

# ATHLETIC AND RECREATION FACILITIES

## Burt Kahn Court/Gymnasium

This hardwood floor facility located in the Recreation and Wellness Center on the Mount Carmel Campus serves as the competitive site for Quinnipiac home volleyball games. The gymnasium also is used for university special events, intramurals and "open recreation."

## Recreation Center

The Recreation and Wellness Center on the Mount Carmel Campus has four multipurpose courts used for tennis, basketball, volleyball and other recreation activities. Dividers between each court allow for a variety of activities to take place simultaneously.

## Indoor Track

The suspended indoor track encircles our four Recreation Center courts on the Mount Carmel Campus. Students and staff may walk and jog upstairs while games and practices are being conducted downstairs. Nine laps of the track equal one full mile.

## Fitness Centers

There are three fitness centers at Quinnipiac University. One is in the Recreation and Wellness Center on the Mount Carmel Campus and includes:

- A full line of free weights
- A full circuit of strength equipment
- Abdominal equipment and stretching areas
- A full line of cardio equipment complete with treadmills, steppers, ellipticals, bikes and adaptive motion trainers (AMTs) on the corners of our suspended track
- A climbing wall
- Three fitness studios
- A SPIN® studio

Another is in the Rocky Top Student Center on our York Hill Campus and is outfitted with:

- A complete line of cardio equipment with network capabilities (installed January 2020)
- A strength line including free weights, a full circuit, and abdominal workout equipment (installed summer 2021)

Our final fitness center is a satellite space on the North Haven Campus, with some cardio equipment and multi-functional strength equipment.

The fitness centers are open to all members of the Quinnipiac community. A valid Quinnipiac ID must be presented for entrance to the facility at all times. Operating hours for each are:

- Mount Carmel Fitness Center Hours: Monday–Thursday 6:30 a.m.–10 p.m., Friday 6:30 a.m.–8 p.m., Saturday 9 a.m.–8 p.m., and Sunday 9 a.m.–10 p.m.

- York Hill Fitness Center Hours: Monday–Thursday 7 a.m.–9 p.m., Friday 7 a.m.–7 p.m., and Saturday–Sunday 9 a.m.–7 p.m.
- North Haven Fitness Center Hours: Monday–Friday 8 a.m.–8 p.m.

## Climbing Wall

The climbing wall is 27 feet high and offers four lanes of top-rope specific with mock lead climbing. All necessary equipment is provided free of charge. Students and staff can also participate in a variety of events and clinics throughout each semester including Mile High Climb, HighPoint Heist and top-rope belay clinics.

Weekly Open Climb hours are:

- Monday–Thursday 4 p.m.–8 p.m.
- Friday 4 p.m.–7 p.m.
- Saturday 3 p.m.–6 p.m.
- Sunday CLOSED

## Open Recreation

"Open Rec" hours are scheduled in the Recreation and Wellness Center, as well as the dance studios on the Mount Carmel Campus. Quinnipiac community members are encouraged to play basketball, volleyball and other games at the Recreation and Wellness Center or use the mirrored dance studios to rehearse. Hours for these spaces are the same as for the fitness centers with daily schedules of previously reserved times posted at the doors.