

*Fitness - If it came in a bottle,
everybody would have a great body.*

- Cher

**QUICK FACTS FROM
STUDENT SERVICES**

**KIRMAYER
FITNESS
CENTER**

For more information, contact us!

**The Kirmayer Fitness Center
913.588.1532**

<http://www.kumc.edu/Kirmayer>

Quoting Cher?! Okay, maybe she's not always a great source to quote, but she is right about fitness. It doesn't come in a bottle. But then who needs a bottle when you have the Kirmayer Fitness Center?

- Students can meet with an Exercise Physiologist at no charge to set up a Personal Exercise Plan (PEP). Fitness testing and Personal Training are also available.
- A wide range of exercise classes are offered including everything from Yoga and Pilates to Step aerobics and Boot Camp.
- For those who enjoy team sports, there are several intramural leagues including Basketball, Coed Volleyball, Futsal (Indoor Soccer), Softball, and Sand Volleyball.
- Professional training workshops are held three to four times each year for Personal Trainer, Pilates Instructor and Yoga Instructor. Some students have found the content of these workshops helpful in their chosen health career.
- A women's triathlon clinic is held annually for those wanting to become involved in the sport. Olympic swimmer and triathlete, Sheila Taormino was a guest instructor at a swimming clinic held in July 2005.
- A new Induro cycling program was launched in Fall 2005.
- The Fitness Center provides facilities for research studies, student activities, academic class activities and exercise related programming in collaboration with other University and Hospital departments.
- Fitness Center professional staff occasionally present exercise related lectures in the Schools of Nursing and Allied Health.



**EXERCISING ISN'T DRAINING YOUR GAS TANK....
IT'S RECHARGING YOUR BATTERY**