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Fitness clubs help shed flab

By Mark Holt

Daily Nebraskan Staff Writer

For students who gained a few pounds during the summer, Lincoln has many health clubs, spas and gyms to help take off the flab.

The University of Nebraska-Lincoln campus offers a weight room, pool, tennis courts, racquetball courts and a running track. All are available free of charge to students.

For tennis and racquetball players, the Lincoln Racquet Club, 5300 Old Cheney Road, has 11 racquetball and tennis courts, a track, gym, pool, whirlpool, sauna and an aerobic exercise room. The cost for students is a \$100 initiation fee and a \$150 yearly membership.

Sports Courts of Lincoln, 222 N. 44th St., has 10 racquetball courts, Nautilus machines, a pool, sauna, steamroom, jacuzzi, a bar and lounge. The cost for students is a \$25 initiation fee and \$90 for three months.

Wall-Bankers Racquetball Club and Fitness Center, 330 W. P St., has racquetball courts, weights, Nautilus equipment, sauna, whirlpool and volleyball court. The cost for students is \$50 initiation fee and \$26 a month.

Students can join the YMCA, 1039 P St., for \$171 a year. The club has a gym, a track, racquetball courts, weights, nautilus machines and a pool.

For \$210 a year, students can join 24-Hour Nautilus. The fitness club has Nautilus machines, exercise bikes, a track, self-defense classes, aerobic dance classes, a pool, sauna, nursery and a whirlpool. A tanning bed also is available for a slight fee.

Brenda Mangers, a 24-Hour Nautilus employee said "People come here because the staff and members are enthusiastic, and also because of the fact that we're open all day."

Women who enjoy privacy can join Mademoiselle Figure and Fitness, 121 Cherry Hill Blvd. The club provides counseling, hydrolic machines, a track, pool, sauna, weights and exercise classes — all for about \$24 a month.

are our main drawing cards." The Body Shoppe, 2301 Highway 2, is



another exclusive women's fitness club. Aerobic exercise classes, weights, pool, sauna, whirlpool, a tanning bed and nursery available. The cost is \$39 for three months.

Men can get their privacy, too. The Body Firm, 2301 Highway 2, charges \$145 a year for the use of weight machines, a track, pool, whirlpool, sauna, tanning bed, exercise bikes and a massage therapist.

The Highland Community Fitness Center, Suite 101, 110 West Fletcher, has free weights, a weight machine, gym, aerobic dancing and tumbling classes, gymnastics, hot tub, sauna, self-defense classes and a nursery. The cost for students is \$20 a month.

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