



CAMPUS RECREATION, FALL 2008

Go on-line at creighton.edu/campusrecreation/ for facility information, Memberships, 'Group Fitness' & other current information!

KIEWIT FITNESS CENTER HOURS

Monday-Thursday 6am-11pm*
 Friday 6am-9pm
 Saturday & Sunday 10am-9pm
Pool Daily 12pm-8:30pm
***9pm closing during breaks**

FITNEST in the Harper Center Hours

M-Th 11am-11pm*
 Friday 11am-8pm
 Saturday 11am-5pm
 Sunday 1-7pm

***Closed during break/holidays**

INTRAMURAL SPORTS

Registration Sept 2nd!!

Football	\$80
Volleyball	\$40
Tennis	\$25
Ultimate Frisbee	\$40
Golf Tourney	\$25

IM Sports are open to all CU and KFC members. Check out the web page at:
creighton.edu/campusrecreation/im

Jobs Available:

-Sports Officials & Office staff
 Contact: #5827.

Sport Clubs

- Lacrosse, Martial Arts
- Ultimate Frisbee, Crew
- Outdoor Adventure
- Ice Hockey, Rugby
- Volleyball, Soccer
- Billiards, Run/Bike/Swim

See the "Student Activities" webpage at www.creighton.edu/studentactivities/

UPDATES

Welcome to a new era in Creighton Campus Recreation! We have a new 'fitness space' the FITNEST in the Harper Center, a new 'Fitness/Wellness Resource Center' in the KFC, a new 'Fitness Program' with updated services and new exciting 'Group Fitness' classes, and a new 'Fitness Director—Steve Woita'. Get to know them all during our 'FREE' Membership Trial Period August 23—Sept 1st.

New 'Fitness/Wellness' offerings include 'Personal Trainers', Fitness/Wellness/Nutrition Assessments in addition to our small group 'Weight Conditioning' offerings.

'GET C.U. FIT' this year,

Wayne Morford, Director,
morforwa@creighton.edu

Group Fitness Classes:

Students and KFC Gold Members only \$10/sem. for all these* classes beginning (Aug. 27-class times t.b.d.)!

- AB Attack: for your core
- CU Cycling: low impact, high intensity
- Yoga: relaxation, flexibility,
- Pilates: strengthen your powerhouse
- ButznGutz: Abs and buns
- Hip Hop : for dance lovers
- Fitness Mix: a variety of all classes
- Step: high intense choreography
- Kickboxing: punches and kicks
- Aquacize: low impact on joints & crosstraining
- *NEW_Body Pump:** barbell class with great music!
 (prices t.b.d.)

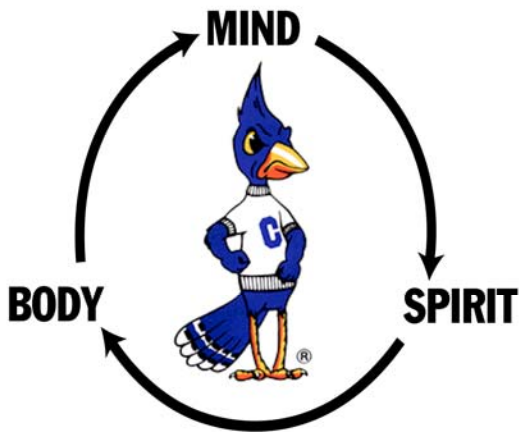
Did you know?

- You can become a 'Personal Trainer' or class instructor through our fitness staff development programs.
- If you forget a personal workout item, we sell, in the office, a limited amount of clothing items, swimsuits, goggles, etc. So,

Special points of interest:

- You now have membership options:
Harper Only \$18/mo.
KFC (incl Hpr) \$28/mo.
- New 'Fitness/Wellness' Resource center for drop in use, Rm 201, KFC.
- Please remember to bring a picture ID to gain entry to the KFC and to checkout equipment.
- Membership cards are non-transferable.
- Age 5 and under are free. Minimum age 14 to access weight rooms
- Members may sponsor guests at the Daily rate \$8 KFC/ \$5 FitNest or buy discounted punch passes
- You can have a birthday pool party at the KFC for only \$5/youth for KFC non-members.
- Join the "Gym Rat" Club and win a shirt.
- Make daily court (non-basketball) reservations at least one day and up to seven days in advance, M-F, 8a-5pm
 Call: 280-2848.
- 'Employee Wellness Program contact: Dawn Obermiller, KFC Rm. 219, #280-5721

**CREIGHTON UNIVERSITY CAMPUS RECREATION
ROOM 211, KIEWIT FITNESS CENTER
#508001**



FITNESS USER INFORMATION

Did You Know...

- The new planned “Harper Center” 2008 opening on east campus will have an additional 7,000 sq. ft. fitness room space to work out in on the bottom floor and is planned to open August 18th!
- The KFC Fitness Forum will be getting new fitness equipment this starting this Fall!
- The Harper Center will have membership option to choose from separate or along with the KFC.
- Take our 2008 Survey and win a prize!
- More 2008 information is on our web page: www.Creighton.edu/