With the New Year comes resolutions of spending more time in the gym in hopes of reaching your weight and fitness goals. In an effort to help you achieve those goals, we are making changes.

First, we are extending our hours of operation. Beginning January 13, 2014, the pool hours will be extended Mondays - Thursdays until 10 p.m. On Saturdays and Sundays, the pool will remain open until 9 p.m.

The facility hours will remain the same Monday – Thursday 6 a.m. – 11 p.m., Friday 6 a.m. – 8 p.m. and on Saturdays, the fitness center will remain open until 10 p.m.

These changes are in response to a student survey that was sent out earlier this year. Students indicated that due to their work and class schedules, they are unable to use the facility especially on the weekends. We believe that this extends to the non-student membership as well. We will monitor use during the extended hours and decide if this is something to permanently implement.

Second, we have made the Fitness Studio available to everyone during non class times. Many female students and non-student members expressed the desire to use the mirrors, dumb bells, bands, balls, and bars in that area because it provides a quieter, less crowded environment. We are happy to provide this kind of access to anyone who wishes to use it. So far, those using the space have been extremely cooperative in following the rules put in place and the room will remain open for that purpose as long as the rules are being observed and no classes are in session.

Finally, we are excited to offer Personal Training to students and members of the Fitness Center. This program will kick off mid January. Please call the Health Promotion office at 372-6511 for pricing and program information.

All of this information and more can be found on our website at www.tntech.edu/recreation

We wish you the best for the coming year!