

RECREATION CENTER

UTHealth Houston Recreation Center

The flagship 26,000-square-foot space plus outdoor areas is located on the South Campus at 1832 West Road. This full-service facility aims to improve work-life balance by offering facilities, equipment and programs designed for fitness, fun and friendly competition. Highlighted by a heated outdoor Olympic-size swimming pool, the Recreation Center also features a full range of cardio equipment, free weights, and resistance equipment. It includes courts for racquetball, basketball, tennis, pickleball, sand volleyball, and table tennis, as well as multi-purpose athletic fields surrounded by an outdoor jogging trail with fitness stations. Programs consist of personal training, motivational and incentive programs, team and individual recreational sports, group fitness classes, and certification courses by the American Heart Association. Locker rooms with showers and free daily-use or rental lockers are available. Conveniently located adjacent to University Housing, with easy access to the UTHealth Houston Shuttle, and free parking while using the Recreation Center. Important Notice: The parking lot is monitored and vehicles left in the lot will be ticketed and towed.

Membership is open to most students, residents, faculty, staff, and family of the Texas Medical Center and UT System. For UTHealth Houston students currently enrolled in class, membership is included in the student-service fees. Exceptions: MMSI to II and other schools not enrolled in summer classes will need to purchase a membership for summer access. Options for Sponsored Guests are also available. Valid TMC Institutional ID or proof of alumni status is required at every purchase or renewal.

For more information, please visit their website here (<https://www.uth.edu/recreation-center/>).

McGovern Medical School Fitness Center

The satellite 1,800-square-foot space is located on the penthouse floor of the McGovern Medical School at 6431 Fannin Street. This limited-space facility packs a punch with specifically selected cardio and resistance machines to ensure a complete full body workout. It is open 24 hours a day, 7 days a week. This unstaffed location includes two single-user restrooms with showers and free daily-use lockers with programmable locks while working out.

Membership is open to students, residents, faculty, and staff of UTHealth Houston *only* and includes dual membership to the McGovern Medical School Fitness Center and the Recreation Center. Both facilities are included at no additional charge for all UTHealth Houston students paying student-service fees. Exceptions: MMSI to II and other schools not enrolled in summer classes will need to purchase a membership for summer access. For faculty, staff, and residents, membership must be paid by EFT only.

For more information, please visit their website here.