



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 Conway Public School System Employees



Monthly Fees	Standard Rate	Discounted
Individual	\$48.00	\$24.00
Individual plus children 13 and under	\$68.00	\$34.00
Couple	\$85.00	\$42.00
Family	\$105.00	\$52.00

| No enrollment fee for Conway Public School System Employees |

Contact Nicole @ 450.9292 ext. 302 for more information on membership.

## We offer something for everyone in the family!

- Tons of Group Exercise Classes
- Indoor Cycling Studio
- Aquatic Exercise Classes
- Swim Lessons
- Personal Training & a Private Studio
- 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
- Weight Management Support Group
- 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