



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:

-provide the college community with a facility in which they can make positive use of their leisure time

-influence the other dimensions of wellness while enhancing quality of personal and student life

Mission Statement

"To enhance the quality of life through our fitness center and programs and to instill the value of health and wellness in the college community."

Source URL: <https://catalog.sunyacc.edu/student-services/fitnesscenter>