



# CLUBHAUS FITNESS



*The Experience that Fits*

More than a gym, Clubhaus Fitness is a **COMMUNITY**

of people that inspire, motivate and support one another. We are dedicated to introducing our members to state-of-the-art fitness, friendly staff, and modern design in an inviting and clean environment. We are committed to offering the latest in fitness equipment, technology and amenities.

1207 Rebsamen Park Rd. Little Rock, AR 72202  
612 W. Dickson St. Fayetteville, AR 72701  
2907 E. Joyce Blvd. #8 Fayetteville, AR 72703

501-916-9587  
479-287-4287  
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# Why are we The Experience that Fits?



*Yoga*



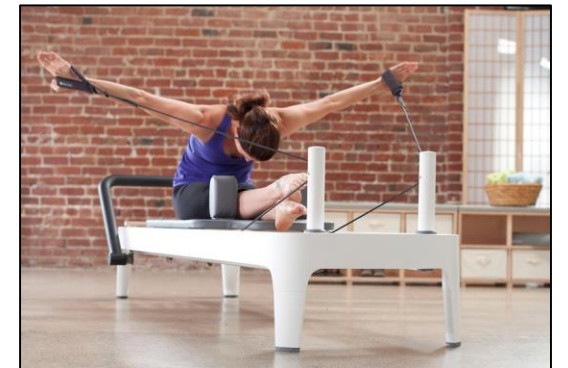
*Group Fitness*



*Fun & Friendly  
Environment*



*Spin*



*Reformer and Mat Pilates*

# Personal Training



Personal training holds the key to wellness. It provides accountability, motivation and education. Our staff is passionate and knowledgeable and wants to help you get started today.

## Individual

30 Min. - \$40

45 Min. - \$50

60 Min. - \$60

## Package Deal

10 Sessions = 5% off

Monthly Draft = 10% off

Group Training Discounts

# Group Fitness Classes

4 Reasons You Should Take A Group Fitness Class

Motivation - Structure - Variety -  
Fun!!!

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Everything from Fitness Inspired  
Yoga, Spin, and Brickhaus.

Stay motivated with over 70 group  
fitness classes scheduled.

**All Included with Membership!!!**



*What's Your  
Motivation?*

# Amenities

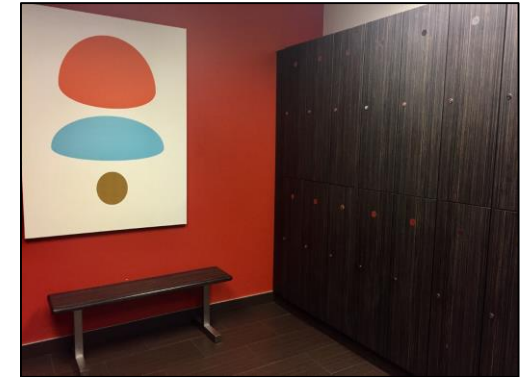
Elements of comfort and convenience. Everything you need at a health club to make your workout even more enjoyable. Our amenities include spacious locker rooms with independent showers, locker and towel service. Don't forget to relax in the sauna or steam rooms.



*Dry / Wet  
Sauna / Steam*



*Locker Service*



*Towel Service*

# Massage



- Anxiety
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Myofascial pain syndrome
- Soft tissue strains or injuries
- Sports injuries
- Temporomandibular joint pain

Whether your need is to have a moment of relaxation, reduce muscle tension or attain relief from chronic pain, a therapeutic massage can enhance your overall sense of emotional and physical well-being. Book today at our Little Rock location.

- 40 Min. - \$45
- 60 Min. - \$65
- 90 Min. - \$90

# Membership Info

## Little Rock Monthly Rates

Single Membership      \$69.95 + tax

Family Membership      \$99.95 + tax

Corporate/Military  
Membership      Inquire

Enrollment Fee      \$99.00 + tax  
Inquire about Specials

Phone – 501-916-9587

Email – [rush@clubhausfitness.com](mailto:rush@clubhausfitness.com)

## Fayetteville Monthly Rates

Single Membership      \$59.95 + tax

Family Membership      \$89.95 + tax

Corporate/Military  
Membership      Inquire

Enrollment Fee      \$99.00 + tax  
Inquire about Specials

Phone – 479-287-4287

Email – [elise@clubhausfitness.com](mailto:elise@clubhausfitness.com)