



SHSU Health and Kinesiology Center:

The Health and Kinesiology Center (HKC) is considered "home" for Recreational Sports. It is used for all program areas. The HKC houses 4 basketball/6 volleyball/12 badminton courts, aerobics/multipurpose room, 1/8 mile indoor running track, 10 racquetball courts, weight room (free weights/machine weights/cardiovascular equipment), locker rooms, and an equipment check-out area. All these activity areas are available on a drop-in / informal basis during our operational hours. Listed below are the HKC hours of operation by semester.

[pdf map of the HKC](#)

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