RECREATION AND WELLNESS

The Kiewit Fitness Center (KFC) is located at the heart of campus between residence halls, Kiewit and Swanson, and connected to the Skutt Student Center. The building features five separate multi-use courts designed for basketball, volleyball, tennis and badminton. These courts are surrounded by a running track and can be reserved in advance. Other areas in the KFC include a Fitness and Weight Training room, four racquetball courts and a multipurpose room.

The Rasmussen Fitness and Sports Center can be found to the east of the Ryan Center and to the north of Morrison Soccer Stadium. It houses a weight/cardio room, a two-lane suspended running track and an artificial turf Field House with Open Recreation soccer offered on Friday and Saturday nights.

Recreation & Wellness has many fitness and wellness opportunities available including Personal Training, Massage Therapy, and Nutrition Workshops for the University community. Several types of group fitness classes and workshops are offered, including Barre, BODYPUMP, HIIT, Kettlebell, MixxedFit, spinning, yoga and Zumba.

Creighton's Intramural Sports include flag football, soccer, volleyball, softball and basketball are offered for both competitive and recreational teams in men's, women's and co-rec leagues. Intramural sports are played in both the KFC and Rasmussen Center along with the Sports Complex for outdoor sports.

Sport Clubs allow students to become involved in competition with other colleges in non-varsity activities like basketball, running, ice hockey, lacrosse, soccer, rugby, volleyball, ultimate frisbee, martial arts, disc golf and swimming.

There are many opportunities for student employment positions within Recreation & Wellness that include Intramural Sports Officials, Facility Supervisors, Group Fitness Instructors, Office Assistants and other positions.

To learn more about Recreation & Wellness, please visit the main office in the Kiewit Fitness Center, Room 211, or call 402-280-2848, or visit the website at recreation.creighton.edu.