



[Contact Us](#)

[Employment](#)

[Facilities](#)

[Memberships](#)

[Student Life](#)

[Facility
Reservation](#)

[Corporate
Challenge](#)

[NIRSA National
Flag Football
Championship](#)

Facility Hours

Monday – Thursday:

7am – 12 am

Friday:

7am – 10pm

Saturday:

8am – 10pm

Sunday:

12pm – 12 am

Pool Hours

Monday – Thursday:

7am – 9am

11am – 1pm

4pm – 11pm

Friday:

7am – 9am

11am – 1pm

4pm – 8pm

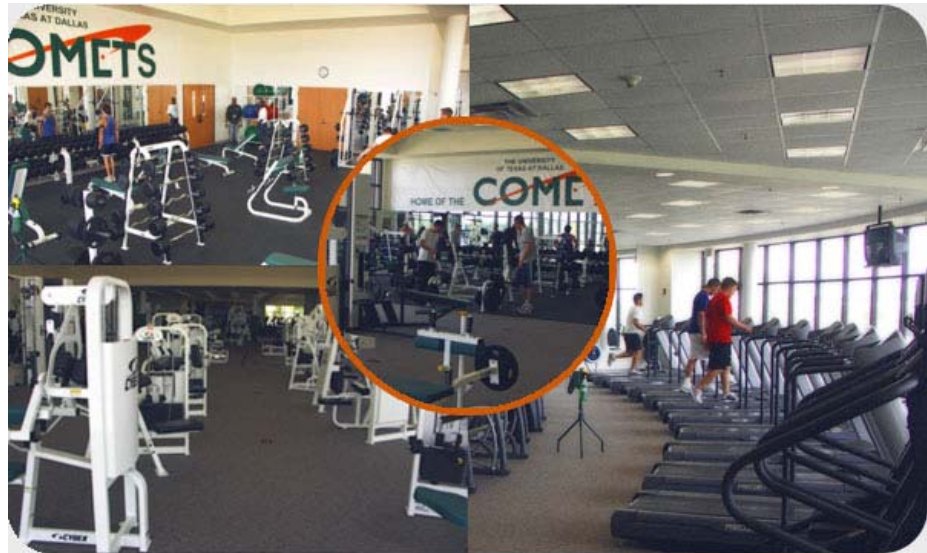
Saturday:

12pm – 8pm

Sunday:

12pm – 10pm

Fitness



The fitness program consists of the newly remodeled fitness center in which visitors to the Activity Center can choose from 29 pieces of cardio equipment, two areas of free weights, and several plate loaded machines to get the workout desired. For those looking for a new twist on their traditional workout, take one of our many Group Fitness classes or sign up for Personal Training.

- [Group Exercise Schedule](#)
- [Class Descriptions](#)
- [Personal Training](#)
- [Water Aerobics](#)
- [Non-Credit Classes](#)