



Conway Regional Health and Fitness Center is the area's largest and most comprehensive health and fitness facility. As part of the region's leading healthcare network, our facilities, programs and services are medically-integrated. We believe that exercise and physical activity should be a part of your lifestyle and healthcare plan. #MOVEMORELIVEBETTER

Monthly Membership Rates for Faulkner County Employees Effective January 1, 2020

Monthly Fees	Standard Rate	New Discounted Rate
Individual	\$50.00	\$26.00
Individual plus children <12	\$72.00	\$38.00
Couple	\$88.00	\$45.00
Family	\$109.00	\$56.00

| No enrollment fee for Faulkner County Employees |

Contact Reed Gotcher @ 450.9292 ext. 302 for more information.

We offer something for everyone in the family!

Tons of Group Exercise Classes
Indoor Cycling Studio
Aquatic Exercise Classes
Swim Lessons
Personal Training
Fitness Assessments
Cardio & Strength Training Equipment
Multipurpose Area
Basketball & Volleyball Courts
Racquetball Courts
Indoor Heated Pool
Sauna, Steam Room & Whirlpool
Nutrition Counseling
Interactive Meal Planning
SilverSneakers® and Silver & Fit®
Health Education Classes
Programs for Kids & more!



Conway Regional Health & Fitness Center | 700 Salem Road | Conway, AR 72034
For more information on membership or any of our programs, call 501-450-9292, ext. 300