


the
Womens center

ABOUT WOMEN FOR EVERYONE

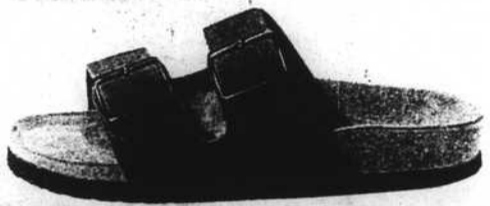
- ★ Computer
- ★ Counseling
- ★ Library
- ★ Lounge
- ★ Support Groups
- ★ TV/VCR
- ★ Stereo

340 Nebraska Union • 472-2597
University of Nebraska-Lincoln

The Birkenstock experts.



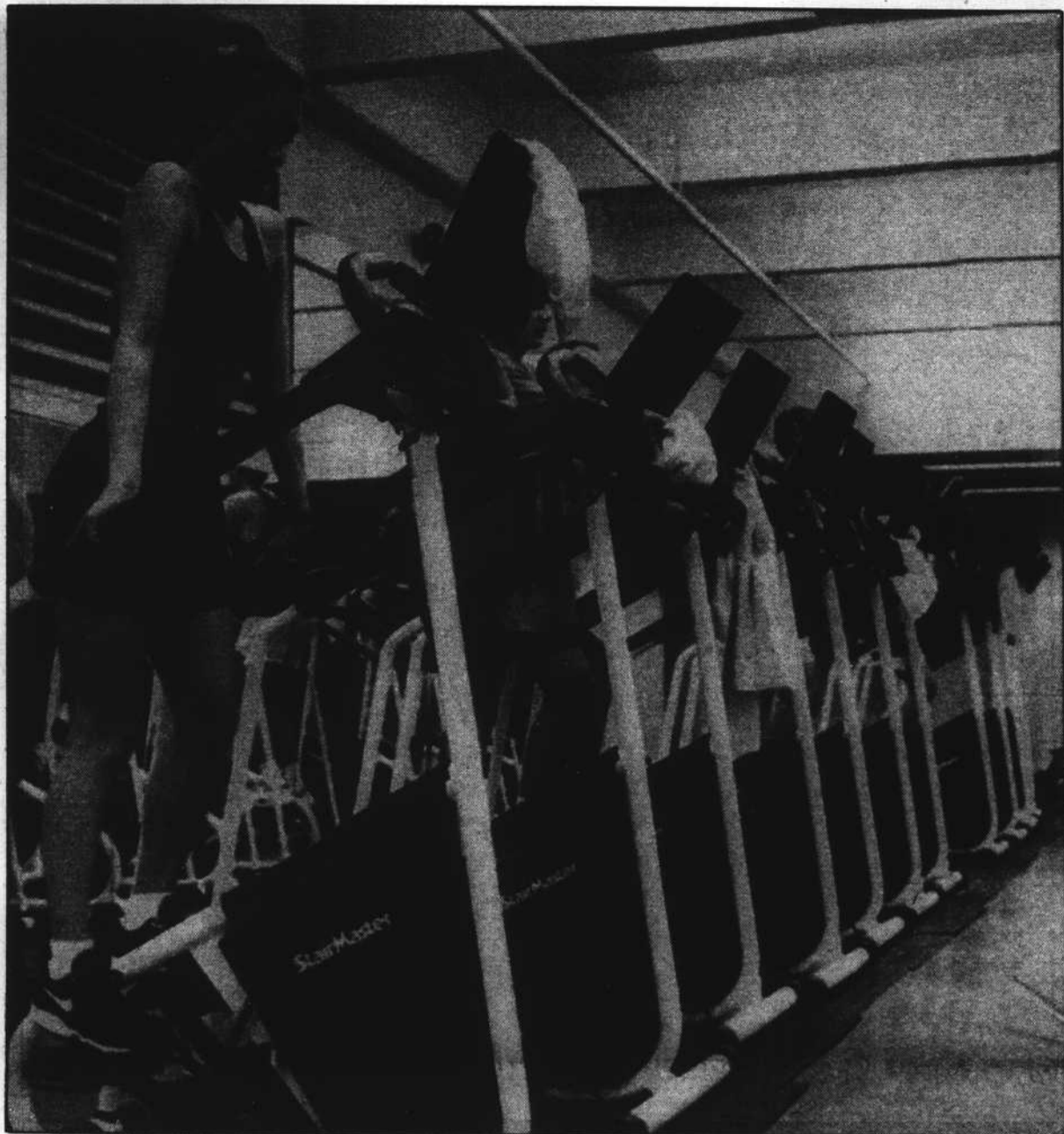
- Full service & selection
- Expert fitting & repairs
- Dedicated to customer satisfaction



