

ARE YOU LOOKING FOR WAYS TO STAY OR GET ACTIVE?

The ETSU Center for Physical Activity is still offering ways for students to remain active!

Updated Equipment Availability at the CPA:

- Cardio and weight equipment, indoor track, and table tennis (2 players per table)
- The CPA is open for lap swimming by reservation
- Indoor equipment checkout is available, but limited
- All students must complete a workout reservation prior to visiting the CPA
- For more information or to schedule a workout session visit <https://www.etsu.edu/students/campusrec/>

- Fitness and recreation opportunities while social distancing:
- There are a variety of at-home recreation and virtual engagement opportunities at this time.
- Outdoor Recreation Available:
- Outdoor Gear & Buc Bike Rentals (Reserve at [etsu.edu/rec](https://www.etsu.edu/rec))
- Disc Golf Course
- The University Trails System
- The Campus Recreation Tennis Courts
- Outdoor Adventure, Group Fitness, and Intramural Sports are hosting small group meet-up events throughout October. From painting parties, to corn hole tournaments, to hiking trips. Website: <https://www.etsu.edu/students/sao/calendar-meetups.php>

Have a question? Contact campusrec@etsu.edu or call (423) 439-7980

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