

DROP-IN ACTIVITIES

Activity	Day(s)	Date(s)	Start Time	End Time	Location	Fees		
						Students/ Members	OSU Community	General Public
FITNESS ORIENTATION								
30-Minute Orientation (By appointment only)	M-F	6/18-8/17	10:00 AM	7:00 PM	Available upon request	Free	N/A	N/A

GROUP FITNESS

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 June 25. See "Fit Pass Classes" and "Schedule" at recsports.oregonstate.edu/fitness.

	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

*With purchase of facility access pass

SERVICES

By Appointment	Fees		
	Students/ Members	OSU Community	General Public
PERSONAL TRAINING			
Get Started (90 minutes)	\$25	N/A	N/A
Follow-up Training (60 minutes each)*	\$25	N/A	N/A
Partner Training (2 people, 60 minutes)	\$25	N/A	N/A

*Ask about our package discount

SERVICES			
By Appointment	Fees		
	Students/ Members	OSU Community	General Public
FITNESS EVALUATION			
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
FITNESS OUTREACH			
Offsite Classes/ Training/Workshops <i>(By request)</i>	Contact Erika Hanselman Green 541-737-6808		