

FITNESS CENTER

Location

Rahn Building, 8th

Hours

CENTER OPEN 24/7

Fitness Center is staffed from:
7 a.m. to 5 p.m.
Monday - Friday

Membership Fees

Dues are paid via payroll.

Employee, Resident and UAMS retirees: \$15

Employees and Residents may add a spouse/companion membership on their account for an additional \$15 per month. No one under the age of 18 is allowed in any area of the Fitness Center at any time. Parking may require additional fees.

Spouse/Companion/Resident: Members who are employees or residents may sponsor one additional person for \$15 per month. Students may pay the student rate for the semester for spouse/companions as well. No one under the age of 18 is allowed in any area of the fitness center. Parking may require additional fees.

Student Memberships:

Fall semester: \$50, August 1 - December 31

Spring semester: \$50, January 1 - May 31

Summer: \$20 June 1- July 31

Students may add an additional membership on their account at the student rate per additional person. Students may pay their dues via credit/debit card, cash or by adding their charges onto their student account in GUS. Ask staff for details and deadlines on GUS for each college.

Guests: Members are allowed to bring guests during staffed hours. Guests must sign a release and are allowed two (2) visits with a member.

Available Services

- Personal Trainers
- Body Composition Assessment
- Wholesale Nutritional Supplements

For more information about our services, visit inside.uams.edu/fitnesscenter or call 526-2222.

Cardio Equipment

Treadmills

Rowing machines

Cross trainer ARC machines

Cross trainer AMT machines

Cross trainer elliptical machines

Recumbent bike

Upright bike

Cardio theater and TVs

Strength Equipment

Full circuit area

Cable Machines

Squat and Max Rack

Dumbbells 5-120 lbs

Hammer Strength equipment

Heavy ropes

Plyo boxes

TRX strap setup

Chin up bars

Variety of benches



Programs

Strength is Beautiful: a women's strength training program

12x12: a 12-month program designed to keep you accountable all year

Fit Me

This program, included with each membership, provides members with a structured exercise program designed to fit their individual needs and capabilities. Fit Me gives hands-on guidance from a degreed, certified personal trainer. Members may schedule an appointment with a trainer for an initial consultation, which will include taking fitness-related benchmarks. The member will then receive an individualized exercise program good for several weeks. The trainer will initially take them through the plan to familiarize them with the program and proper exercise technique. Each month, the member may meet with the trainer for an upgraded program and one free session.



Fitness Center Professionals

Natalie Cannady, manager

526-7650

Adam Carter, coordinator

526-7649

Fitness Center website

Our website (inside.uams.edu/fitnesscenter) provides valuable information about the fitness center and calculators to help in your quest for better health. Membership forms are available, as well as trainer bios, upcoming events, announcements and links to helpful websites. Please call 526-2222 and the fitness center staff will be happy to answer any questions you may have.

Improve individual health and well-being with a regular exercise program.

