

# Membership

The UNMC Center for Healthy Living is a multi-purpose facility that offers fitness, recreation, leisure and wellness opportunities. Memberships are available to all of The Nebraska Medical Center and UNMC Physicians employees along with UNMC faculty, employees, staff, alumni, and volunteers.

The facility includes: multi-purpose gymnasium, men's and women's locker rooms, health and fitness classroom, and the Thomas M. Heiser, M.D. Strength and Fitness Facility.

## **CFHL Membership Prices - Fees will not be pro-rated**

### **Memberships include the following services:**

1. Fitness services include: equipment orientation, fitness assessment and personal fitness program design.
2. Group fitness classes. Printable class schedule/description
3. Daily use lockers are available at no charge.
4. Athletic equipment is provided for use in the facility.
5. Towel service is available for a \$20.00 per year fee.
6. Ability to sponsor two guests daily for a minimal fee of \$5.00 each.

### **Other information:**

- The Center is open a wide range of Winter/Spring Summer hours, 7 days per week.
- A guest (when accompanied by a member) may access the facility at any time for a \$5.00 guest fee.

**Questions????** Contact Cheri Langill at 559-5093 or email at [clangill@unmc.edu](mailto:clangill@unmc.edu)

Any comments or suggestions regarding this web page can be emailed to [rpruch@unmc.edu](mailto:rpruch@unmc.edu)  
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