

Bobby Valentine Health & Recreation Center Newsletter

By: Nicholas Kriticos & Brooke Leshin

The three-story Bobby Valentine Center is the home of Club Sports, Intramurals, Fitness & Student Recreation on Campus.



The main floor consists of a multi-purpose sports court, climbing wall, free weights, machines, & functional training. The top floor features two workout studios, cardio space, a juice bar, & a suspended track.

The lower level has Club Sports Athletic Training rooms, Department offices, locker rooms, a spin room, HD golf simulator, & bowling alley.



“Alex Sterancsak, Sophomore, “It’s a good place to get a workout in between classes and easy access for all students” “Joe Sciancalepore, Junior, said “The different activities the facility offers like the bowling alley and the rock climbing wall is great for students, I personally really enjoy the Robeks Juice Bar”



For a total of \$5.00 you and a group of friends can bowl for one hour! Lanes are first come first serve.

Hours of Operation:

Monday through Thursday: 5:00 PM – 11:00 PM

Friday: 5:00 PM – 10:00 PM

Saturday: 12:00 PM – 10:00 PM

Sunday: 1:00 PM – 10:00 PM



Come take a swing at The HD Golf Simulator for no charge! Choose from over 30 different courses & other fun games, such as mini golf, darts etc. **Hours of Operation:**

Monday through Friday: 10:00 AM – 9:00 PM

Saturday & Sunday: 10:00 AM – 5:00 PM

Building Hours

Monday through Thursday 6:00 AM – 11:00 PM

Friday: 6:00 AM – 10:00 PM

Saturday: 9:00 AM – 10:00 PM

Sunday: 9:00 AM – 10:00 PM