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**

<table>
<thead>
<tr>
<th>Monthly Fees</th>
<th>Current Discounted Rate</th>
<th>New Discounted Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$26.00</td>
<td>$37.50</td>
</tr>
<tr>
<td>Individual + child(ren) 25 &amp; under</td>
<td>$45.00</td>
<td>$66.00</td>
</tr>
<tr>
<td>Couple</td>
<td>$45.00</td>
<td>$66.00</td>
</tr>
<tr>
<td>Family</td>
<td>$56.00</td>
<td>$81.75</td>
</tr>
</tbody>
</table>

No enrollment fee for Faulkner County Employees

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

**Services & Programs**

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

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