



MEMBERSHIP TYPES

- Campus Employees: Complimentary
- Campus Dependent: \$15/Month
- Public: \$40/Month
- Public Dependent: \$20/Month
- Daily Guest Pass: \$10/Day

NO CONTRACT REQUIRED

All new members are required to pay a one-time \$35 enrollment fee.

DELIVERING FITNESS DESIGNED FOR YOU

At the Aspiria Fitness Center, we strive to provide the best-in-class programming for our guests and members. In addition to our great facilities and equipment, we offer our guests and members:

- Variety of group exercise classes
- Personalized exercise plan developed to meet your fitness and training goals
- Assessment of body composition and circumference to measure progress and program effectiveness
- Recreation leagues and tournaments
- Wellness programming that provides tools for a healthy lifestyle

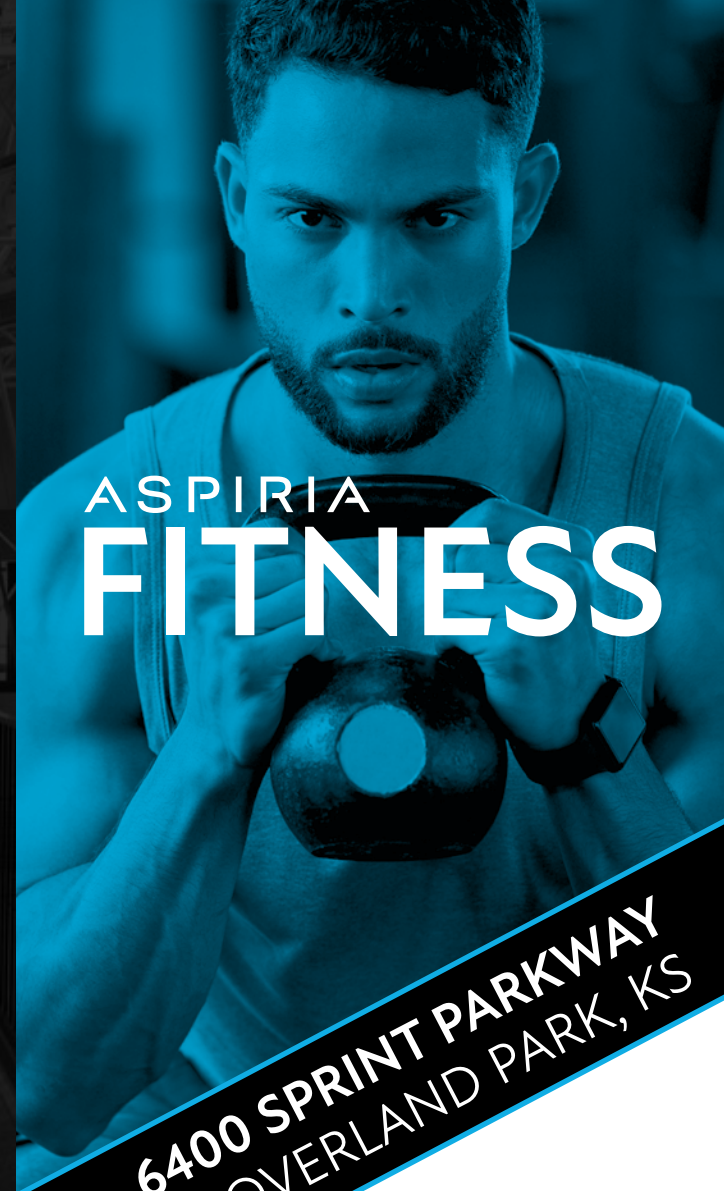
OUR MISSION

Our mission at the Aspiria Fitness Center is to promote a corporate culture emphasizing the critical balance between, work, family and physical activity by providing facilities supported by Corporate Fitness Works.

OUR TEAM

The Aspiria Fitness Center staff members are knowledgeable professionals backed with the education and experience to provide top-notch care to our guests and members. Have questions? Our staff is available and ready to instruct safe exercise form, answer questions and provide motivation.

ASPIRIA FITNESS



6400 SPRINT PARKWAY
OVERLAND PARK, KS

(913) 553-3107



ASPIRIAFITNESS.COM

aspiriafitnesscenter@occmgmt.com



MODERN FACILITY WITH STATE-OF-THE-ART EQUIPMENT

The Aspiria Fitness Center is a three-level, 72,000-square-foot facility with a wide variety of cardiovascular and strength equipment. We offer a complete set of programs and services focused on promoting healthy and active lifestyles.

- 1/8-mile indoor track with stunning views of the campus
- Locker rooms with sauna, steam room, and shampoo and body wash
- STRIVE 30-minute circuit conditioning area
- Three Fitness Studios
 - Main Group Exercise
 - Indoor Cycle
 - Yoga/Pilates
- Gymnasium for open play basketball and volleyball

HOURS OF OPERATION:

| | |
|----------|-------------------|
| Mon-Thur | 5:00 am – 9:00 pm |
| Friday | 5:00 am – 7:00 pm |
| Saturday | 7:00 am – 3:00 pm |
| Sunday | 9:00 am – 3:00 pm |

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GROUP EXERCISE CLASSES FOR YOU

Working out together is more fun! Join fellow members who also want to get motivated at a variety of our class offerings:

- Bootcamp
- Strictly Strength
- Yoga
- Pedal to the Metal
- Sports Camp
- Fit Fab Abs
- Ab Blast
- TRX Fusion
- Synrgy

ADULT RECREATION LEAGUES

- A variety of Adult Recreation Leagues are offered throughout the year. Stay up-to-date by visiting our website at aspiriafitness.com.

LOCKER RENTAL

Secure local rental is available for all Aspiria Fitness Center member

- 1/2 Locker: \$10/month
- Full Locker: \$20/month

PERSONAL TRAINING DESIGNED FOR YOU

New to fitness, not getting results, issues with sticking with a workout plan, or in recovery from an injury? Our trainers will create a motivating, invigorating workout experience customized to fit your fitness goals and requirements.

Personal training works. That's why anyone can benefit from professional, personal attention!

The Aspiria Fitness Center offers 30-minute, 45-minute and 1-hour long training sessions. You can choose to train alone for the most personal attention, with a partner or even in a small group. Single- and multi-pack purchase options are available to fit your schedule and budget. Packages and pricing options vary; visit aspiriafitness.com for the most current information.

GYM & TRACK RENTAL

Our full court basketball gym and 1/8-mile track are available for group rental upon request.

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