



Camryn Ryan @CamrynRyan · Mar 20



7:00 AM -

Rise & Grind! Let's get ready to flex some marketing muscles this morning. We're taking over @UT_Rec's social media today! Stay tuned for an inside look at what makes this gym such a popular spot amongst students and faculty. #UTampaFit #GymTakeover #FitnessMarketing



Camryn Ryan @CamrynRyan · Mar 20



7:30 AM-

Just arrived at @UofTampa's fitness center and am already feeling the energy! The sleek interior design and state-of-the-art equipment are definitely getting me feeling workout ready. Let's see what's in store for today's workout. #FitCampus #FitnessJourney



Camryn Ryan @CamrynRyan · Mar 20



8:15 AM-

The energy at @UT_Rec is both positive and exciting! Students are pushing themselves, employees are always willing to lend a helping hand, and the energy is contagious. It's more than simply a gym; it's a community of encouragement and support. #UTampaStrong #GymCommunity



Camryn Ryan @CamrynRyan · Mar 20



9:00 AM-

Checking-in mid-workout! The burn is real, but so is the satisfaction. From cardio to weight training, @UT_Rec has everything I need to achieve my goals when it comes to fitness. It's no surprise that this is the most popular area on campus! #WorkoutWednesday



Camryn Ryan @CamrynRyan · Mar 20



10:00 AM-

Refueling with a nutritious post-workout meal at the Vaughn Dining Hall, one of the many campus dining options conveniently located near the gym. They provide options for a variety of dietary needs, making it easy to stay on track with my nutrition goals. #HealthyFood

