

**Facilities:**  
**14 Life Fitness Signature Series stations**  
**19 Hammer Strength Stations**  
**21,000lb Free Weight Studio**  
**Indoor Track**  
**Stationary Cardio Area (36 stations)**  
**Smoothie and Lunch Bar**  
**Yoga and Pilates Studio**  
**Men's and Women's Bathroom and Shower**  
**Synergy 360XL Indoor Jungle Gym**

**Services:**  
**Tanning**  
**Personal Training**  
**Nutritional Coaching**  
**Personalized Yoga Training**  
**Bootcamps**  
**Group Fitness Classes (Country & Hip-Hop Line Dancing, Build & Burn)**  
**Towel Service**  
**Cool Kids Corner**

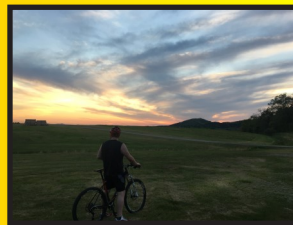
## ***Coming 2018 !!***

### ***Full Service Locker Rooms***



**“Come join our vegan and traditional cooking class!”**

**“Join our bike, paddle, and kayak instructional classes and our half day and weekend full day excursions!”**



**“Not just virtual fitness, but real life, hands-on fitness!”**

**HOLLYWOOD**  
**ATHLETICS & WELLNESS**  
1100 MALVERN AVE.

**Phone: (501) 701-4117**

**Like us on Facebook!**

#### **Hours of operation**

**Monday — Friday**

**5:00AM — Midnight**

**Desk staff on duty  
7:30AM — 8PM**

**Saturday**

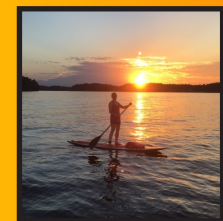
**5:00AM — Midnight**

**Desk staff on duty  
8:00AM — 1PM**

**Sunday**

**5:00AM — Midnight**

**No desk staff on duty**



## **Cool Kids Corner Hours**

**Monday —Thursday**

**8AM — Noon**

**4PM —7:30PM**

**Friday — Saturday**

**8AM — Noon**



**“DJ Hollywood hangin’ w/  
his CKC kids. Book your  
cool kids parties here!”**

## **Holiday Staffed Desk Hours**

**Thanksgiving (Closed)**

**Christmas Eve**

**8AM — 1PM**

**Christmas Day (Closed)**

**New Year’s Eve**

**8AM — 1PM**

**New Years Day (Closed)**

## **Membership Prices:**

**Initiation fee: \$100**

**Individual:**

**\$46/month (EFT bank  
transfer)**

**Family:**

**\$62/month (EFT bank  
transfer)**

**Corporate Membership:**

**Individual: \$39 (EFT  
bank transfer)**

**Family: \$55 (EFT  
bank transfer)**

**Individual membership  
paid in full (no initiation  
fee)**

**6 months: \$276**

**12 months: \$552**

**Family membership paid  
in full (no initiation fee)**

**6 months: \$372**

**12 months: \$744**

**\*Yearly maintenance fee:  
\$40**

## **Guest Passes :**

**Single guest pass (no  
initiation fee):**

**\$14 (good for 24  
hours from time of  
purchase)**

**10 Guest passes (no  
initiation fee):**

**\$100 (\$10 each and  
do not expire)**

**1 month prepaid (no  
initiation fee):**

**Individual: \$55**

**Family: \$75**

**Cool Kids Corner pass:**

**Single: \$5 (2hr time  
limit)**

**Family discount (2 or  
more kids): \$4 each**

**Family membership ( No  
fee for Cool Kids Corner)**

