



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

Monthly Fees	Regular Rate	Discounted Rate
Individual	\$52.00	\$44.80
Individual + child(ren) 25 & under	\$91.00	\$78.25
Couple	\$91.00	\$78.25
Family	\$113.00	\$97.25

No enrollment fee for Faulkner County Employees

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

Services & Programs

- Nearly 50 group exercise classes per week, free with your membership!
- Aquatic exercise classes, indoor heated pool, sauna, steam room & whirlpool
- Indoor cycling studio with new Schwinn Z bikes!
- Strength training areas with new equipment including the entire line of MATRIX selectorized strength equipment, with new movements and duplicates on six of the most popular machines to reduce wait time!
- Cardio training areas with new MATRIX treadmills, ellipticals, and ClimbMills, plus more!
- Private personal training studio
- Fitness assessments
- Functional Training Areas
- Indoor track and racquetball courts
- Play center for kids ages 6 weeks - 10 years

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