



# Fitness Center and recreation

## **Fitness Center**

### **Fall River Campus**

### **Commonwealth College Center**

### **Lower Level, ext. 2296**

With a focus on wellness and healthy living, the newly-renovated Fitness Center on the Fall River campus offers free access to its state of the art equipment and services for all BCC students, employees and alumni. To use the Fitness Center you need a valid accessBCC OneCard.

Take advantage of 16 individual strength training stations, a cable motion station, elliptical trainers, treadmills, lifecycles, rowers and dumbbells. Locker rooms and showers are available. Fitness instructors are on staff to demonstrate proper use of the equipment. A number of group exercise classes are held regularly and include: Zumba, yoga and core conditioning.

## **Outdoor Recreational Facilities**

There are five tennis courts, a basketball court and a ½ mile walking path. Basketballs, soccer and footballs and well as tennis equipment are available for use on campus with an accessBCC OneCard.

**The New Bedford and campus** provide several free passes to their local YMCAs which may be borrowed on a daily basis.