

University of North Dakota : Wellness Center - Grand Forks

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University of North Dakota : Wellness Center - Grand Forks

Exploring the University of North Dakota Wellness Center

The **University of North Dakota (UND) Wellness Center**, located in Grand Forks, is a state-of-the-art facility designed to promote health and well-being among students and the surrounding community. This center stands out not only for its impressive array of amenities but also for its commitment to **accessibility**.

Accessibility Features

One of the most notable aspects of the Wellness Center is its dedication to accessibility. The facility boasts a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that all members of the campus community can enjoy the wide range of services offered. This inclusive approach reflects UND's commitment to providing a welcoming environment for everyone.

Facilities and Amenities

The Wellness Center is often hailed as one of the best places at UND. It features an extensive array of facilities, including: - A **rock climbing wall** - A **covered running track** - A well-equipped **gym** - Large **basketball courts** While the membership price might be considered steep for some, it's essential to note that for UND students, access to this facility is included in their fees, making it a fantastic resource for maintaining fitness and wellness.

Quality of Services

Visitors have consistently praised the cleanliness and maintenance of the Wellness Center. Highlighting unique areas like the **Zen Room** for relaxation, the center offers various programs ranging from group exercise classes to wellness education and cooking demonstrations. However, feedback indicates that some equipment could be improved, particularly in the weight room, as some users wish for more standard weight machines and less reliance on free weights.

Operating Hours

The Wellness Center operates with varying hours throughout the year. During the spring semester, the facility is open from **6:00 am to 10:00 pm** on weekdays, which provides ample opportunities for students to engage in various activities. However, some users have expressed the desire for extended weekend hours, especially to accommodate those who cannot visit during regular school hours.

Community and Staff Interaction

The staff at the Wellness Center are frequently described as friendly and helpful, contributing positively to the overall atmosphere. Although some comments pointed out occasional management issues, the general consensus emphasizes the supportive environment for students.

Conclusion

Overall, the **University of North Dakota Wellness Center** is a remarkable facility that exemplifies a commitment to health and accessibility. With its extensive offerings and inclusive design, it serves as a cornerstone for wellness and healthy living within the campus community, allowing students and local residents to thrive in their fitness journeys. Whether you're looking to climb, run,

or relax, the Wellness Center is well-equipped to meet your needs.

Our location is in

801 Princeton St, 58203 Grand Forks, North Dakota - United States (US)

The contact line of said **Wellness center** is +1701-777-9355

And if you want to send a WhatsApp, you can do so at +1701-777-9355

Our opening hours are:

Day Hours
Monday
6?AM–10?PM
Tuesday
6?AM–10?PM
Wednesday
6?AM–10?PM
Thursday
6?AM–10?PM
Friday
9?AM–8?PM
Saturday
11?AM–9?PM
Sunday
6?AM–10?PM

The website is University of North Dakota : Wellness Center

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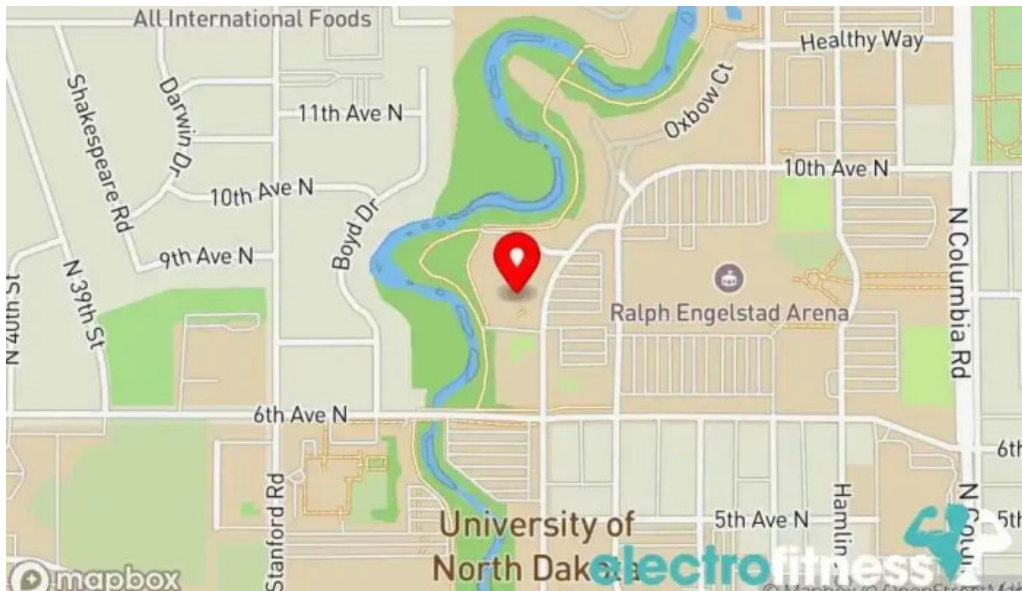
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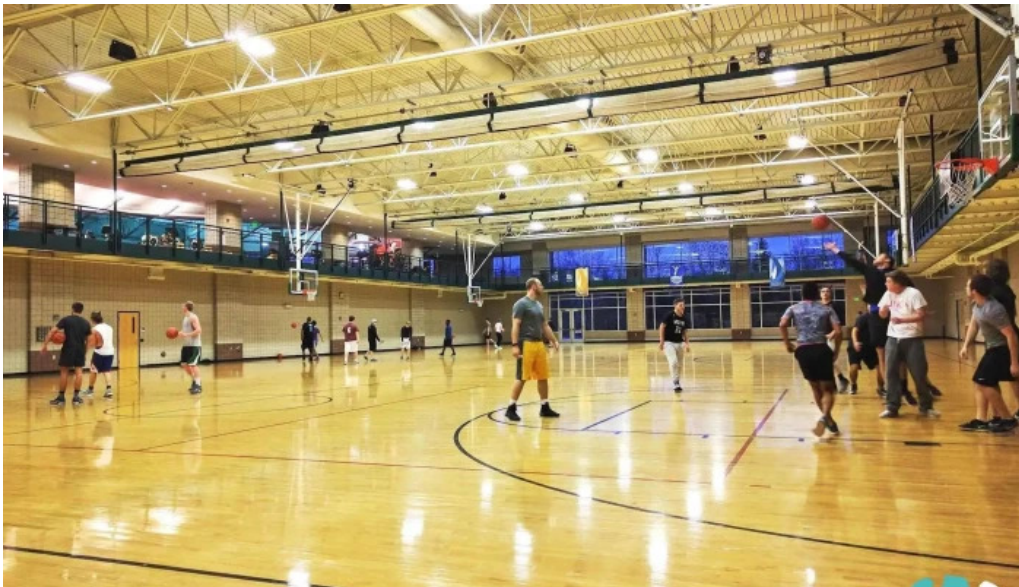
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Wheelchair-accessible entrance, Accessibility, Wheelchair-accessible car park

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