

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 located 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

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 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.

Mount Carmel Hours

Monday–Thursday 6 a.m.–11 p.m.

Friday 6 a.m.–9 p.m.

Saturday 9 a.m.–7 p.m.

Sunday 9 a.m.–11 p.m.

York Hill Hours

Monday–Thursday 7 a.m.–9 p.m.

Friday 7 a.m.–7 p.m.

Saturday–Sunday 9 a.m.–7 p.m.

Open Climb

Monday–Thursday 6 p.m.–10 p.m.

Friday 4 p.m.–9 p.m.

Saturday Noon–6 p.m.

Sunday 2 p.m.–6 p.m.

Climbing Wall

The climbing wall is 27 feet high and offers four lanes. Two are auto-belay specific and two are top-rope specific with mock lead climbing capability. All necessary equipment is provided free of charge. Students and staff can also take a belay clinic and be able to check out a belay device to use during their time at the climbing wall.

Outdoor Recreation Programs

Several outdoor recreation trips are now offered to students each semester. Trip lengths range from single day up to ten-day break trips. Activities can include backpacking, canoeing, climbing, skiing or any other outdoor activity.

All necessary gear is provided as part of the registration (outdoor equipment, transportation, lodging, permits and guides). Students are responsible for personal items and food.

Students can sign up for the trips on the new recwell.qu.edu (<https://recwell.qu.edu/>) website. Prices can vary depending on the trip and how early registration is completed.

Open Recreation

"Open Rec" hours are scheduled in both 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.

Quinnipiac Wellness

Fitness Classes and Programs

Our Wellness area offers a full schedule of free lunchtime and evening activities taught by certified student instructors. Activities include a variety of the latest trends including: Spinning®, Barre, UgiFit®, Boot Camp, Zumba®, Yoga and Pilates.

The regular class schedule usually begins during the second week of the fall and spring semesters. A modified schedule of classes is offered

during the summer as well. The schedule is available to the Quinnipiac community via MyQ, on the FusionPLAY app as well as at the fitness centers.

For more information about fitness and aerobics classes, visit the Quinnipiac Recreation website (<https://www.qu.edu/student-life/athletics-and-recreation/fitness-and-recreation/>).

Spinning® Room

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