

Student Wellness & Recreation Center



- Open 7 days a week.
- Provides fitness and recreational opportunities for students, faculty, and staff.
- Consists of free weights and racks benches, squat racks, strength machine circuit, bikes, treadmills, and ellipticals.
- Other features, group exercise studio, climbing wall, racquetballs courts and basketball courts.

Wellness & Recreation Center



Intramural Sports



- Commonly referred to as IMs.
- Sport activities to meet social and recreational needs.
- Free for students, faculty, and staff.
- Offer team leagues, tournaments, and individual competitions.
- Archery Tag, flag football, basketball, and soccer, esports are commonly played.

HARDROCKER INTRAMURALS

Intramural Sports

