

Fitness-minded students shape up at Lincoln's campus, local gyms

By Jen Deselms
Staff Reporter

For fitness-minded students, UNL and Lincoln health clubs offer a variety of exercise alternatives.

UNL's City Campus offers the same opportunities as many health clubs, with outdoor tennis, racquetball, handball and basketball courts.

The City Campus Coliseum has a swimming pool, weight room and basketball courts. Pool hours are 10 a.m. to 2 p.m., Monday through Friday.

Running track, handball and racquetball courts are in Schulte Field-house.

The Men's PE Building has badminton and basketball courts. Badminton, basketball and volleyball courts are in Mabel Lee Hall. Mabel Lee also has a swimming pool. Pool hours are 5 to 8:30 p.m. Monday through Friday, with lap swimming only from 5 to 6:30 p.m.; 1:30 to 4:30 p.m. Saturday and 1:30 to 5:30 p.m. Sunday.

A weight room and basketball courts are in the College Activities Building. A student I.D. card is needed when using the indoor recreation building.

Lincoln health clubs are another alternative for fitness-minded students.

Wall-Bankers Racquetball Club and Fitness Center, 330 W. P St., offers aerobics, slimnastics, free weights, Universal and Nautilus equipment, steam room, whirlpool and sauna in a \$20 monthly fitness membership. Full memberships include use of racquetball courts for \$26 a month. No initiation fee is charged.

ATA Fitness Center, 2019 Highway 2, has whirlpool, sauna and Nautilus weight equipment for \$19.50 a month. Aerobic classes are \$15 a month or free with Nautilus membership. Karate classes are \$29.50 per month. ATA has a \$20 initiation fee.

Jazzercise, 5500 Old Cheney Road and 6317 Havelock Ave., has classes with certified instructors. Classes include warm up, cool down, aerobics and muscle toning. Jazzercise classes cost \$2.25 each.

Sweep Left Weight Room, 815

O St., has weights with some Nautilus equipment. Whirlpool and sauna are included in the \$200 yearly fee.

Bodyflex, 1316 N St., offers 30-minute workouts over the lunch hour and late afternoon. Classes consist of warm up, aerobics, stretching, body toning exercises and cool downs. Classes run two to five days a week in four-week sessions. Session fees are: 5 days, \$25; 4 days, \$24; 3 days, \$21; 2 days, \$18. No initiation fees are charged.

The Lincoln YMCA has two gyms, at 1039 P St. and 1432 N St. The YMCA has an Olympic-size pool, gym, indoor track, weight room, handball and racquetball courts. The YMCA also has men's and women's fitness centers, a Nautilus center, aerobics, racquetball and weight training classes and sports leagues. An adult membership is \$16.25 a month with extra charges for the fitness center and Nautilus.

The Lincoln Racquet Club, 5300 Old Cheney Road, offers whirlpool, sauna, pool, sundeck, Universal weight room, lifecycles, indoor track, basketball courts, volleyball courts and aerobic classes for \$23.50 a month with a \$150 initiation fee. Use of indoor and outdoor tennis courts, racquetball and all other facilities are \$26.50 a month with a \$200 initiation fee. Fees also are charged for court time.

The YWCA, 1432 N St., has an annual membership fee of \$15 for college students. YWCA members have use of swimming pool, gym and fitness room. The fitness room has exercise bikes, a rowing machine, free weights and Universal equipment. Facilities fees are \$1 for each usage or \$125 for one year of unlimited use. Unlimited usage cards also are available for three- and six-month periods at \$35 and \$65.

Mademoiselle, 121 Cherry Hill Blvd., offers lifecycles, hydraulic equipment, pool and aerobics. Mademoiselle plans to add some Nautilus equipment this year. Regular club memberships cost \$535 for a year with a \$45 enrollment fee. Private Club memberships are \$800 for five years with an \$80 enrollment fee. Private club memberships include a private locker room,

free childcare, extended club hours and free tanning. Private club memberships also can be transferred or sold.

Prairie Life Center, 70th and A streets, has an indoor track, indoor and outdoor pools, racquetball, handball and squash courts, aerobics, steam room, saunas, whirlpools, Nautilus equipment, bio-cycles, free weights, volleyball, basketball and outdoor tennis courts.

Single memberships are \$35 monthly with a \$200 initiation fee. Family memberships have a \$250 initiation fee. Monthly costs are \$35 for the first family member, \$20 for the second and \$10 for each additional member.



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