

ATHLETIC AND RECREATION FACILITIES

Athletic Facilities

People's United Center

The People's United Center is a state-of-the-art, 185,000-square-foot facility featuring separate arenas for Quinnipiac University's NCAA Division I men's and women's basketball and ice hockey teams. The two arenas at the sports center are connected by a three-story structure featuring a common lobby and ticket box office, the University Club, administrative and team offices, professional-style locker rooms with student athlete lounges, conference and meeting rooms, athletic training and equipment rooms, and a strength and conditioning center. The People's United Center is located on Quinnipiac's 250-acre York Hill Campus on Sherman Avenue, less than a mile from the Mount Carmel Campus.

Burt Kahn Court/Gymnasium

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

Recreation Center

The Recreation Center on 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.

Fitness Centers

There are three fitness centers at Quinnipiac University. One is located in the Athletic and Recreation 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;

The next is located 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 new 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, free weights, and multi-functional strength equipment.

The fitness centers are open to all members of the Quinnipiac community. Prospective users must complete an online waiver on WebAdvisor.

#Please review the online waiver rules and regulations located in your WebAdvisor account to initiate usage of the facilities. A valid Quinnipiac ID must be presented for entrance to the facility at all times.

The Mt. Carmel and York Hill Fitness Centers are open Monday-Friday from 6AM-10PM and Saturday/Sunday 9AM-10PM.

The North Haven Fitness Center is open Monday-Friday 10AM-4PM.

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.

Cardio Corners

All four corners of the indoor track on the Mount Carmel Campus have been outfitted with various pieces of cardiovascular equipment. Each corner (approx. 2,800 square feet) has treadmills, elliptical, steppers and bikes. Additionally, one corner is outfitted with multipurpose mats, stability balls, and light weights.

Spinning® Room

There is a Spinning® room located in the fitness center on the York Hill Campus. There is an online bike reservations process. Use of this room is available during classes *only*.

Outdoor Venues and Fields

Quinnipiac's outdoor athletic facilities consist of athletic fields for softball, baseball and women's intercollegiate rugby, six lighted tennis courts and two state-of-the-art artificial turf stadiums. One is dedicated to field hockey and the other to both men's and women's soccer and lacrosse.

A hitting wall and basketball court are adjacent to the Recreation Center.

Sports Equipment

Quinnipiac supplies most recreation equipment, such as volleyballs, basketballs and tennis rackets. Equipment may be signed out at the fitness center reception desk with a Quinnipiac ID.