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Memo to East Texas State University Staff from Zeppa Center Staff

East Texas State University

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Zeppa Center

Please share!
Thanks!

January 16, 1991

ETSU STAFF,

Greetings! The Zeppa Staff would like to invite you to come join us for the various spring activities and programs the Zeppa Center offers for recreational education. We understand that a busy schedule requires you to budget your time wisely. We would like to offer you a sampling of activities designed to aid you in your quest for fitness.

We have state-of-the art equipment for your use at the lunch hour or after a long day at work. These include: Step Machines, Treadmills, Stationary Bikes, and a Weight Room. Also available in the ladies lockerroom: stationary bike, a rowing machine, leg extension, leg curl, and incline board.

Our staff will be glad to assist you in the use of any and all equipment.

ACTIVITIES INCLUDE: Water Fitness; Water Volleyball; Bowling Leagues; Aerobics; Karate; Morning Wellness Club; Tai Chi; Scuba; and much more. Just give us a call at 5778 for more information.

DEPENDENT ID'S - for your spouse and children 15 years and older. Wednesday, Thursday, and Friday, Jan. 23, 24, & 25: 4:00 - 6:00 p.m. Cost: \$3.00.

ZEPPA HOURS - Monday - Friday 9:00 - 8:00 and Saturday and Sunday 1:00 - 6:00. Pool closes 30 minutes before the building.

WE HOPE YOU WILL MAKE THE TIME TODAY TO BEGIN YOUR WORKOUT PROGRAM AND SPRING INTO FITNESS FOR THE FUN OF IT!

LOOKING FORWARD TO SEEING YOU,

Mary Ann

Scott

Jerry

Ronnie

Beverly

Charles

