

Equipment/Activities

UNMC's Center for Healthy Living (CFHL) offers the following Equipment/Activities:

Equipment:

- Cardio / Aerobic
Treadmills, elliptical trainers, recumbent bikes, airdyne bikes, rowing machine, versa climber, stair steppers, cross country ski machine, wave, track (1mi = 12 laps)
- Resistive / Weights
Free weights, machines (Cybex, Nautilus, Husker power racks, Wynmore)

Courts:

Two full-sized basketball courts which can also be used for:

- Volleyball
- Badminton
- Walking/running/rollerblading track
- Table Tennis
- Heavy bag (in southwest corner of the gymnasium)
- Golf pad & hitting net
- Dodge Ball

Tables:

Ping pong tables are located in the activity courts.

Equipment can be checked out at the CFHL front desk by showing employee/student ID

Fitness Classroom:

When scheduled classes aren't in session members can use the room for:

- Stretching / Calisthenics
- Exercise using fitness video tapes that can be checked out at the front desk

Leagues/Intramural Sports:

You DO NOT need to be a member of the CFHL to participate in leagues, however, a separate fee is involved.

- Basketball
- Volleyball
- Golf
- Softball
- Table Tennis

Special Events:

You DO NOT need to be a member of the CFHL to participate in special events, however, a separate fee is involved.

- Life-A-Thon
- Corporate Cycling Challenge
- American Lung Association's Corporate Cup Run/Walk
- Chancellor's Cup Golf Event

Unfortunately, we **do not have a swimming pool** at our facility. If you are interested in using a pool, UNMC employees can join the University of Nebraska at Omaha (UNO) Health, Physical Education & Recreation (HPER) facility if they so desire. For further details call 554-3291 and identify yourself as a UNMC employee.

Any comments or suggestions regarding this web page can be emailed to rpruch@unmc.edu

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