



TOURS AVAILABLE DAILY!



CONWAY SPORTS & FITNESS CENTER

COME JOIN US TODAY!

The Conway Sports and Fitness Center offers a family friendly atmosphere and friendly motivating staff that is ready to help you "Commit To Get Fit"!

The 60,000 Square foot membership based facility features meeting space, a double gym, 1/10th mile indoor track, cardio area, weight area (with free weights and machines), fitness room, and 25 pool. We offer of 75 aquatic/fitness classes weekly.



HOURS

MONDAY - FRIDAY
5:30AM - 8PM
SATURDAY
8AM - 6PM
SUNDAY
Closed



AMENITIES

CARDIO ROOM DOUBLE GYM
FITNESS ROOM CHILDCARE
WEIGHT ROOM THE WIBIT
HEATED 25M POOL
SYNERGY 360
MASSAGE CHAIRS
WALKING TRACK



CLASSES

75+ AQUATIC AND FITNESS CLASSES THAT ARE INCLUDED IN A CONWAY SPORTS & FITNESS CENTER MEMBERSHIP.

CLASSES ARE AVAILABLE AT \$5 PER CLASS FOR NON-MEMBERS.

Contact Us:

1515 Mill Pond Rd, Conway, SC 29526
P: (843)488-1950
E: recreation@cityofconway.com

CONWAY PARKS & RECREATION DEPARTMENT

WWW.CONWAYPARKSANDRECREATION.COM