

What Fitness rewards can do for you

Every time you come in to workout, you will have the front desk staff update your visits next to your name in the Fitness Rewards log. You will receive an entry for every 25 times you visit the Recreation Center. As an added BONUS you will also receive an entry by simply signing up. Each entry you receive will be used in the drawing for the final prizes.

GRAND PRIZE DRAWING LAST DAY OF CLASS

See Kiernan Center Front desk for details on prizes



Building Hours

Front Fitness Center

Monday –Thursday 7:00-10:00
Friday 7:00-9:00
Saturday and Sunday 9:00-9:00

Kiernan Center Hours

Monday-Thursday 11:00-10:00
Friday 11:00-9:00
Saturday and Sunday 1:00-9:00



Your Center for Campus Recreation
286-8055

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Niagara University Kiernan Center
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Fitness Rewards Program

Let us reward you for getting fit



Fitness Rewards

Fitness Rewards is a program developed by the Niagara University Kiernan Recreation Center. This program will give you the chance to be rewarded for working out.

To begin the program all you need is to register with the Front desk staff at the Kiernan Center.



Once you sign up your name will be entered into the Fitness Rewards log. You will have the front desk staff update the number of visits next to your name every time you enter the building including aerobic classes, intramurals and club sports. You will receive an entry to be used in the drawing by simply signing up and additional entries after every 25 visits.

The drawing for the Grand Prize will be on the last day of class

Who is Eligible?

Students, Faculty and Employees of the University are welcome to participate in this program.

25 Visits

25 visits is simple to achieve, and easy to keep track of. All you need to do is have the front desk staff update the number of visits next to your name every time you come in and receive the first prize. That prize is a sports water bottle.



50 Visits

Once you reach 50 visits the incentives continue. After obtaining 50 visits you will receive a free Fitness Rewards t-shirt.

Grand Prize Eligibility

By signing up you will receive a ticket that enters you in the drawing. Each additional 25 visits will earn you another ticket to be entered in the drawing. The more visits you record the better your chances of winning!

Each time you come in you are eligible for one visit. When you come to participate in aerobics, or intramurals you receive 2 visits which will help you reach your goal faster.

Prizes, Prizes, and More Prizes

A grand prize, second place and third place prize will be awarded on the last day of class. For information on prizes, please see the Kiernan Center staff.

*If interested in your progress simply ask the front desk staff.

Get rewarded for working out with fitness rewards

