Villanova Recreation

Fitness Centers

Davis Fitness Center  
Stanford Fitness Center  
Farley Fitness Center

Fitness centers include:

- Cardiovascular equipment: treadmills, ellipticals, bikes, row machines  
- Various weight training machines  
- Bench presses, incline press, leg press  
- Squat racks, leverage squat machine, cable systems  
- Smith Machine  
- Dip bar, sit-up benches, back extension, assisted pull up and dip bar  
- Dumbbells to 100 pounds  
- Foam rollers, elastic bands, Bosu balls, plyometric boxes, medicine balls

Athletic Facilities

- Villanova Track (stadium)  
- Villanova Pools: Jake Nevin Fieldhouse & St. Mary’s Hall  
- Tennis Courts: Main, South & West Campuses  
- Outdoor Basketball Courts: Main, South & West campuses  
- Indoor Basketball Courts: Pavilion, Butler Annex, Jake Nevin Fieldhouse, Alumni Hall, St. Mary’s Hall

Villanova Campus Trail Map

Intramural Sports

Club Sports