

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



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