

CAMPUS RECREATION AND WELLNESS

Campus Recreation and Wellness

RecWell supports students on their journey to living a healthy and balanced lifestyle while at UNO. If you are enrolled in at least one credit hour on-campus, a RecWell membership is included as part of your University Program and Facilities (UPF) Fees. There is no need to purchase a membership separately while taking an on-campus class. A valid membership is determined on a semester basis. If you are enrolled in an online, remote, research, or thesis class, you must opt into the fee by purchasing a UNO Student Membership would need to be purchased. A purchase is necessary since these classes do not pay the University Program and Facilities (UPF) Fees. All students, whether you are taking in person or online classes, you are eligible to participate in Wellness Coaching (<https://www.unomaha.edu/student-life/wellness/health-coaching-and-wellness-resources.php>). Campus Recreation and Wellness is located in the H&K Building. Learn more on their website (<https://www.unomaha.edu/student-life/wellness/campus-recreation/>).