

CENTER FOR HEALTHY LIVING

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Student Life Center
402-559-5254
www.unmc.edu/cfhl

The Center for Healthy Living (CFHL) is a UNMC's on-campus fitness facility. We provide fitness and wellness services to UNMC students, Nebraska Med and UNMC faculty and staff and other UNMC stakeholders. Our gym offers community and student sponsored memberships.

Omaha on campus students can access the CFHL for free if they pay Fund B (https://www.unmc.edu/student-success/student-health/student-health-clinic/fund_b.html).

What the CFHL offers:

Level 1

- Two full-size activity courts that can be used for: Open play or drop-in activities: Basketball | volleyball | badminton | pickleball | futsal
- An indoor walking/running track surrounding the activity courts. 12 laps = 1 mile
- Plyometric workout area features: Stationary bikes | heavy bag | plyo boxes | jump ropes | bands | Non-motorized treadmill | rope trainer
- Three fitness studios used for instructor-led fitness classes and open for drop-in use.
- Spa quality men's and women's locker rooms
- Commons area with three table tennis tables and shuffleboard table

Level 2 (main floor)

The cardio area features: Treadmills | Elliptical trainers | Step machines | Rowing machine | Versa climber | Stationery and recumbent bicycles

The Thomas M. Heiser Strength & Fitness Facility features:

- 17 weight stack machines
- Free weight area
- Power racks with benches
- Cable equipment
- Smith Machine
- Dumbbells ranging from three to 150 lbs.
- Power lifting platform
- Stretching and abdominal stations

Center for Healthy Living memberships include use of all facilities and the following services:

- Shower towels available
- Personal Training Services, for an additional fee.
- Fitness programs, for an additional fee.
- Instructor-led fitness classes
- Fitness assessments
- Equipment orientation
- Daily-use lockers

Additional Offerings

Intramural leagues (<https://www.unmc.edu/cfhl/intramurals/>) offer a wide variety of team activities and are available for an additional fee. **You do not need to be a member of the CFHL to participate in intramural leagues.** Our leagues which include:

Fall Session

Pickleball | Sand Volleyball | Soccer

Winter Session

Curling | broomball | Pickleball | Volleyball

Spring Session

Futsal | Basketball | Volleyball

Summer

Soccer | Golf | Sand Volleyball

The center has outdoor activity games that may be checked out by students and employees using their ID.

- 2 Cornhole Sets (each set has 2 boxes & 8 beanbags)
- 2 Ladderball Sets (each set has 2 ladders and 6 ropes)
- 2 Bocce Sets (each set has 8 bocce balls, 1 "pallino", and 1 perimeter marking rope)
- 1 Spikeball Set (each set has 1 Spikeball net, 2 balls)
- 1 Kan Jam Set (each set has 2 cans, 1 frisbee)
- 1 Yard Darts Set (each set has 2 targets, 8 darts)
- Frisbees | Footballs | Soccer balls | Kickballs
- Low-profile rubber bases (for kickball & softball)

The CFHL can also provide wellness events to colleges and departments. They may reserve our facilities, fitness instructors to lead their team for a time of fun and bonding with co-workers. See our Fitness staff for more details.

Hours

Monday - Thursday: 5:30 a.m. to 9:00 p.m.

Friday: 5:30 a.m. to 7:00 p.m.

Saturday - Sunday: 9:00 a.m. to 5:00 p.m.

We are closed (or close early) on some major holidays or due to severe weather. Please visit our website (<https://mcas-proxyweb.mcas.ms/certificate-checker/?login=false&originalUrl=https%3A%2F%2Fwww.unmc.edu.mcas.ms%2Fcfhl%2Fmembership%2Fhours.html%3FMcasTsid%3D15600&McasCSRF=89b0355636595219cfd4230e6881405ac30e9671a52a6d73>) or call 402-559-5254 for these occasional closings and general information.

We are also on Instagram, I (<https://www.instagram.com/unmccfhl/>) and X (<https://x.com/UNMCWellness/>).