

Intramural Sports and Wellness Center

The NHTI Fitness and Recreation Department provides wellness opportunities through activities, events, classes, and on-campus fitness facilities to get and stay healthy and happy in a friendly, comfortable environment. NHTI's Fitness and Recreation Department strives to enhance mental, physical, and emotional well-being while giving students the opportunity to explore their preferences and activities.

The Dr. Goldie Crocker Wellness Center has a weight room and cardiovascular exercise multi-purpose room in addition to our gymnasium, which has a full-length basketball court with 6 baskets and bleachers. An athletic training area and locker rooms are also available for intercollegiate athletics program, as well as for recreational and special events. The Wellness Center is open to NHTI students, staff, faculty, and employees of CCSNH. Group fitness classes are also available to students at no cost.