

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. We empower the Wolfpack community to thrive through these six elements of wellness: purpose, financial, physical, emotional, social and community.

Programs and Services

Fitness

- For those just getting started on their well-being journey, we offer Fitness Basics: Gym Orientations (<https://wellrec.dasa.ncsu.edu/getting-started/>) and Fitness Assessment (<https://wellrec.dasa.ncsu.edu/getting-started/>) services.
- We offer more than 80 FREE fitness classes (<https://wellrec.dasa.ncsu.edu/fitness-classes/>) each week, designed for every fitness level. There are a variety of formats to choose from, including cycling, cardio, yoga, dance, HIIT, strength, core, TRX® and LesMills BODYPUMP™. We also have virtual in-studio classes provided by LesMills.
- For a more structured, progressive experience, we offer several training programs (<https://wellrec.dasa.ncsu.edu/training-programs/>), including PackStrong, PackFit (<https://wellrec.dasa.ncsu.edu/packfit/>), F45 Training (<https://wellrec.dasa.ncsu.edu/f45-training/>) and more.
- Our nationally certified personal trainers (<https://wellrec.dasa.ncsu.edu/personal-training/>) work with individuals in a one-on-one or partner training setting to establish and reach their performance and fitness goals.

Outdoor Adventures

- Add adventure to your schedule with our outdoor trip offerings (<https://wellrec.dasa.ncsu.edu/outdoor-trips/>), including hiking, climbing, backpacking, paddling, cycling and more!
- For those that prefer to adventure on their own, the Outdoor Adventures Equipment Rental Center (<https://wellrec.dasa.ncsu.edu/equipment/#equipment-rental-center>) offers a variety of gear to rent at a daily, weekend or weekly rate, including backpacking essentials, camping gear, bikes, canoes, kayaks and lawn games.
- The Climbing Center (<https://wellrec.dasa.ncsu.edu/climbing-center/>), located inside the Wellness and Recreation Center, includes a 48-foot tall indoor climbing wall and bouldering cave, and is free for students to use! Climbing and belay clinics are offered throughout the semester for students to learn more about the sport of climbing.
- The Jim Wall High Challenge Course (<https://wellrec.dasa.ncsu.edu/challenge-course/>), located in Schenck Memorial Forest, includes both low and high ropes activities. Bring your group or organization out and let our challenge course facilitators guide you through a series of team building experiences.

Sports

- Intramural Sports (<https://wellrec.dasa.ncsu.edu/intramural-sports/>) offers more than 40 different leagues, tournaments and events throughout the year, ranging from team sports, like flag

football, basketball, soccer and volleyball, to unique events like pool battleship, video game tournaments and fantasy football.

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

Wellness

- All students, regardless of status, are allotted four free individual wellness coaching (<https://wellrec.dasa.ncsu.edu/wellness-coaching/>) sessions per semester to work on a variety of personal development topics, including stress management, lifestyle modification tips and more. Our nationally-certified coaches also offer group coaching opportunities.
- Our ThriveWell team hosts a variety of free wellness challenges (<https://wellrec.dasa.ncsu.edu/wellness-challenges/>) each semester to help you make lifestyle changes to work toward a healthier you.
- The popular Howl and Chill (<https://wellrec.dasa.ncsu.edu/howl-and-chill/>) program includes a variety of special events each semester to encourage students to pause and take a break in order to practice self care.

Work with us

- Wellness and Recreation is one of the top employers (<https://wellrec.dasa.ncsu.edu/employment/>) on campus, with more than 600 students employed annually on our team. 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/wellness-recreation-center-carmichael-gym/>) is a 430,000-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 (<https://wellrec.dasa.ncsu.edu/outdoor-spaces/>) 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