



MOUNT

Fitness Centre

How to get to the Mount Fitness Centre:

166 Bedford Highway, Rosaria Student Centre, Halifax, Nova Scotia, Canada, B3M 2J6
Phone: 902.457.6420

From downtown Halifax:

- From Barrington Street, proceed north towards the Bedford Highway #2 (heading to Bedford). Continue north on the Bedford Highway.
- The Mount Campus is located on the west side of the Highway, about an 8 minute drive from downtown Halifax.
- Enter the campus by taking a left onto Seton Road (just before the Mount Highway sign).
- The Rosaria Student Centre is the second driveway on your right.
- Enter the Rosaria Student Centre's through the main door.
- The Mount Fitness Centre is located on the Main Floor.

From Dartmouth:

- Cross the Macdonald Bridge or the MacKay Bridge towards Barrington Street in Halifax. Continue north on Barrington Street, towards the Bedford Highway #2. Continue north on the Bedford Highway.
- The Mount Campus is located on the west side of the Highway, about a 5 to 8 minute drive from the Dartmouth bridges.
- Enter the campus by taking a left onto Seton Road (just before the Mount Highway sign).
- The Rosaria Student Centre is the second driveway on your right.
- Enter the Rosaria Student Centre's through the main door.
- The Mount Fitness Centre is located on the Main Floor.

From the Halifax International Airport:

- At the Airport, take Highway #102 south to Halifax. Continue on Highway #102 until Exit 2.
- Go east on Exit 2 (Kearney Lake Road) towards the Bedford Highway #2.
- Go south on the Bedford Highway.
- The Mount Campus is located on the west side of the Highway, about a 20 minute drive from the Airport.
- Enter the campus by taking a right onto Seton Road (just after the Mount Highway sign).
- The Rosaria Student Centre is the second driveway on your right.
- Enter the Rosaria Student Centre's through the main door.
- The Mount Fitness Centre is located on the Main Floor.