



Make your workout take you further.

Our Sports Medicine and Performance Center can help you
or your young athlete reach any fitness goal.

Your
first class
is free!

Sign up for classes and personal training at kansashealthsystem.com/sportperformance.



Be better, faster, stronger, safer.

Reach your goals safely and effectively.

- Premier facility with 9,000-square-feet, state-of-the-art weight room and turf fields
- Latest technology
- Programs designed and overseen by sports medicine experts, certified strength and conditioning coaches and fitness professionals



Your goals are our goals too.

Whether you want to lose weight, gain muscle, run faster or feel healthier, we've got a plan. We'll do a personalized assessment before you begin so we'll know your plan works for you.

Adult fitness:

- Group fitness classes
- Personal training
- Tandem training



For youth athletes:

Your youth and high school athletes can improve strength, speed and agility.

- Sports performance classes and personal training
- Speed development
- Injury-prevention programs

 THE UNIVERSITY OF KANSAS HEALTH SYSTEM

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