

By Lynn University on Jan. 25, 2021

Outdoor fitness pop-up opens Jan. 25

Lynn University's Center for Student Involvement today opened an outdoor fitness pop-up for students. The pop-up provides a unique opportunity for students to focus on health and wellbeing as they return to campus.

"The university repurposed the Fitness Center space in Fall 2020 to provide essential COVID-19 testing," said Kameron Konert, coordinator of campus recreation. "Our team really wanted to help enhance our students' personal routines this year. Physical fitness is an important part of overall wellbeing, so we pulled together this plan and are looking forward to providing access to equipment and classes that can help students feel more social and combat stress."

Students have access to equipment like yoga mats, free weights, medicine balls, kettle bells and benches. Konert also will offer group fitness classes in the future.

The facility operates Monday–Sunday from 10 a.m. to 8 p.m. at the southeast tennis court, rain or shine.

Staff and student workers will ensure that all users adhere to increased safety protocols, including:

- Wearing facial coverings while working out
- Respecting maximum capacity limits of 25 people
- Remaining socially distanced
- Sanitizing equipment after each use

To support capacity limits, students may work out for one hour, unless there is no wait.

Konert's team opened the McCusker Pool earlier in January. The pool is open Monday–Sunday from 10 a.m to 6 p.m.

Contact the [Center for Student Involvement](#) for more information.