

Faculty/Staff Membership Questions and Answers

Q: How do I activate my membership?

A: You may activate your membership at the Benefits Fair, or in the Campus Recreation main office (KFC 211) during regular office hours.

Q: How do I access the facility?

A: You must present your Creighton ID to enter either of our facilities. We also offer a bio-metric hand scanner for entrance. You may set up your hand-scan profile at the Campus Recreation main office (KFC 211) during regular office hours.

Q: Is there a minimum use requirement?

A: No, the minimum use requirement is eliminated as of November 1st, 2012.

Q: To which facilities does the membership apply?

A: Your membership applies to both the Kiewit Fitness Center and the Rasmussen Fitness and Sports Center.

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

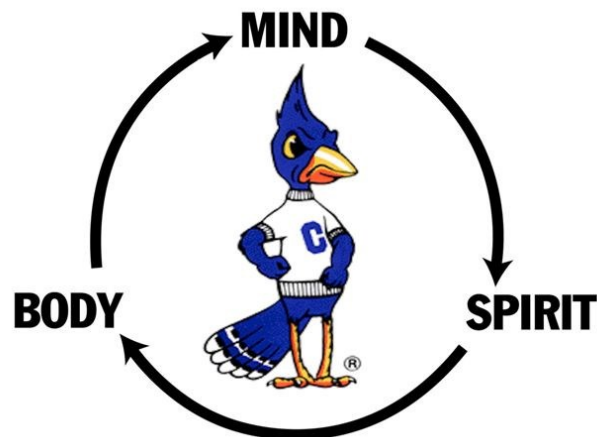
A: No, membership only applies to the cost of an individual membership which provides access into the facility as well as towel and equipment rental.

Q: Can I pay for my family member, my locker, and my group fitness pass through payroll deduct?

A: Yes, family members, lockers, and group fitness passes can be paid for with payroll deductions. Deductions will not start until January 1st, 2013.

Q: I have a question about benefits. Who do I contact?

A: Contact Tammy Biggs in Human Resources: (402) 280 - 1405 ; tbiggs@creighton.edu



Contact Us:

The Campus Recreation main office is located in the
Kiewit Fitness Center - KFC 211

Office hours: Monday - Friday, 8:00am - 5:00pm

Campus Recreation Phone: (402) 280 - 2848

Kiewit Fitness Center:
Phone: (402) 280 - 2114

Rasmussen Center:
Phone: (402) 280 - 3575

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

<http://www.creighton.edu/campusrecreation>

For membership questions:
call (402) 280 - 2742.

Campus Recreation Faculty/Staff Memberships

Kiewit Fitness Center
& Rasmussen Fitness
and Sports Center



Our Facilities:

Kiewit Fitness Center

- ◆ 6,200 sq.ft. weight/cardio room
- ◆ Free equipment orientation by appointment
- ◆ 3,300 sq.ft. multi-purpose room
- ◆ 3 lane running track (6.5 laps/mile)
- ◆ 5 basketball courts
- ◆ 3 tennis courts & 1 badminton court
- ◆ 4 racquetball courts & 2 squash courts
- ◆ 4 wallyball courts
- ◆ Men's & women's locker rooms and saunas
- ◆ Free towel service

Rasmussen Fitness and Sports Center

- ◆ Located next to the Ryan Center and Morrison Stadium
- ◆ 4,300 sq. ft. weight/cardio room
- ◆ Free equipment orientation by appointment
- ◆ 2 lane suspended running track (8.3 laps/mile)
- ◆ 60 yard x 40 yard turf field house
- ◆ Men's, women's, and family locker rooms with showers
- ◆ Full-size day use lockers
- ◆ Free towel service



Creighton Employee Memberships:

Effective November 1st, 2012 all benefits-eligible employees will be provided free membership to the Campus Recreation facilities.

Additional services and programs are not included and are subject to an additional cost.

Non-benefits-eligible employees can purchase a membership at the rate of \$29.00 per month. Memberships can be purchased in one month increments up to 12 months.

Additional services and programs are not included and are subject to an additional cost.

Family Memberships:

Effective November 1st, 2012 all faculty/staff will be able to add family members* to their membership at an additional rate of \$14.50 per month. This fee covers the entire family and is *not* per person. The membership must be purchased in one-month increments. You may purchase up to a 12-month membership for your family members. The fee can be paid in advance or through payroll deduction. Deductions will begin January 1st, 2013. Each family member over 14 must have a valid Creighton ID. If you need a Creighton ID, visit Card Services with proof of your KFC membership.

*Family members are limited to your spouse and children (age 18 or younger).

Additional Programs and Services:

The following programs and services are available for additional fees. Please note additional programs and services are non-refundable.

Lockers:

<u>Full-Size</u>	<u>Half Size</u>
Annual: \$60.00	Annual: \$40.00
Semester: \$25.00	Semester: \$15.00
Summer: \$10.00	Summer: \$10.00

Locker rates are not pro-rated

Locker rental is only available at the Kiewit Fitness Center

Individualized Assessment & Group Training:

(price per assessment or class)

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

Personal Training:

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

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

Group Fitness Pass (With a membership):

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

Group fitness passes are not pro-rated.

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

Current Classes Offered:

Pilates	BODYPUMP	CU Cycling
Boot Camp	Yoga	Turbokick
Zumba	HardCORE	

Complete schedule & class descriptions can be found on the Campus Recreation website. Schedule is subject to change. Because class sizes are limited, the purchase of a group fitness pass does not guarantee entrance into an individual class.

Intramural Sports:

With a membership, pay \$25/semester to play all the sports you want! Sports include, but are not limited to:

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



Summer Golf League:

Join fellow faculty and staff in a fun, weekly league May through August at Shoreline Golf Course. Contact Jason Gant (x2987) for more info.