Hi, my name is Ashley Van Vechten, I use she/her pronouns, and I serve as the head women's soccer coach in the athletics department.

I help oversee the Michael and Larry Smith Fitness Center, located on the first floor of the Ridgeway building. The fitness center is open to all students, faculty, and staff at Suffolk who want to work on their physical, mental, and spiritual wellbeing.

The fitness center is open six days a week with early and late hours to fit all schedules. Reservations are not required. All you'll need to enter is a Suffolk ID.

Whether you've exercised your whole life or are just beginning your fitness journey, the fitness center is a welcome environment for everyone. In particular, we know students of color at Suffolk face societal inequities that can lead to elevated mental and physical stress while at school. Physical movement and exercise is one of the healthiest ways to combat stress levels and our team is committed to providing an inclusive space where all Suffolk community members can comfortably focus on their health and wellbeing.

We hope you'll take advantage of the fitness center and encourage you to stop by to the Ridgeway building to check it out for yourself.

Thank you.