

ATHLETIC AND RECREATION FACILITIES

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 used for university special events, 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. A valid Quinnipiac ID must be presented for entrance to the facility at all times.

The Mount Carmel and York Hill Fitness Centers are open Monday–Friday from 6 a.m.–10 p.m. and Saturday/Sunday 9 a.m.–10 p.m.

The North Haven Fitness Center is open Monday–Friday 9 a.m.–5 p.m.

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, ellipticals, 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*.

Sports Equipment

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

eSports Lab

The University opened an eSports Lab in December 2021 in Rocky Top 317. The Lab has 24 PC stations and a gaming console area for Nintendo Switch, Xbox & Playstation games. The lab is home to the University's eSports team and is utilized by Academic Courses in Game Design & Talent Management. Open recreation hours vary by semester and will be posted outside of the lab.