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UNL does not discriminate in its academic, admission or employment programs and abides by all federal regulations regarding the same.

## Rec centers provide fitness opportunities

*From Staff Reports*

As home to a number of nationally recognized intercollegiate athletic teams, one might expect the University of Nebraska-Lincoln to be home to an equally impressive number of athletic activities for its students.

In that case, one would be right.

Two recreation centers are available for student use. The Campus Recreation Center, which is on City Campus, is one of the largest student facilities in the nation. And the facility on East Campus, although not as large, is home to many of the same programs and services for students.

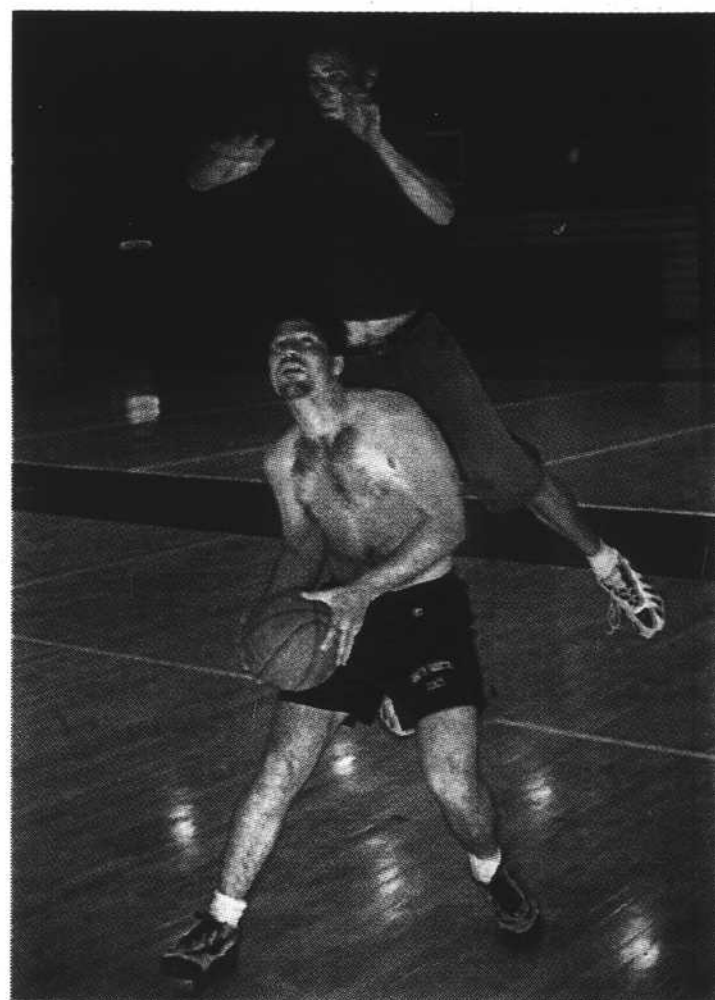
Besides the expected weight rooms, game courts and swimming pool, the Campus Rec center also features the Cook Pavilion, an indoor football field that is available for student use.

And while all of these facilities are available for students to use on their own time and scheduling, the Campus Rec also offers several programs designed to educate students on fitness and health, including aerobic classes, nutrition advisers and personally tailored fitness programs. Activities such as the Super Circuit – a highly concentrated program that combines aerobic activity with weightlifting – are also popular.

Intramural sports are one of the Campus Rec's better known services. With more than 160 team, dual and individual sports to participate in, nearly every game ever invented has a season to shine at the Campus Rec.

Outside of the Campus Rec, UNL's campus itself is home to several paths readily available for walkers, joggers, bikers and skaters.

Lincoln also has its own system of hiker/biker trails that extend to nearly every part of the city.



LANE HICKENBOTTOM/DN

**PAUL TURMAN**, a communications graduate student, tries to avoid the high-flying defense of **Mike Mason**, a graduate architecture student, at the Campus Recreation Center. Pick-up games of basketball are just one of the many activities UNL students, staff and faculty participate in at the campus rec.



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