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March 2023: Center for Physical Activity Newsletter

College of Graduate and Continuing Studies, East Tennessee State University

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Staying active can be difficult, including while waiting for the temperature outside to get warmer. Whether you have a regular workout routine or you are just looking for somewhere to give your mind a rest and stretch your body, the Center for Physical Activity might be just what you need.

CPA Hours

Monday-Thursday: 6:00 AM - 11:00 PM
Friday: 6:00 AM - 9:00 PM
Saturday: 8:00 AM - 6:00 PM
Sunday: 1:00 PM - 10:00 PM

Campus Recreation

Center for Physical Activity (CPA) offers diverse facilities to ETSU students, faculty, and staff.

If you are a currently enrolled student, all you need is your student ID, and you can utilize the many services that the CPA has to offer. The facilities include access to weight & cardio rooms, an indoor track, courts for basketball, volleyball, racquetball, & squash courts, indoor climbing, and a swimming pool. There CPA has outdoor recreational facilities that are also available. For more information on the CPA, you can visit their website; <https://www.etsu.edu/students/campusrec/>

Graduate
Student
Success
Specialist

*This
&
That
for
Graduate
Success*

Pool Hours:

Monday, Wednesday & Friday
11:00 AM - 1:00 PM
4:00 PM - 7:00 PM
Tuesday & Thursday
6:15 AM - 8:15 AM
11:00 AM - 1:00 PM
4:00 PM - 7:00 PM
Saturday & Sunday
CLOSED

Climbing Wall Hours:

Monday - Thursday
4:30 PM - 9:30 PM
Friday
4:30 PM - 7:30 PM

MARCH 2023

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GRADUATE SCHOOL
EAST TENNESSEE STATE UNIVERSITY