

Activities

FIT ATHLETICS AND RECREATION

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FIT has a strong and successful athletic tradition. The FIT Tigers are members of the National Junior College Athletic Association (NJCAA), Division III level. Numerous FIT teams and student athletes have garnered national and regional accolades for athletic and academic achievements, including national championships, regional championships, NJCAA Academic Teams, SUNY Chancellor's Award for Student Excellence Award Winners, and all-region, all-American, and academic all-American honors.

FIT Teams

- Women's and Men's Cross-Country
- Co-ed Dance Company
- Women's Soccer
- Women's and Men's Swimming and Diving
- Women's and Men's Table Tennis
- Women's and Men's Tennis
- Women's and Men's Track and Field
- Women's Volleyball

Recreation Programs

The College's recreation and intramural program is designed for the participation and enjoyment of the entire college community. Programs provide the opportunity for physical activity and promote wellness and productive use of leisure time. Participants at all skill levels are encouraged to participate.

- **Fitness classes:** The Athletics and Recreation Department sponsors a variety of free, drop-in fitness classes taught by certified instructors. Classes include Spin, Pilates, Yoga, Meditation, Boot Camp, Cardio Kick Boxing, and more. Classes are available to all FIT students.
- **The Lari and Barbara Stanton Fitness Center** is located on the sub-basement level of the Dubinsky Student Center and is equipped with cardiovascular machines, various weight machines,