

REGISTRATION CLASSES

| Class | Day[s] | Date[s] | Start Time | End Time | Location | Fees | | |
|------------------------------------|--------|-----------|------------|----------|------------------------------|----------------------|------------------|-------------------|
| | | | | | | Students/ Members | OSU Community | General Public |
| DAM FIT | M,W,F | 4/9-6/8 | 12:00 PM | 1:00 PM | McAlexander Turf | \$60 | N/A | N/A |
| DAM FIT | M,W,F | 4/9-6/8 | 4:00 PM | 5:00 PM | McAlexander Turf | \$60 | N/A | N/A |
| DAM FIT | M,W,F | 4/9-6/8 | 5:00 PM | 6:00 PM | McAlexander Turf | \$60 | N/A | N/A |
| Personal Training Prep Class II | W | 4/11-5/16 | 5:00 PM | 8:30 PM | Dixon Upper Classroom | \$125 | N/A | N/A |
| | F | 4/13-5/18 | 2:00 PM | 5:00 PM | Dixon Multipurpose Room 2 | | | |
| Judo Instructional Class | T,R | 4/3-6/11 | 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 |
| DAM FIT Party | W | 4/4 | 12:00 PM | 1:00 PM | McAlexander Turf | Free | Free | N/A |
| DAM FIT Party | W | 4/4 | 4:00 PM | 5:00 PM | McAlexander Turf | Free | Free | N/A |
| DAM FIT Party | W | 4/4 | 5:00 PM | 6:00 PM | McAlexander Turf | Free | Free | N/A |
| Free Fit Pass Classes <i>(For friend(s) who come with Fit Pass holding member/student or a DAM FIT participant)</i> | M,T,W | 6/11-6/13 | All Day | All Day | Dixon Multipurpose Room 1, 2, & 3 | Free | Free | N/A |

SPRING FAMILY WEEKEND

| | | | | | | | | |
|--|-----------|---------|--|----------|--------------------------------------|------|------|------|
| 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 | 5/4-5/6 | See Fit Pass Schedule for a list of classes, days and times | | Dixon Multipurpose Room 1, 2, & 3 | N/A | N/A | NA |
| Zumba Party | Sat | 5/5 | 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 | | | | | | | | |
| About body composition: education, goal-setting, and measurement | M | 5/7 | 5:00 PM | 7:00 PM | Dixon Conference Room | \$5 | N/A | N/A |
| FITNESS ORIENTATION | | | | | | | | |
| 30-Minute Orientation | M-F | 4/2-6/15 | 7:00 AM | 11:00 PM | Fitness Desk, Dixon Weight Rm 1 | Free | N/A | N/A |
| | Sat | 4/7-6/15 | 10:00 AM | 1:00 PM | | | | |
| | Sun | 4/8-6/15 | 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.</p> <p>See "Fit Pass Class Descriptions" at recsports.oregonstate.edu/fitness/group-fitness/fit-pass-classes</p> <p>See "Fit Pass Schedule" at recsports.oregonstate.edu/schedule</p> | | | | | |
| | ONE CLASS | TERM | 9-MONTH ANNU-AL | 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 | | |
| FITNESS ORIENTATION | | | |
| 30-Minute Orientation <i>(By appointment)</i> | Free | N/A | N/A |