Now Available!

The DSU Fitness Center now has HPER trained assistants to facilitate your health and wellness goals.

If you could use help

• Understanding what equipment to use in order to maximize your time;
• How to set up a fitness program;
• How to use the treadmill, recumbent bike, stair stepper;
• Understanding the functions on the cardiovascular equipment;
• How to enter personal information in order to show your caloric burn;
• Or have other questions,

Then this program is for YOU!

Call to make an appointment NOW!

Your body will thank you!

*Assistants are available all regular fitness center open hours.
*MUST have a current OKRA fitness center use pass.

To make an appointment or for more information:

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