

REGISTRATION CLASSES

Class	Day(s)	Date(s)	Start Time	End Time	Location	Fees		
						Students/ Members	OSU Community	General Public
DAM FIT	M,W,F	4/10-6/9	12:00 PM	1:00 PM	McAlexander Turf	\$50	N/A	N/A
DAM FIT	M,W,F	4/10-6/9	4:00 PM	5:00 PM	McAlexander Turf	\$50	N/A	N/A
DAM FIT	M,W,F	4/10-6/9	5:00 PM	6:00 PM	McAlexander Turf	\$50	N/A	N/A
Judo Instructional Class	T,R	4/3-6/8	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
FIT FEST								
DAM FIT Party	W	4/5	12:00 PM	1:00 PM	McAlexander Turf	Free	Free*	N/A
DAM FIT Party	W	4/5	4:00 PM	5:00 PM	McAlexander Turf	Free	Free*	N/A
DAM FIT Party	W	4/5	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	6/12-6/14	All Day	All Day	Dixon Multipurpose Room 1, 2, & 3	Free	Free*	N/A
MIND/ BODY								
Learn to Get Upside Down! Inversion Workshop	Sat	4/29	11:00 AM	1:00 PM	Dixon Multipurpose Room 1	Free	N/A	N/A
SPRING FAMILY WEEKEND								
Zumba	Sat	5/6	10:00 AM	11:00 AM	Dixon Lower Gym Court 1	Free	Free	Free

DROP-IN ACTIVITIES

Activity	Day(s)	Date(s)	Start Time	End Time	Location	Fees		
						Students/ Members	OSU Community	General Public
FITNESS ASSESSMENTS								
Body Composition Assessment	M	4/3, 5/1, & 6/5	5:00 PM	7:00 PM	Fitness Desk, Dixon Weight Rm 1	\$5	N/A	N/A
FITNESS ORIENTATION								
30-Minute Orientation	M-F	4/3-6/16	7:00 AM	11:00 PM	Fitness Desk, Dixon Weight Rm 1	Free	N/A	N/A
	Sat	4/8-6/10	10:00 AM	11:00 PM				
	Sun	4/9-6/11	3:00 PM	11:00 PM				

*With purchase of facility access pass

FIT PASS

Fit Pass gets you access to as many fitness classes as you want. A unique schedule of fitness classes is created the week before classes each term, around student interest and availability of instructors.

	ONE CLASS	TERM	9-MONTH	ANNUAL	SUMMER
Students/Members	\$7	\$50	\$110	\$126	\$36
OSU Community	\$7*	N/A	N/A	N/A	N/A
General Public	N/A	N/A	N/A	N/A	N/A

*With purchase of facility access pass

SERVICES

By Appointment	Fees		
	Students/Members	OSU Community	General Public
PERSONAL TRAINING			
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
FITNESS EVALUATION			
Build Your Own Fitness Evaluation <i>(First Test)</i>	\$5	N/A	N/A
Additional Tests	\$4	N/A	N/A
FITNESS OUTREACH			
Offsite Classes/Training/Workshops <i>(By request)</i>	Contact Erika Hanselman Green 541-737-6808		

*Ask about our package discount