**SPRING 2014**

**COLUMBIA GROUP FITNESS PROGRAM**

**Fitness Passes**

15 Weeks: Tuesday, January 21st – Friday, May 9th
Jan. 21st– 26th **FREE** Trial Week FOR ALL PASSES!

Current DFC membership is REQUIRED to participate.

One price allows you to attend any class within your specific pass for the entire semester.

All individuals must be registered by **Monday, Jan 27th** in order to participate after the free week.

Refund deadline is Monday, Feb. 3rd. **Refund fee is $10.** You may transfer at anytime. **Transfer fee is $5.**

Athletic shoes are required for all classes except Yoga, Pilates and Ballet. Classes are multi-leveled. Intermediate classes require experience. Classes are ‘first-come, first served.’ No one will be permitted to enter class after 10 minutes or when the room has reached capacity.

**DISCOUNT:** **SAVE $20 on each additional pass.**

Buy an additional pass IN PERSON in Physical Education 336 for only $125. (Zumba Pass not included in discount offer)

**CLASS PASS PROGRAM – GROUP FITNESS DAY – AEROBICS ROOM 3 – $145.**

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**CLASS PASS PROGRAM – GROUP FITNESS NIGHT – AEROBICS ROOM 3 – $145.**

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**CLASS PASS PROGRAM – YOGA DAY – AEROBICS ROOM 4 – $145.**

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**CLASS PASS PROGRAM – YOGA NIGHT – AEROBICS ROOM 4 – $145.**

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**CLASS PASS PROGRAM – ZUMBA – AEROBICS ROOM 3 – $100.**

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[www.DodgeFitnessCenter.com](http://www.DodgeFitnessCenter.com)
SPRING 2014
COLUMBIA GROUP FITNESS PROGRAM
Individual Fitness Classes

Tuesday, January 21st – Friday, May 9th (unless otherwise noted)
These classes are NOT part of the Fitness Passes nor the Free Trial Week. You must be registered to attend.

AQUATICS

Lap Swim
MTWT 9:00 – 9:55am
Uris Pool
$216
Scott J
(15 weeks: course dates Tue, Jan. 21 – Thu, May 8)

Lap Swim
TTF 11 – 11:55am
Uris Pool
$165
Michael S
(15 weeks: course dates Tue, Jan. 21 – Fri, May 9)

Adult Learn to Swim
MW 11 – 11:55am
Uris Pool
$245
Gustavo L
(7 weeks: course dates Mon, Mar. 24 – Wed, May 7)

Scuba
Tu 6:30 – 10:00pm
Uris Pool
$250
Peter M
(6 weeks: course dates Tue, Mar. 25 - Tue, Apr. 29)

Scuba
W 6:30 – 10:00pm
Uris Pool
$250
Peter M
(6 weeks: course dates Wed, Mar. 26 - Wed, Apr. 30)

MARTIAL ARTS

Shaolin Kung Fu
Sun 12:30 – 1:55pm
Room 4
$107
Akila C
(13 weeks: course dates Sun, Jan. 26 – Sun, May 4)

Tai Chi
Fri 7:30 – 8:25am
Room 4
$33
Nancy H
(6 weeks: course dates Fri, Jan. 24 - Fri, Feb. 28)

RACQUET SPORTS

Squash
Tu 7:00 – 8:00pm
Squash Ct
$82
Rachel G
(15 weeks: course dates Tue, Jan. 21 – Tue, May 6)

Squash
Th 7:00 – 8:00pm
Squash Ct
$82
Rachel G
(15 weeks: course dates Thu, Jan. 23 – Thu, May 8)

SPECIAL INTEREST

Kayaking – Beg.
Th 8:00 – 10:30pm
Uris Pool
$200
Andrew L
(13 weeks: course dates Thu, Jan. 30 - Thu, May 1)

Fencing
W 6:30 – 8:00pm
Fencing Rm
$124
Jacqueline D
(15 weeks: course dates Wed, Jan. 22 – Wed, May 7)

Physical Conditioning
W 1:00 – 1:55pm
Room 4
$82
Ani B
(15 weeks: course dates Wed, Jan. 22 – Wed, May 7)

Registration Information
Online Registration opens Thursday, Dec. 5th at www.dodgefitnesscenter.com
Walk-in Registration begins Thursday, Dec. 5th in Physical Education 336, Dodge Fitness Center, Monday - Friday, 8 a.m.-5 p.m. Registration will continue throughout the semester, space permitting.

Additional Information:
• Current DFC membership is REQUIRED to participate.
• Payment is by credit card, cash or check payable to Columbia University.
• Refund deadline is Monday, Feb. 3rd. **Refund fee is $10.** You may transfer at anytime. **Transfer fee is $5.**
• DFC members may register another DFC member for courses by presenting the other member's valid membership I.D.
• There are no classes during the University holidays: MLK Day Jan. 20, Spring Break Mar. 15 – 23.
• For more information, please call 212-854-3439 or visit www.dodgefitnesscenter.com

Late Policy: All classes – 10 minutes.
Proper athletic footwear is required for all group fitness, racquet sports, and Zumba.

www.DodgeFitnessCenter.com