Fitness Center

The Fitness Center is designed to offer fitness and wellness opportunities to a diverse population of students, faculty, and staff at SUNY Adirondack. The programs offered will promote healthy lifestyles and physical wellness through group exercise sessions, fitness events, informal gym activities, and access to the state-of-the-art fitness center located in the residence hall.

The Fitness Center and related programs' main goals include:

- providing the college community with a facility in which they can make positive use of their leisure time
- influencing the other dimensions of wellness while enhancing quality of personal and student life
- fulfilling the mission statement: enhance the quality of life through our fitness center and programs and to instill the value of health and wellness in the college community.

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