

Corporate Membership
Information
for the
employee

Conway Regional Health & Fitness Center

Thank you for your interest in our facility and Corporate Program!

Conway Regional Health & Fitness Center offers:

Aerobics	Massage Therapy
Basketball	Nutrition Counseling
Cardiovascular Equipment	Personal Training
Circuit Weight Training	Racquetball
Childcare	Sauna
Free Weights	Sun Deck
Free Daily Lockers	Swim Lessons
Free Towel Service	Specialty Fitness Classes
Health Education Classes	Wallyball
Indoor Heated Pool	Water Aerobics
Indoor Jogging/Walking Track	Weight Management
Outdoor Jogging/Walking Track	Whirlpool

New Member Orientation:

When you join Conway Regional Health & Fitness Center, you are entitled to an equipment orientation with a Fitness Trainer. Please see a Member Services Associate for the days and times these are offered.

Trained Staff:

Conway Regional Health and Fitness Center is staffed by exercise physiologists, certified aerobics instructors and a registered dietitian. We are a member of the Medical Fitness Association and a part of the Conway Regional Health System team!

Membership Rates:

Corporate Fitness Monthly Fees

	Regular	Discounted
Individual	\$ 48.00	\$ 38.40
Individual plus children 13 and under	\$ 68.00	\$ 54.40
Couple	\$ 85.00	\$ 68.00
Family	\$ 105.00	\$ 84.00

Joining fee is \$100.00 for the first person on a contract and \$25.00 for each dependent age 14 and over.

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