

Non-Campus Recreation Virtual Opportunities:

- The [World Health Organization](#) has provided some helpful information on staying physically active and eating healthy during quarantine.
- If you have a spin bike or trainer, Marathon Fitness is offering 60 days of free spring classes if you follow these steps:
 - Visit tv.spinning.com/join
 - Choose the monthly or the annual plan (billing starts after the free 60 days, but you can cancel anytime)
 - Create account and enter code **PRE60DAY** at checkout. Done!
- Right now there are tons of new fitness alternatives for those who are unable to visit recreation centers.
 - Matrix (a company known for high quality exercise equipment) has master trainers with workouts for you to do at home!
 - [Amanda](#)
 - [Khristie](#)
 - [Ivan](#)
 - [Ronny](#)
 - [Golds Gym's AMP](#) app is a useful resource for discovering new workouts and tracking your activity.
 - The [DownDog](#) app offers yoga and mindfulness options for free through May 1st.
- Get outside and go for a hike! Check out some of Flagstaff's [best trails](#).
- Feeling alone? Schedule dinner or a call with a friend over face time!
- In times like these, grab a book and catch up on those [must reads](#). Did you know that many libraries across the country rent out [Ebooks and audiobooks](#) if you have a library card?
- Bored? Play a game! Here's some top [video games](#) to play while you're practicing social distancing.
- Not a video game fan? Here's some [analog versions](#).
- Looking to learn more about our world? Check out this virtual museum tour from the [Smithsonian National Museum of Natural History](#).
- No time like the present to catch up on show you've been missing out on via your [favorite streaming service](#).