Unofficial Visits – Workshop 2
Cool Things You Can Do at a College Rec Center

Did you know college students use rec centers to stay healthy, have fun, and relax? Here's a look at some cool things YOU could do one day at a place like the CRWC.

Check Off What You'd Want to Try!

⬜ **Take a Group Fitness Class**
Dance, yoga, Zumba, spin — there's something for everyone.

⬜ **Swim in the Pool**
Swim laps, play water games, or just float and chill.

⬜ **Climb a Rock Wall**
Try something adventurous and build strength and confidence.

⬜ **Work Out in the Weight Room**
Learn how to use equipment safely and get stronger over time.

⬜ **Stretch or Meditate in a Quiet Space**
Sometimes wellness is about slowing down and breathing deep.

⬜ **Play a Sport with Friends**
Basketball, volleyball, pickleball — you name it.

⬜ **Refill Your Water Bottle & Recharge**
Stay hydrated and take care of yourself — small things matter.

Quick Reflection

1. What's one thing on this list you're most excited to try?

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2. What's one healthy thing you already do every week?

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