

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