



A student enters the newly renovated section of **CARMICHAEL GYM**. The renovation, a 3350 square foot area, reopened for students. Photo by Charlie Harless.

break a sweat

KEEPING OFF THAT FRESHMAN FIFTEEN AT CARMICHAEL COMPLEX

To keep off the Freshman 15, students can utilize the facilities of the Carmichael Complex, which is composed of the Willis R. Casey Aquatic Center, Carmichael Recreation Center, Carmichael Gym and several outdoor facilities. In 1961, the University built the original Carmichael Gym to provide facilities for physical education classes, as well as recreation. The University extended the gym in 1987 to create a total of 345,329 square feet of recreational space.

The Willis R. Casey Aquatic Center features a 25-yard pool and a 50-meter Olympic-size pool, and is home to aquatic PE classes as well as several free-swim lanes.

The Carmichael Recreation Center, which opened in 2007, has three stories of fitness, cardio and leisure space, as well as a Port City Java cafe and juice bar, four aerobic studios and more than 10,000 square feet of cardio and weight training equipment.

The outdoor facilities include the Miller Fields, the Centennial Campus Disc Golf Course and basketball and tennis courts.



Place a University Recreation memory here.