



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 February 1, 2023

Monthly Fees	Current Discounted Rate	New Discounted Rate
Individual	\$26.00	\$37.50
Individual + child(ren) 25 & under	\$45.00	\$66.00
Couple	\$45.00	\$66.00
Family	\$56.00	\$81.75

No enrollment fee for Faulkner County Employees

Contact Reed Gotcher at 450.9292, ext. 302 for more information.

Services & Programs

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|----------------------------------|--------------------------|
| Tons of Group Exercise Classes | Indoor Cycling Studio |
| Aquatic Exercise Classes | Functional Training Area |
| Cardio & Strength Training Areas | Indoor Heated Pool |
| Sauna, Steam Room & Whirlpool | InBody Analysis |
| Private Personal Training Studio | Indoor Track |
| Fitness Assessments | Racquetball Courts |



Conway Regional Health & Fitness Center | 700 Salem Road | Conway, AR 72034
conwayregionalHFC.org