Location
Rahn Building, 8th

Availability
CENTER OPEN 24/7

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Rahn Building, 8th

Hours
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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.

Cardio Equipment
- Treadmills
- Cross trainer elliptical machines
- Rowing machines
- Recumbent bike
- Cross trainer ARC machines
- Upright bike
- Cross trainer AMT machines
- Cardio theater and TVs
- TRX strap setup
- Variety of benches

Strength Equipment
- Full circuit area
- Heavy ropes
- Cable Machines
- Plyo boxes
- Squat and Max Rack
- TRX strap setup
- Dumbbells 5-120 lbs
- Chin up bars
- Hammer Strength equipment
- 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.

Natalie Cannady, manager
526-7650
Adam Carter, coordinator
526-7649
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.

Fitness Center website

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