

Wellness Center

The Wellness Center houses a full-size gymnasium, suspended walking track, fitness center, locker rooms, and the gaming room. The fitness center contains cardio machines, a resistance training machine circuit, and various free weights. The Gaming room contains Xbox, PlayStation, and Wii gaming stations; as well as table and board games and areas for students to meet up for recreation purposes. The fitness facilities are open to all students, faculty and staff with a valid NCC ID and completion of the Wellness Center Registration Form. Hours of operation are posted outside the Wellness Center as well as online.