

The More You NOLA: 4 ways to get fit outside the gym

January 06, 2017 8:45 AM Mary Cross
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With the start of a new year comes resolutions of developing healthy habits and staying active. The [Reily Student Recreation Center](#) on the Tulane University uptown campus offers ample resources to tackle fitness-focused challenges — providing more than [50 group exercise courses](#) weekly as well as personal and small group-training sessions. However, if you're looking to beat the January gym rush while getting a unique workout, check out these fun ideas for outdoor exercise.

1. The serene green space behind [Weatherhead Residential College](#) is the perfect spot for practicing an early morning yoga routine. Lay a mat in the grass and go with the vinyasa flow, or focus on building flexibility through a relaxing series of stretches.
2. The Reily Center organizes a wide variety of [outdoor trips](#), including hiking and rock-climbing excursions. "No experience is necessary (for these trips), and beginners are encouraged," said Chase Guillory, assistant director of marketing and communications in the Tulane University Department of Campus Recreation. "We also have [outdoor equipment](#) available for rent to anyone looking to get out on their own. Some of our coolest items are our standup paddleboards. These are inflatable and roll up into a backpack that anyone can fit in their car and take to Bayou St. John."
3. Assemble a team and head to the Sharp Quad for a round of beach volleyball. Students can work up a sweat on the white sand volleyball court located behind McAlister Auditorium.

4. [Audubon Park's](#) 1.8-mile jogging path invites visitors to bike, run and skate their way under an arch of mature oak trees. After a cardio session, try the new fitness stations installed along the path. "Everyone is able to do several different body-weight exercises in these stations," said Guillory.

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