Fitness

Lehigh's Taylor Gym is the home for indoor fitness and recreation opportunities on campus for the Lehigh community. A wide variety of fitness and wellness programs are offered, including group exercise classes taught by professional instructors who teach all over the Lehigh Valley. Our goal is to make quality fitness programming accessible and inclusive for all Lehigh community members. To learn more about our fitness programs, please visit our website (https://lehighsports.com/feature/Fitness/).