

Fitness Programs



Physical activity is a key component of living a healthy lifestyle. Incorporating exercise in to your daily routine can increase your energy and improve your confidence. Campus Recreation's Fitness Programs provide a variety of opportunities from Personal Training to Group Fitness Classes. Whatever your fitness level, our highly-trained fitness staff will help you find an effective and enjoyable exercise program to meet your goals.

Get Involved

Ready to attend a fitness class, schedule a FREE fitness assessment, or meet a personal trainer for a workout? Getting involved with the Fitness Program is easy! Here's how:

- Group fitness classes are free to members! Just drop in.
- To sign up for your FREE fitness assessment or hire a personal trainer, call or e-mail.

Lauren Davis

Email: davis_lauren1@columbusstate.edu

Phone: 706-507-8657