

CAMPUS RECREATION

The office of Student Life, Intramural Sports, and Student Wellness offer recreational activities to encourage student engagement, belonging, health and wellness. Competitive and personal growth activities are offered to students who want to improve personal fitness, general health, well-being, and reduce stress. The Weight Room on the Leesburg campus provides opportunities for weightlifting and body conditioning. Open hours and an activity schedule are posted on the LSSC website.