BIRKENSTOCK®
The original comfort shoe.™
FOOTLOOSE & FANCY

1219 P Street 476-6119
Mon - Sat 10:00 am - 5:30 pm
Thurs til 8:00pm

© 1995 Birkenstock is a registered trademark.



Tanna Kinnaman/DN

Heidi Randell, sophomore biology student, spends 90 minutes every day working out in the campus recreation center weight room. Randell said she spends 20-25 minutes on cardiovascular fitness and the remaining time lifting weights.

Rec Center's programs pack a punch

By Tony West
Staff Reporter

If you can think of a fitness event, the UNL campus recreation center can most likely provide it.

"The vast majority of the students are interested in something that we have to offer," said Stan Campbell, director of campus recreation.

And it's free to students. Well, almost ...

University of Nebraska-Lincoln students have access to the recreation facilities because of their student fees they have to pay along with tuition.

The UNL campus recreation facilities offer the proper environment for a wide variety of activities from outdoor adventures to intramural sports to make it worth the money.

Students can also take part in aerobics classes, weight lifting or a number of other individual events. Students may also take part in the officiating of some intramural sports such as flag football, volleyball, softball or basketball.

"We try to offer a lot of diversity and try to offer what students are interested in," said coordinator for intramural sports, Mark Powell. "We want to be one of the top intramural sports programs in the country."

John Nichols, a senior from Spring Hill, Kan., and a Nebraska track and field pole vaulter, said he thinks the

UNL recreation center is definitely one of the better facilities around.

"I'm very pleased with the number of programs that the recreation center offers," he said. "It is probably one of the best in the Big Eight, and I've been to a few of them."

Campbell said the efforts don't stop at just pleasing the students.

Campbell said the recreation center administration also attempts to meet community needs as well as student needs. Family members of students have access to the recreation facilities for 70 percent of what the student pays.

Powell said with the increasing number of people using the facilities every year, the challenge of providing the right activities also increases.

In 1993-94 school year, 590,000 people used the UNL recreation facilities. And Campbell said there has been approximately a 10 percent increase on that number in 1994-95.

In the past two years there has been a 7 percent increase in intramural team sports.

Campbell said he credits awareness of physical fitness benefits for the increase in numbers at the campus recreation center.

"I think a lot of it has to do with the fact that students come here aware that it's here," he said. "I also think there is an awareness among students of the benefits of physical activity."

Campbell said other benefits also seem to have risen from the campus recreation center.

"We hear that it's a great place to meet people," Campbell said. "I guess this has kind of become the social center for the campus."

Powell agreed.

"I think that students are just looking for something to belong to," he said.

However, not all students are excited about the increased popularity at the recreation center.

Tom Fechter, a senior from Sergeant Bluff, Iowa, said he decided to start workouts at Gold's Gym because he could get a personal trainer and the recreation center was too crowded.

Rebecca Eppens, assistant manager of Gold's Gym at 4760 Leighton Ave., said the demographics show that the average age of people that workout there are in early to late 20s.


"We do get a lot of college students," she said. "I know that for sure."

Eppens said that they try to cater to college needs with three-month or six-month memberships because students may not be around for the full year. She also said that rates for students run around \$20-50 less than normal rates.

Regardless of a person's needs for physical fitness, there is a lot of variety in choices not only on campus but also around town.

CAMPUS RECREATION

We're Here When You Need Some Relief!



Here's what we have to offer:

- INTRAMURAL SPORTS
- OUTDOOR ADVENTURES
- WELLNESS SERVICES
- FITNESS PROGRAMMING
- INSTRUCTIONAL PROGRAMMING
- INFORMAL RECREATION
- SPORT CLUBS
- EQUIPMENT RENTAL

Come check us out!

For more information, call the
Office of Campus Recreation at 472-3467.