

10 Fitness Features:

Full Locker Facilities

Open and Fully Staffed
24 Hrs Mon-Fri

Membership Good
at All Locations

Personal Trainers
Available

30 Minute Circuit Training

Full Free Weight Area

Tons of Cardio at
Each Location

Separate Nautilus Circuits

North Little Rock

6929 Hwy 107

Hwy 10

14524 Cantrell

Rodney Parham

10901 N Rodney Parham

Conway

2125 Harkrider

Maumelle

11707 Maumelle Blvd

Jonesboro

1226 Caraway Rd

Bryant

519 West Commerce

Merrill Drive

1428 Merrill Drive

9 Locations

North Little Rock

Rodney Parham

Merrill Drive

Maumelle

Conway

Hwy 10

Bryant

Jonesboro

Springfield, MO



1-855-MY10FIT

www.10Fitness.com

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Premium Membership

You Pay:

\$29 Joining Fee
\$20 Monthly Dues
\$30 Annual Fee*

* Due 30 days after joining, and on the same date every year thereafter.

Commitment: 12 Months, then Cancel Anytime.

You Get:

- **Unlimited Access to All 10 Fitness Locations**
- **Unlimited Group Exercise¹**
- **Unlimited Tanning**
- **Fitness Assessment**
- **Daily Diet Planner**
- **10 Fitness T-shirt**
- **Kids Club²**

1. Available at our Rodney Parham, NLR, Conway, Maumelle, Merrill Drive and Jonesboro Locations

2. Available at our Conway, NLR, Maumelle, Merrill Drive and Jonesboro Locations

Basic Membership

You Pay:

\$59 Joining Fee
\$10 Monthly Dues
\$30 Annual Fee*

* Due 30 days after joining, and on the same date every year thereafter.

Commitment: None. Cancel Anytime.

You Get:

- **Unlimited Access to All 10 Fitness Locations**
- **Daily Diet Planner**
- **Fitness Assessment**

Our Clubs Have:

- **Spacious Functional Training Areas**
- **Professional Grade Tanning Booths**
- **Precor Cardio Equipment**
- **Friendly, Helpful Staff**
- **Kids Club²**
- **A Full Schedule of Group Exercise Classes:¹**
 - **Zumba**
 - **Bootcamp**
 - **Spinning**
 - **Yoga**
 - **Cardio Sculpt**