

Recreation & Fitness Amenities at Union

Wellness Center

The Wellness Center is available for all NITOC attendees.

Every Wellness Center guest must first attend a short facility orientation.

Orientations are TBD.

Wellness Center hours

Monday–Friday 6:00-10:00AM, 12:00-2:00PM, 4:00-6:00PM

Saturday 8:00AM-12:00PM

Sunday 2:00-5:00PM

Children 12 and below must be supervised at all times by someone 21 or older.

Outdoor Recreational Amenities

Basketball and Sand Volleyball Courts

Walking/running paths and nature trail

18 hole disc golf course

NOTE: Use of the Fred Delay Gym, Fesmire Field House including the baseball and softball fields, Smith Soccer Complex and swimming pool is prohibited.