



Creighton Employee Membership Fees:

	<u>Faculty/Staff Fees</u> (\$29/month payroll deduct)	<u>With Creighton Contribution</u> (\$14.50 /month payroll deduct)
12 Month	\$348.00	\$174.00
9 Month	\$261.00	\$130.50
6 Month	\$174.00	\$ 87.00

	<u>Faculty/Staff Family Fees</u> (\$36.25/month payroll deduct)	<u>With Creighton Contribution</u> (\$21.75/month payroll deduct)
12 month	\$435.00	\$261.00
9 Month	\$326.25	\$195.75
6 Month	\$217.50	\$130.50

- ◆ There are one month and summer memberships also available however, a Faculty/Staff Member must sign up for 6, 9 or 12 month membership to qualify for the subsidy.
- ◆ Faculty/Staff members must use the facilities 8 times per month to qualify for the subsidy.
- ◆ CU employees may use payroll deduction.
- ◆ No membership refunds or cancellations after the free membership trial period ends each semester.
- ◆ All members must show/swipe their CU/KFC picture ID cards to gain admittance.



Additional Programs Available:

The following programs and services are available for additional fees:

Individualized Assessment & Group Training:

- ◆ Fitness Assessment \$35
- ◆ Nutrition Assessment \$20
- ◆ Weight Conditioning (small group classes) \$40
- ◆ Body Composition Assessment \$8

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What we have to offer:

Kiewit Fitness Center

- ◆ 6,200 square foot weight/aerobic equipment room
- ◆ Free equipment orientation
- ◆ 3,300 square foot Aerobic and Dance Room
- ◆ 3 lane, 1/7 mile Running Track
- ◆ 5 Basketball Courts
- ◆ 3 Tennis Courts & 2 Badminton Courts
- ◆ 4 Racquetball Courts/2 Squash Courts
- ◆ 4 Wallyball Courts
- ◆ Men's & Women's Locker Room
- ◆ Men's & Women's Saunas
- ◆ Free towel service

FitNest in the Harper Center

7,000 square feet on lower level including:

- ◆ Aerobic machines—treadmills, elliptical, bikes
- ◆ Selectorized circuit strength equipment — Freemotion
- ◆ Free equipment orientation
- ◆ Free weights with benches, racks, and dumb bells
- ◆ Functional training area
- ◆ Massage Chair
- ◆ Men's and Women's Locker Room with showers & free towel service



Personal Training:

Single	\$25/hr
Partners	\$20/hr

A certified, degreed personal trainer will help you set health & fitness goals to maximize success.

Group Fitness Pass:

Annual	\$50
Semester	\$25
Summer	\$10

This allows access to any or all group fitness classes offered during the purchased timeframe.

(Over 22 classes available per week!)

Fitness Classes include:

- ◆ Pilates
- ◆ Fitness Mix
- ◆ CU Cycling
- ◆ Dance Mix
- ◆ Ab Attack
- ◆ Yoga
- ◆ Kickboxing
- ◆ Circuit and BODYPUMP

Check the Campus Recreation website or call the office for a complete class listing and schedule.

Intramural Sports:

Individual and Team Sports Fees range from \$25 to \$80. Sports include:

- ◆ Basketball
- ◆ Flag Football
- ◆ Soccer
- ◆ Volleyball
- ◆ Fall/Spring Golf Tournament
- ◆ Singles/Doubles Tennis
- ◆ Racquetball



Summer Golf League:

Join us May through August at Shoreline Golf Course. Sign up at the KFC Office.

Cost: \$12.50 per week.





Faculty Staff Subsidy Questions And Answers

Q: When does the program start?

A: July 1, 2009.

Q: What is the Faculty/Staff Membership Subsidy Program to join the University Fitness Centers?

A: The University will subsidize 50% of an individual membership fee for **benefit eligible employees** on a 6, 9 or 12 month membership.

Q: Will there be a minimum use requirement?

A: Yes, employees must access the University Fitness Center 8 times per month (average 48 uses over a six month period.) If an employee fails to meet these minimum usage requirements, they will have to wait 12 months before becoming eligible for the subsidy again.

Q: Does the membership subsidy apply to the Kiewit Fitness Center, FitNest or both?

A: Yes, there will only be one membership fee that applies to access both facilities.

Q: Does the membership subsidy cover other costs such as other family members, locker fees, fitness class fees, or other program fees?

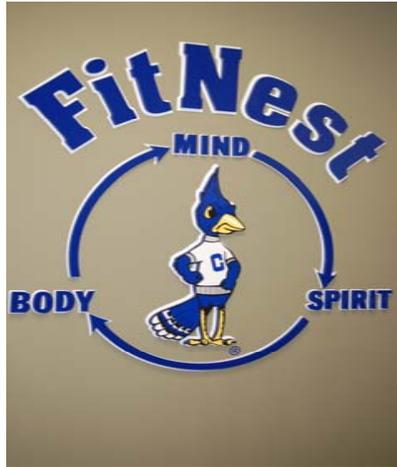
A: No, this membership subsidy only applies to the cost of an individual's membership. Family members and other programs are an additional cost.

Q: Will I be able to take membership subsidy to an off campus fitness center?

A: No, the program is for use of University facilities only.

Q: Is the Faculty/Staff Subsidy program available all year?

A: Yes, employees are highly encouraged to take advantage of the subsidy for a whole year but a 6 or 9 month membership is also available.



Contact Us:

Campus Recreation Phone: (402) 280 -2848

FitNest Phone: (402) 280 -3575

Building hours for both facilities may be found on the Campus Recreation Web site:

<http://www2.creighton.edu/student-services/campusrecreationintramurals/>

Membership subsidy questions:
call Genia at (402) 280 -1702.

Join us for a workout!



Department of Campus Recreation & Human Resources Faculty/Staff Membership Subsidy Program for 2009-2010 Kiewit Fitness Center & Harper FitNest



ACTIVE YOU
INVIGORATE YOUR LIFE!