

Campus Recreation Department Fact Sheet



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Facility Overview

Pottruck Health & Fitness Center

Lower Level: The men's and women's locker rooms, family changing areas, and the entrance to the Sheer Pool are in the lower level. Complimentary towels are available for showering.

1st Floor: The Katz Fitness Center contains Life Fitness Cross Trainers, Treadmills, Steppers, Upright and Recumbent Bikes and Rowers. The atrium also holds Quaker Fuel, the Climbing Wall, Membership Services, and the Wellness Suite offering massage therapy.

2nd Floor: Weight room has more than 8000 sq. ft. of Life Fitness and Hammer Strength selectorized circuit equipment, Olympic lifting platforms, plate loaded equipment and a free weight area. The Multi-Purpose Room features additional cardio and strength equipment, heavy and speed boxing bags, and a turfed area for cross training. The Avnet Basketball Courts feature three, newly renovated hardwood courts.

3rd Floor: Contains a Fitness Center, complete with Life Fitness Cardiovascular and Selectorized Circuit pieces. This fitness center is generally programmed as the "Quiet Floor" with no music playing overhead. The third floor also holds the Cycling Studio, Dance Studio 305, Golf Simulator, and The Pilates Studio. Studio 305 is available for use when a class is not scheduled.

4th Floor: Another fitness area is available on the fourth floor complete with Life Fitness Cardiovascular equipment and Hammer Strength Plate Loaded equipment. Our largest fitness studios are located on the fourth floor.

Sheerr Pool

Built in 1967, this facility has the capacity to be either 2 short-course pools (25 meters and 25 yards, 12 lanes) or 1 long course pool (50 meters, 6 lanes) and is home to a large recreational population as well as the University's various club and varsity sports teams. The Sheerr Pool is equipped with a stair entrance at the shallow end, an accessible chair, and an on-deck dry sauna and shower.

Fox Fitness Center

Located at Gate 2 within the Weiss Pavilion at Franklin Field on 33rd Street (between Spruce and Walnut), the Fox Fitness Center adds an additional 8,000 square feet of indoor recreational space. This facility features Life Fitness cardiovascular equipment and various strength equipment. No Olympic lifts are allowed in this facility.

Programs Overview

Membership

Included in most full-time students' fees. Memberships available to community members with a Penn affiliation. Membership includes access to the Pottruck Health & Fitness Center, Sheer Pool, Fox Fitness Center, and Franklin Field Track.

Aquatics Programming

Offers private, semi-private, and group swim lessons, as well as lifeguard/CPR and SCUBA certification courses.

Climbing Wall/Adventure

40ft climbing wall open every day. Staff to assist with waivers, belaying, and basic instruction for novice climbers. Camping, hiking, and climbing equipment is available through the Adventure rental program.

Fitness Programs

Group Exercise	102 classes per week
Premium Fitness	Includes Pilates, Penn FIT, Dance, Martial Arts, and Floating Yoga
Personal Training	14 Personal Trainers on staff
Massage Therapy	Professional services are available to the Penn Community
Wellness Outreach	Collection of group exercise, chair massages, personal training, and wellness workshops

Intramural Sports

4 seasons, 13 sports including volleyball, soccer, flag football, ultimate frisbee, basketball. Includes special events like Holiday Themed Inner Tube Water Polo, Homecoming 5K, Penn Special Olympics Flag Football, and more. E-sports leagues are also offered.

Sport Clubs

Co-Ed (13)	Badminton, Curling, Cycling, Golf, Gymnastics, Ping Pong, Sailing, Ski, Squash, Swimming, Tae Kwon Do, Tennis, XC Track & Field
Men (11)	Baseball, Basketball, Cricket, Ice Hockey, Lacrosse, Roller Hockey, Rugby, Soccer, Ultimate Frisbee, Volleyball, Water Polo
Women (11)	Basketball, Equestrian, Field Hockey, Ice Hockey, Lacrosse, Rugby, Soccer, Synchronized Swimming, Ultimate Frisbee, Volleyball, Water Polo