For the enjoyment and pleasure of our members and guests, we provide the following:

- Indoor 25-Yard Swimming Pool and Whirlpool
- Indoor Jogging/Walking Track (16 laps=1 mile)
- Full Complement of Cybex Weight Machines
- Full Locker Room/Shower Facilities
- Aerobics and Aquatics Classes
- Gymnasium
- Children's Activities
- Multipurpose Indoor Court Area
- Multipurpose Activity Room
- Professional Staff
- Tennis Court

**Contact Us**

- 501-664-6976
- 300 South Monroe LR, AR 72205
- www.facebook.com/NewJDFAC

**Hours of Operation**
- **Monday to Friday** 5:30 am to 9:00 pm
- **Saturday** 7:00 am to 6:00 pm
- **Sunday** 1:00 pm to 5:00 pm