



Fitness Opportunities in Fall 2008

FitNest in the Harper Center

6,500 sq. ft. room on ground floor (slightly bigger than existing workout rm.)

Men's & Women's Changing Rooms with showers and daily lockers

\$280,000 of new state of the art fitness equipment:

(10) Treadmills

(10) Ellipticals

(8) Bikes/Crosstrainers/Rowers

Plasma TV's with entertainment at selected pieces

(10+) Selectorized Strength pieces (user defined/fixed motions; handicap accessible)

Free Weight benches, dumbbells, racks

Functional Training area

(2) Pilates platforms

Stretching Cage & Massage Chairs

Personal trainers, equipment orientations, weight conditioning groups

Educational materials and clinics t.b.d.

Towel & Customer Services

Harper Center only membership option (non-std. members only)

Kiewit Fitness Center

110,000 sq.ft. with main Campus Recreation Dept. Offices

\$150,000 of new state of the art replacement Aerobic & Free Weight equipment with New entertainment systems and technology:

(10) Treadmills

(10) Ellipticals

(10+) Bikes/Crosstrainers/Rowers

New 'Fitness/Wellness' resource center (in place of CCSJ)

Personal trainers, equipment orientations, weight conditioning groups

Current activity spaces: Gym, Track, Pool, Racquetball

KFC Member option or combined Harper & KFC Member option.

***Keep updated at our website:
creighton.edu/campusrecreation***