



## Indiana University Health

### Campus Fitness Centers

With the possible exception of the CPL Fitness Center, you will have access to all centers as a member of the IU Health Employee Fitness Centers.

- **UH Fitness Center (room 0761, 24/7):** two treadmills, one elliptical, one recumbent cycle, dumbbells (3 lbs. – 45 lbs.), a curl bar, Smith Press, pull-up bar, sit-up mats/balls, medicine balls, water service and towel service.
- **MH Fitness Center (room AG043, 24/7):** three treadmills, two elliptical machines, one recumbent cycle, one upright cycle, one row machine, dumbbells (3 lbs. – 70 lbs.), a curl bar, a Universal Machine, Smith Press, pull-up bar, sit-up mats/balls, medicine balls, water service, towel service, showers and lockers.
- **IUHPL Fitness Center (room 4018, 24/7) - *available only to employees who currently have access to the IU Health Pathology Lab*):** three treadmills, one elliptical, one Arc-trainer, one recumbent cycle, Hoist personal pulley system, dumbbells (3 lbs. – 45 lbs.), a curl bar, sit-up board/ball, water service and towel service.
- **Fairbanks Hall Fitness Center (suite 1200, M-F: 5am – 10pm):** 8 treadmills, 3 Arc Trainers, 2 elliptical machines, 2 recumbent cycles, 2 upright cycles, 1 Rex machine, 13 Cybex strength training machines, Smith Press, Cable Crossover, dumbbells, sit-up board, back extension board, aerobics room, water service, towel service, showers and lockers.

*For more information on the IU Health fitness centers, including information on how to enroll and pricing, please visit [PULSE>Employee Tools>Employee Fitness Centers](#).*