

# FITNESS CENTER

## Location

COPH, 8th floor

## Hours

CENTER OPEN 24/7

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

## Membership Fees

Annual Salary Monthly Fee

Up to \$30,000	\$15	Retiree	\$15
\$30,000 and Up	\$30	Resident Fee	\$15
Spouse/Companion	\$15	UAMS Student	\$15

**Spouse/Companion/Resident:** Employee, resident, and student members may sponsor one additional person at the rate of \$15 per month.

No one under the age of 18 is allowed in any area of the fitness center. Parking may require additional fees.

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

## Fitness Center Professionals

**Natalie Cannady, manager**  
526-7650

**Adam Carter, coordinator**  
526-7649

## Available Services

- Personal Trainers
- Fitness Assessments
- Wholesale Nutritional Supplements

For more information about our services, visit [inside.uams.edu/fitnesscenter](http://inside.uams.edu/fitnesscenter) or call **526-2222**.

## 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

## Strength Equipment

Full circuit area	Heavy ropes
Free Motion cable machines	Plyo boxes
Max Racks	TRX strap setup
Dumbbells 5-120 lbs	Chin up bars
Hammer Strength equipment	Variety of benches



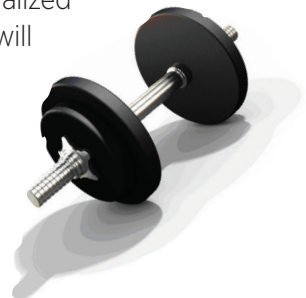
## Programs

**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.



## Fitness Center website .....

Our website ([inside.uams.edu/fitnesscenter](http://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.

