

NSU PHYSICAL FITNESS CENTER



PROGRAMS
STAFF
FACILITIES
INTRAMURALS

WE are
here **FOR**
YOU

Welcome to the NSU Fitness Center web site. Providing fitness for your future. Our mission is to help you accomplish your health and fitness goals in a challenging and comfortable atmosphere. Our staff offers the best in service and a high level of expertise.

Warmth and caring permeate our fitness center. The friendly atmosphere is immediately apparent when you walk in the front door. Our staff greets you with genuine smiles because they want to make you feel right at home. Whether you would like to lose weight, get stronger or just get away from the world with an hour to yourself, the NSU Fitness Center offers state-of-the-art equipment, services and programs to fit individual needs. No matter what shape you're in, NSU Fitness Center will help you change your life.