

KU KIRMAYER FITNESS & AQUATIC CENTER

At Bishop Spencer Place, our commitment to wellness focuses on the mind, body and spirit with a combination of programs and activities that support physical, mental, emotional and spiritual well-being.

While our on-site fitness center features cardio-training equipment, free weights and a variety of fitness classes, our partnership with the KU Kirmayer Fitness & Aquatic Center at the University of Kansas Medical Center provides additional fitness opportunities at no charge to our residents.

The KU Kirmayer Fitness & Aquatic Center is a 50,000 square foot fitness center featuring a 75-foot long lap pool, a whirlpool, a suspended walking/jogging track, cardiovascular and strength training equipment, two group fitness studios, racquetball/squash courts and a basketball court.

All residents receive a free membership with free transportation to and from the Kirmayer Center, which is conveniently located just one mile northwest of our community on the KU Medical Center campus.

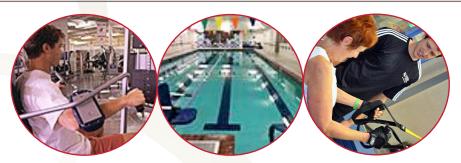
EXPERIENCE THE BENEFITS

- Fitness classes
- Aqua fitness classes
- Full-sized pool and walking/jogging track
- Cardio and strength-training equipment
- Lockers and showers

- Nutrition services
- Fitness assessment
- Personal training
- Equipment orientation
- Exercise consultation

KU Kirmayer Fitness & Aquatic Center Hours

Monday - Thursday: 5:00 a.m. - 10:00 p.m. 5:00 a.m. - 8:00 p.m. Friday: Saturday: 9:00 a.m. - 6:00 p.m. 12:00 p.m. - 8:00 p.m. Sunday:



KU Kirmayer Fitness & Aquatic Center: 3901 Rainbow Blvd., just one mile northwest of Bishop Spencer Place.





