

# Wellness and Recreation

## About Wellness and Recreation

The Department of Wellness and Recreation is proud to be a leader of wellness at NC State. We value the impact of movement and inspire behaviors that improve health and well-being. Our programs, services and facilities enhance academic success by assisting students in developing skills and resilience needed for college and beyond.

## Programs and Services

Take one of the more than 100 Group Fitness (<https://wellrec.dasa.ncsu.edu/fitness/group-fitness-2/>) classes offered each week, designed for every fitness level. Challenge yourself by taking cycling, TRX®, yoga, BODYPUMP™, Zumba® or various other class formats and experience firsthand how we make fitness fun. Students can take their structured workout to the next level with Small Group Training (<https://wellrec.dasa.ncsu.edu/fitness/training-services/small-group-training/>), where our coaches lead workshops on Olympic lifting, boxing and more.

Receive one-on-one attention from our nationally-certified personal trainers (<https://wellrec.dasa.ncsu.edu/fitness/training-services/personal-training/>). Learn how to exercise, improve performance and establish fitness goals. No matter what your fitness level, we have a trainer who wants to work with you.

Our ThriveWell (<https://wellrec.dasa.ncsu.edu/wellness-2/>) program offers wellness coaching and health education programs for individuals and groups. Wellness coaching takes a holistic approach and discovers how personal wellness impacts student success, strengths, values and goals. Establish a wellness plan and stay accountable with a certified health coach. Learn stress management techniques, strategies and lifestyle modification tips from our team of experts.

Intramural Sports (<https://wellrec.dasa.ncsu.edu/sports/intramural-sports/>) offers more than 40 different leagues and events throughout the year. Sports range from flag football, basketball, soccer and volleyball to exciting and unique events such as pool battleship, bubble soccer and cricket. Create a team, compete for a championship, join a recreational league with friends or sign up for an individual/dual sport or special event to find a new favorite activity.

For students seeking a more competitive sports experience, check out one of the Club Sports (<https://wellrec.dasa.ncsu.edu/sports/club-sports/>) teams that include a wide variety of men's, women's and co-ed sports. These student-led organizations practice regularly and compete against other colleges and universities at local, state and national levels.

Outdoor Adventures (<https://wellrec.dasa.ncsu.edu/outdoor-adventures/>) offers students unique outdoor trips and educational clinics. Rent outdoor equipment from the Outdoor Adventures Equipment Rental Center or climb to new heights on the indoor climbing wall and bouldering cave. Students can challenge themselves individually or build a community with customized programs at our Challenge Course (<https://wellrec.dasa.ncsu.edu/outdoor-adventures/challenge-course/>) located in Schenck Memorial Forest.

Our Student Employment (<https://wellrec.dasa.ncsu.edu/about-us-2/student-employment/>) program supports more than 700 students employed annually through Wellness and Recreation. Students enhance

their development by learning transferable skills that will prepare them for future careers.

## Wellness and Recreation Center and Carmichael Gym

The Wellness and Recreation Center and Carmichael Gym (<https://wellrec.dasa.ncsu.edu/facilities/rec-sports-master-plan/carmichael-addition/>) is a 400,000-square-foot facility designed to help students achieve their personal wellness, recreation and fitness goals.

Features include:

- Strength and Conditioning Centers (50,000-square-foot)
- Six Fitness/Activity rooms
- Dedicated Mind-Body studio
- Teaching kitchen
- 11 Indoor Basketball/Multipurpose courts
- 25-yard pool and dive well
- 50-meter pool
- Indoor climbing wall and bouldering cave
- Indoor track
- 11 racquetball courts
- One squash court
- Personal training suite
- Men's and women's locker rooms
- Single occupant locker rooms
- Steam room
- Sauna
- Equipment Checkout
- Day-use lockers
- Social lounges

Wellness and Recreation manages numerous outdoor facilities that promote healthy, active living.

- Miller Outdoor Recreation Field
- Method Road Recreation Complex
- 12 outdoor tennis courts
- Four outdoor basketball courts
- FitGround outdoor functional training area
- Centennial Campus Recreation Fields
- Centennial Campus Disc Golf Course