

Welcome to South 40 Fitness

"When health is absent, wisdom cannot reveal itself,
art cannot manifest, strength cannot fight, wealth becomes useless
and intelligence cannot be applied." Herophilus

The South 40 Fitness Center, located in a temporary location on the lower level of Umrath on the South 40 residential area, offers a wide range of exercise and fitness opportunities to encourage healthy living. The fitness center is open to all Washington University undergraduates offering cardiovascular equipment. Campus-wide the center makes available massage, personal training, and group fitness classes.

We are open over 100 hours per week and with our convenient location you can easily incorporate exercise into your busy life!

Please use the links to the left to see all that we offer!

