The Center for Healthy Living (CFHL) provides a variety of leisure activities in addition to fitness and wellness services for UNMC students, faculty, staff, volunteers, alumni and their families. The CFHL includes two activity courts (for basketball, volleyball, badminton, pickleball, futsal, a hitting wall, and an indoor walking/running track), dedicated space for table tennis, three fitness studios, men’s and women’s locker rooms and over 90 stations in the Heiser strength and conditioning area as well as a large cardio area. The CFHL also loans out pickleball equipment for use on the courts located on the ice rink. Fitness studios offer Fitness on Demand, spinning classes, TRX suspension strap classes, and yoga classes just to name a few. The cardio area offers exercise alternatives such as treadmills, elliptical trainers, step machines, rowing machine, versa-climber, expresso bicycles, stationary and recumbent bicycles. The Heiser strength exercise area offers options that include weight machines as well as free weights. The CFHL commons area has three table tennis tables and one shuffleboard table.

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

- Fitness classes
- Fitness assessments
- Personalized exercise program designs
- Equipment orientation
- Daily-use lockers

Additional Offerings:
Intramural leagues offer a wide variety of team activities, which include basketball, volleyball, soccer, pickleball, dodgeball, broomball, curling, bocce, golf, futsal, matball, ultimate Frisbee, table tennis, badminton, sand volleyball, and softball. These are available for a nominal, additional fee (you do not need to be a member of the CFHL to participate in intramural leagues).

Student-sponsored memberships (for spouses or friends) are available for an additional fee.

The center has outdoor activity games that may be checked out for use by students and employees

- Two cornhole sets (two boxes, eight beanbags)
- One spikeball set (one net, three balls)
- One KanJam set (two “kans” & frisbee)
- Two ladderball sets (four ladders, 12 ropes)
- Three bocce sets (24 bocce balls, three pallinos, two perimeter marking ropes/stakes)

The center also offers a Wellness Day to colleges and departments; they may reserve our facilities for an hour or an afternoon of fun and bonding with co-workers with any activity we offer.

**Hours**
Monday – Thursday: 5:30 a.m. – 9:00 p.m.
Friday: 5:30 a.m. – 7:00 p.m.

**Member Hours**
Monday – Thursday: 5:30 a.m. – 9:00 p.m.
Friday: 5:30 a.m. – 7:00 p.m.

**Public Hours**
Saturday - Sunday: 9:00 a.m. – 5:00 p.m.

We are closed (or close early) on some major holidays or due to severe weather. Please visit our website or call 402-554-2997 for these occasional closings and general information.

We are also on Facebook (http://catalog.unmc.edu/general-information/campus-services/center-healthy-living/facebook.com/unmccfhl/), Instagram (http://catalog.unmc.edu/general-information/campus-services/center-healthy-living/instagram.com/unmccfhl/), and Twitter (https://twitter.com/UNMCWellness/).