-12/8	7:00 AM	11:00 PM	Fitness Desk, Dixon Weight Room 1	Free	N/A	N/A
	Sat	9/16-12/8	10:00 AM	1:00 PM				
	Sun	9/16-12/8	3:00 PM	11:00 PM				

GROUP FITNESS						
<p>Purchasing a Fit Pass gets you access to as many group fitness classes as you want. A unique schedule of group fitness classes is created the week before classes each term, around student interest and availability of instructors. Fit Pass schedule will start September 20.</p> <p>See "Fit Pass Class Descriptions" at <a href="http://recsports.oregonstate.edu/fit-pass-class-descriptions">recsports.oregonstate.edu/fit-pass-class-descriptions</a></p> <p>See "Fit Pass Schedule" at <a href="http://recsports.oregonstate.edu/fit-pass-class-schedule">recsports.oregonstate.edu/fit-pass-class-schedule</a></p>						
	ONE CLASS	TERM	9-MONTH	ANNUAL	SUMMER	
Students/Members	\$10	\$55	\$115	\$130	\$36	
OSU Community	\$10*	N/A	N/A	N/A	N/A	
General Public	N/A	N/A	N/A	N/A	N/A	

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<b>SERVICES</b>			
<b>By Appointment</b>	<b>Fees</b>		
	Students/Members	OSU Community	General Public
<b>PERSONAL TRAINING</b>			
Get Started <i>(90 minutes)</i>	\$25	N/A	N/A
Follow-up Training <i>(60 minutes each)*</i>	\$25	N/A	N/A
Partner Training <i>(2 people, 60 minutes)</i>	\$25	N/A	N/A
<b>FITNESS ASSESSMENTS</b>			
Build Your Own Fitness Assessment <i>(First Test - From the assessments listed below)</i>	\$5	N/A	N/A
Additional Tests <i>(For Build Your Own Fitness Assessments)</i>	\$4	N/A	N/A
Cardio-Respiratory Endurance	\$5	N/A	N/A
Muscular Endurance	\$5	N/A	N/A
Flexibility	\$5	N/A	N/A
Body Composition	\$5	N/A	N/A
<b>FITNESS OUTREACH</b>			
Offsite Classes/Training/Workshops <i>(By request)</i>	Contact Erika Hanselman Green 541-737-6808		

\*Ask about our package discount

