

## Wanting to *Start Healthy Habits* for the New Year?

## Looking for Ways to Stay *Active* During the Cold Months Ahead?

The **Center for Physical Activity** is open for use during the Winter break, so, you can settle into those healthy habits before the craziness of the spring semester begins!



### Holiday CPA Gym Hours of Operation

Sat. December 11 – Tues. December 21  
Weekdays 8am-1:30pm & 3pm-8pm  
Weekends 1pm-5pm

Wed. December 22 – Mon. January 3 CLOSED

Tues. January 4 – Sat. January 15  
Weekdays 8am-1:30pm & 3pm-8pm  
Saturdays 1pm-5pm  
Sundays (closed)

Mon. January 17th (MLK JR Day) 8am-8pm

Visit [www.etsu.edu/rec](http://www.etsu.edu/rec) for changes or updates

### Looking for Some Exercise Off-Campus?

From now until Jan. 22nd—Jog or walk through Founder's and King's Commons Parks at night to see a huge, candy-land themed display of Christmas trees. No admission cost required!

Spend an evening indoor roller skating at the Family Skate Center! You can find hours and price information at <https://easttnskate.com/>.

From now until Jan. 16th—Go Ice Skating in Elizabethton, Thursday – Sunday Evenings, for \$10 per hour. Tickets available for purchase online at <https://skatebythedoe.com/booking?>

Go bowling at Holiday Lanes and receive a discounted price with your college ID! For hours and more information, visit <https://holidaylanesjc.com/>.

**Group Fitness Classes** are expected to continue into the break. Check for the class schedule at: [www.etsu.edu/students/campusrec/fitnessprograms/groupfitness.php](http://www.etsu.edu/students/campusrec/fitnessprograms/groupfitness.php).

**Personal Training** will still be available during the break. For more information about this service, visit [www.etsu.edu/students/campusrec/fitnessprograms/personaltraining.php](http://www.etsu.edu/students/campusrec/fitnessprograms/personaltraining.php).

Play some casual **basketball** or **ping pong** at the CPA with friends!

**The climbing wall & the Outdoor Adventure Center** will be closed for the break, but will reopen with Spring Classes.

**Co-Rec Volleyball**, and **Men's & Women's Basketball** registration will open January 17. Register ahead at: [www.inleagues.com](http://www.inleagues.com).

## This & That for Graduate Success



**December 2021**

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