

FIND YOUR FIT

with NIFS Fitness

NIFS provides unmatched knowledge, support and programming to help you achieve your goals.

- FREE Group Fitness Classes
- FREE monthly workouts from our Degreed and Certified Staff
- Small Group and Personal Training
- NBA basketball court
- Olympic lifting platforms
- Annual BOD POD®
- Access to Natatorium pool
- Full Locker room amenities
- Separate weight room
- 200m Indoor Running Track
- Sauna, Steam room, and Whirlpool

*Must be at least 21 (unless a non IU Indianapolis student with a valid student photo ID), a local resident and a new guest to be eligible. One pass is valid for 2 trial memberships.

Try
7 days
FREE*
NO CONTRACTS



Now Only
\$44.50
per month

+One time Join Fee of \$95

Prices reflect most NIFS full-access memberships. Ask member services about other membership offerings.

For membership information and rates contact Membership at 317.274.3533 ext. 279 or by email at membership@nifs.org.

NIFS Hours:

Monday - Friday: 5a-9p

Saturday & Sunday: 7a-7p

Downtown in White River State Park on the IU Indy campus 250 University Blvd., Indianapolis, IN 46202 317.274.3432 • nifs.org

  @NIFSIndy

nifs
for fitness

National Institute
for Fitness and Sport