

Recreational Facilities & Opportunities for a Healthy Lifestyle

Colorado State University's Campus Recreation Department promotes the pursuit of a balanced, healthy lifestyle that incorporates sport, fitness, or leisure activities. Student spouses can purchase a membership for \$95.00 per semester, \$30.00 per month or \$5.00 per day during the fall / spring semester. Summer membership rates are \$86.00 for the semester, \$30.00 per month or \$5.00 per day. Spouses can attend for \$5 a session when accompanied by their student spouse during regular hours and for free when accompanied by their student spouse during family hours.

<http://www.campusrec.colostate.edu/>

Colorado State University's Adult Fitness Program is a part of the Department of Health & Exercise Science at South College Gym (491-5081). Spouses are welcome to join this program. A variety of programs are offered with the goal of improving cardiovascular fitness, strength, and flexibility. The facilities include an indoor track, pool, weights, and exercise equipment. Showers, towels, and exercise clothing are available. For a schedule of times and for more information, call Sherry Linnell (491-5081).

The Recreator offers a detailed listing of the many recreational classes and opportunities available to youth, teens, adults, and families in the Fort Collins area. Activities include language & cooking classes, recreational and competitive sports leagues, outdoor adventure trips, dance, photography, art and much more! For more information visit their online guide at <http://fcgov.com/recreator/>.

E-Recreation News is offered by the City of Fort Collins Recreation department. This monthly newsletter will highlight important happenings within the City of Fort Collins Recreation Division. Special events for youths, teens, and adults will be featured along with registration deadlines for upcoming sports leagues. For more information regarding e-recreation news, email kjohnston@fcgov.com or call 221-6358 or visit online at <http://www.fcgov.com/recreation/newsletter.php>