

National Institute for Fitness and Sport

▼ A Complete Medically-Based Fitness Center



Hours:

Monday – Thursday:
5:15 am – 10:00 pm

Friday:
5:15 am – 9:00 pm

Saturday & Sunday:
7:00 am – 7:00 pm

Guest Rates:

1-Week Pass . . . \$40

Monday thru
Wednesday 1-Day
Pass . . . \$15

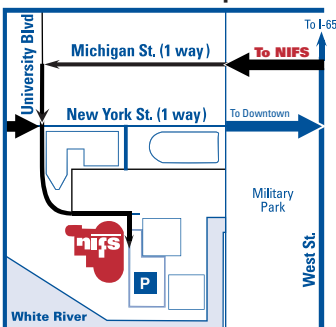
Thursday thru Sunday
1-Day Pass . . . \$12

Ask About:

- Our bicycle commuter packages.
- Starting a Corporate Wellness Program for your business, call 274.3432 ext. 210.



Enlarged View of NIFS on IUPUI Campus



Features:

- Over 60 Group Fitness Classes FREE with your membership, including Yoga, BODYPUMP™ and Mat Pilates
- Pilates Studio
- 200-meter indoor rubberized running and walking track
- Over 100 pieces of cardiovascular exercise equipment with 15" personal cable TVs!
- NBA regulation-size basketball court and another half court
- Extensive weight training equipment for all ages and abilities
- Bod Pod® Body Composition Analysis and New Leaf™ Metabolic Testing
- Treadwall® Climbing Wall
- Kid's Room (4 months to 10 years)
- Family fitness program
- Comfortable locker rooms with sauna, steam room & whirlpool
- Reduced rate at the IU Natatorium and Indianapolis Tennis Center
- Complimentary towel service
- And much, much more!

NIFS is located downtown in White River State Park on the IUPUI campus at 250 University Boulevard, Indianapolis, IN 46202



STATE RATES

Member Type	Payment Options	
	Monthly Automated Payments	Discounted Annual Payment
State Employee	\$34.50	\$393 (Save \$21)
Spouse	\$44.50	\$507 (Save \$27)
Student (Age 18+ and 6+ credit hours)	\$39.50	\$450 (Save \$24)
Youth (Ages 11-17; excludes parking)	\$7.50	\$85 (Save \$5)
Initiation fee (payable in four installments): \$95 (\$65 for Youth)		

Our certified professional staff focuses on helping you achieve the results you want:

- FREE personal fitness evaluations & workout plans
- FREE educational presentations
- Personal weight loss plans and nutritional coaching
- Personal training

For More Information Call

317.274.3432 or visit www.nifs.org.

Need to balance work and play?



Try 14 days FREE
NO RISK

...we can help