

Sun Devil Fitness

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Sun Devil Fitness

Healthier minds, bodies and communities lead to student success. Sign up for classes and courses through Sun Devil Fitness online.

Get started today

Sun Devils are Well Devils

ASU's Sun Devil Fitness enhances the ASU experience by providing programs, services and facilities that promote healthy lifestyles, build community and enable student success. Sun Devil Fitness offers a variety of recreation, fitness and sport opportunities that include [intramurals](#), [group fitness](#), [personal training](#), [sport clubs](#) and [instructional classes](#). All of these programs welcome new participants each session. Click on the links to find out more information and stop by our front desks to register today!

Get involved and get connected! As a current ASU student, you are already a member of Sun Devil Fitness. All students who pay the appropriate recreation and facility fees through their tuition have access to Sun Devil Fitness facilities on all four campuses by simply showing their ASU ID card. Come join us at the SDFC to start your successful healthy journey!

Live well. Play hard. Be here.



Locations & Hours

Downtown Phoenix

[Sun Devil Fitness Complex](#)

Summer Hours

(Beginning May 8):

Monday – Friday: 7 a.m. - 8 p.m.

Saturday – Sunday: 12 p.m. – 6

p.m.

Pool Hours

(Beginning May 8):

Monday – Sunday: 12 p.m. - 6 p.m.

Polytechnic

[Sun Devil Fitness Complex](#)

Summer Hours

(Beginning May 8):

Monday – Friday: 7 a.m. - 8 p.m.

Saturday – Sunday: 12 p.m. – 6

p.m.

Pool Hours

(Beginning May 8):

Monday, Wednesday, Friday: 10 a.m.

- 8 p.m.

Tuesday, Thursday: 10 a.m. - 6 p.m.

Saturday – Sunday: 12 p.m. - 6 p.m.

Tempe

[SDFC Tempe Hours PDF](#)

[Sun Devil Fitness Complex](#)

Summer Hours

(Beginning May 8):

Monday – Friday: 6 a.m. - 9 p.m.

Saturday – Sunday: 9 a.m. – 9 p.m.

Pool Hours

(Beginning May 8):

Monday – Friday: 6 a.m. – 8 p.m.

Saturday: 9 a.m. - 8 p.m.

Sunday: 9 a.m. - 7 p.m.

*pool closes early on Sundays for maintenance

West

[Sun Devil Fitness Complex](#)

Summer Hours

(Beginning May 8):

Monday – Friday: 7 a.m. - 8 p.m.

Saturday – Sunday: 12 p.m. – 6

p.m.

Pool Hours

(Beginning May 8):

Monday - Friday: 10 a.m. - 6 p.m.

Saturday – Sunday: 12 p.m. - 6 p.m.



[Group Fitness Classes](#)



[Sport Clubs](#)



[Intramural Schedule](#)

News and Events

Allysa Seely Wins Gold!

ASU alumni, past Sport Club athlete and Sun Devil Sports Club Board member, Allysa Seely wins gold in Paralympic Triathlon Debut.

At the Rio 2016 Paralympic Games on Sept. 10, 2016, the U.S. Paralympic Women's Triathlon Team kicked off triathlon's Paralympic Games debut with gold, silver and bronze as Grace Norman claimed the first-ever gold medal in the women's PT4 sport class and Allysa Seely led Hailey Danisewicz and Melissa Stockwell in a PT2 sweep on Sunday at Copacabana Beach.

"It's been an amazing season," said Seely, who is running in the 200-meter prelims on the track tomorrow. "I knew I needed to have a really strong swim out there, to get as close to the front as I could, put as much time in between me and some of my competitors. Coming off the bike, I had a lot of work to do. I put my head down and I went for it. I'm a runner at heart and that's my soul, so I really just gave it everything I had and I'm really excited with how everything turned out."

[Read more](#)

Fresh Produce at the Tiger Tent

Every Wednesday from 3 - 6 p.m., purchase fresh fruit and vegetables outside the Tempe Sun Devil Fitness Complex entrance. Seasonal produce is donation based. Give what you have. Cash and cards accepted. Learn more about fresh and local food options at ASU [here](#).

Sun Devil Fitness



Locations

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