The Jesse Owens Recreation Centers were built in 1976 at a cost of $500,000 each. Each facility is one large open space as you enter, so it is easy to see and be seen from anywhere. They have been updated in recent years to serve as neighborhood rec centers for students living in adjacent areas.

Jesse Owens North
Located at 2151 Neil Ave. (corner of Lane and Neil) within a five to 10 minute walk for 10,000–12,000 students. The nearest parking is the Lane Avenue Garage. Equipped with Wi-Fi.

Activities include – 5,316 square feet of fitness space with the following equipment:
- Five treadmills
- Five bikes
- Five ellipticals
- Two rowers
- One treadclimber
- Nine adjustable benches
- Six flat benches
- Two incline benches
- Two decline benches
- One military press
- One smith machine
- Two preacher curls
- Dumbbells (5-120 lbs)
- Curl and straight bars (20-110 lbs)
- Olympic curl, hex and tricep bars
- Two 12x8 foot exercise mats
- Foam rollers and medicine balls available
- 18 Selectorized machines
- Two basketball courts
  - Can be used for volleyball and badminton
- Basketballs, volleyballs, badminton rackets and shuttlecocks available for check out
- Three table tennis tables
  - Paddles and balls available with membership
- Upper body ergometer
- Locker rooms (no showers)
- Locks available with membership
- Air conditioned

Jesse Owens South
Located at 175 W. 11th Ave. (across the street from south campus residence halls) within a five to 10 minute walk for 8,000–10,000 students. Equipped with Wi-Fi. Street metered parking is available. Handicap accessible.

Activities include – 7,020 square feet of fitness space with the following equipment:
- 13 treadmills
- Eight stationary bikes
- 28 ellipticals
- Four rowers
- Stairclimber
- Rope climber
- Military press
- Six flat benches
- Two incline benches
- Two decline benches
- Three squat racks
- One smith machine
- Two preacher curls
- Jacob’s ladder
- Eight adjustable benches
- Nine plate loaded machines
- Dumbbells (5-120 lbs)
- Curl and straight bars (20-110 lbs)
- Olympic, curl, hex and tricep bars
- Two 12x8 foot exercise mats
- Foam rollers and medicine balls available
- 18 Selectorized machines
- Two basketball courts
- Two wood basketball courts
- Large multipurpose mat, used by clubs for stretching
- Locker rooms (no showers) / changing stalls available
- Air conditioned

Jesse Owens West Tennis Center
Located at 1031 Carmack Rd. The facility is equipped with Wi-Fi throughout. Parking is available at the West Campus parking lots adjacent to the facility. Parking lots are managed by CampusParc. All parking falls under the terms and conditions set forth by CampusParc.

Activities include:
- Four indoor tennis courts
- Members can make daily reservations the day before or a semester long weekly reservation
- Sports Tutor-Tennis Tower available for individual use on a reservation basis
- No air conditioning but has exhaust fans