

# KU KIRMAYER FITNESS & AQUATIC CENTER

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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.

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## 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
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### 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.

