

# HEALTHY ACTIVE LIFESTYLES

BEGIN WITH



UNIVERSITY  
RECREATION



Housed in the Carmichael Complex, University Recreation provides many opportunities for students to engage in healthy lifestyles. With 150 group fitness classes per week and a personal training program, working out is easy. Outdoor Adventures offers exciting trips and clinics, as well as an equipment rental for tents, bicycles, kayaks, and more. Climb to new heights on our indoor climbing wall and high-rope element challenge course.

For those interested in flag football, basketball, soccer, and more, University Recreation has Intramural and Club Sports. The Carmichael Complex is home to both a 50-meter Olympic-sized pool and a 25-yard pool, which offer swim lessons all year. We are also the largest student-employer on-campus. Visit us at [recreation.ncsu.edu](http://recreation.ncsu.edu) or follow any of our social media platforms for up-to-date information.



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