

GROUP EXERCISE

February | 2025

March Schedule Updates

We are excited to announce new formats coming to the [Monday and Wednesday 10:00 am](#) classes! Join Amanda Castillo for Flow Yoga on Mondays and Fine Tuning on Wednesdays.

[Flow Yoga](#) is a dynamic, seamless practice that links breath with movement. This class guides you through a series of flowing postures, building strength, flexibility, and mindfulness.

[Fine Tuning](#) is a dynamic and focused class that blends yoga, Pilates, core strengthening, and endurance training into a seamless workout.

Amanda Castillo and Lori Isom will be leading the [Monday 5:30 pm Cycle](#) class this month. Start with Amanda in Full Body Sweat at 4:30 pm and stay for Cycle to keep the energy going!

The [Thursday 5:45 pm](#) class will now be Zumba with Dena! Get ready to dance and sweat!

Sunday Pop-up Classes

[Sunday, February 23 | 2:00 pm](#)
Step with Rebecca

[Sunday, March 2 | 1:10 pm](#)
Aqua Zumba with Amy

[Sunday, March 9 | 2:00 pm](#)
Step with Rebecca

[Sunday, March 16 | 2:00 pm](#)
Mind-Body Yoga with Lori





Silver Pop-ups

[Tuesday, March 4 | 11:00 am](#)
Joint Efforts with Kristen



[Tuesday, March 18 | 11:00 am](#)
Silver Step with Rebecca

[Tuesday, March 25 | 11:00 am](#)
Silver Stretch with Rebecca

KEY

-  NEW INSTRUCTOR
-  NEW CLASS/FORMAT
-  NEW DAY/TIME
-  NEW TIME

MONDAY

| | | |
|----------|-----------------------------|--|
| 5:10 am | Cycle with Karl | 45 min |
| 5:10 am | 360 Strength with Rebecca | 45 min |
| 8:30 am | Core with Rebecca | 25 min |
| 9:00 am | Cycle with Kristen | 45 min |
| 9:05 am | High/Low with Dena | 45 min |
| 10:00 am | Mindful Pilates with Staff | 45 min |
| 11:00 am | Silver Strong with Staff | 45 min |
| 12:00 pm | The GRIND with Erika | 45 min |
| 4:30 pm | Full Body Sweat with Amanda | 45 min |
| 5:30 pm | Cycle with Amanda | 50 min  |
| 5:30 pm | Pure Strength with Valerie | 50 min  |
| 6:45 pm | Zumba® with Amy | 45 min |


TUESDAY

| | | |
|---------|-------------------------------|--------|
| 5:10 am | The GRIND with Erika | 45 min |
| 5:10 am | Power Intervals with Danielle | 45 min |
| 8:45 am | 360 Strength with Staff | 60 min |
| 4:30 pm | Pilates with Elizabeth | 45 min |
| 5:30 pm | High/Low with Dena | 50 min |
| 6:30 pm | Yoga with Dena | 30 min |

WEDNESDAY

| | | |
|----------|------------------------------------|--------|
| 5:10 am | Cycle with Karl | 45 min |
| 5:10 am | HIIT + Stretch with Rebecca | 45 min |
| 8:00 am | Core with Kimberly | 25 min |
| 8:45 am | Step with Emily/Rebecca | 45 min |
| 8:45 am | Cycle + Top it Off with Kimberly | 50 min |
| 10:00 am | Mindful Pilates with Staff | 45 min |
| 11:00 am | Silver Strong with Staff | 45 min |
| 4:30 pm | Power Push + Stretch with Staff | 45 min |
| 5:30 pm | HIIT with Valerie | 30 min |
| 6:05 pm | Pure Strength Express with Valerie | 30 min |
| 6:45 pm | Express Pilates with Valerie | 30 min |

THURSDAY

| | | |
|---------|--------------------------|--|
| 5:10 am | Power Pump with Danielle | 45 min |
| 8:45 am | 360 Strength with Emily | 60 min |
| 4:30 pm | Pilates with Elizabeth | 45 min |
| 5:30 pm | Cycle with Lori | 45 min |
| 5:45 pm | Zumba® with Dena | 45 min  |

FRIDAY

| | | |
|----------|------------------------------------|--------|
| 5:10 am | Power Cycle with Danielle | 45 min |
| 5:10 am | Conditioning & Strength with Cathy | 45 min |
| 8:30 am | Core with Staff | 25 min |
| 9:05 am | Power Push with Staff | 30 min |
| 9:00 am | Cycle + Top it Off with Amanda | 50 min |
| 10:00 am | Unwind with Rebecca | 45 min |
| 11:00 am | Silver Strong with Kristen | 45 min |
| 12:00 pm | The GRIND with Erika | 45 min |

SATURDAY

| | | |
|----------|---|--------|
| 8:35 am | Cycle with staff Kimberly Kristen Rebecca Karl Amanda | 45 min |
| 9:30 am | 360 Strength with staff Kimberly Valerie Cathy Emily Emily | 45 min |
| 10:30 am | Zumba® with Dena/Amy | 45 min |

Conway Regional Health & Fitness Center Group Exercise Schedule | Class Descriptions

Core | 25 minutes of core work (abdominals, low back and high glute strengthening moves.)

360 Strength | Challenge your entire body in this effective, safe & comprehensive strength workout. Dumbbells, bodyweight & more will be used to move your body in all planes of fitness. Get ready to become stronger & test your limits with strength, cardio bursts and core work!

Conditioning & Strength | Look forward to conditioning and sculpting your whole body in this energizing and fun class based on movement! Three circuits designed to raise your heart rate and strengthen your muscles. Weights, bands, gliders, steps, and the like—the class never gets boring!

Cycle | Come ready to climb, sprint, and train to incredible music – all while on stationary bike!

Full Body Sweat | This 45-minute format offers a combination of strength with bursts of HIIT (high intensity interval training.)

HIGH Fitness | Choreographed interval training with intense cardio peaks and toning tracks pushes your heart rate and greatly improves your strength. Come jam out to songs you know and love, while taking your overall fitness to the next level! *High/Low fitness offers a modern twist on low-impact aerobics that mixes cardio & toning!

HIIT + Stretch | This format offers high intensity interval training to challenge your strength, speed, power and agility! Be ready to hit the floor and push yourself to the max, then stay for a 15-minute stretch.

Pilates & Mindful Pilates | Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement.

Power Cycle | This format offers periods of strength work off the bike.

Power Intervals | This format offers timed intervals of cardio and strength.

Power Pump | This format offers a mix of cardio and strength to the beat of the music.

Power Push | Work up a sweat with this effective calorie-burning combo utilizing dumbbells & bodyweight! A fast-paced class designed to engage all muscle groups. Minimal rest, all-out effort.

Pure Strength | Challenge your entire body in this effective, safe & comprehensive strength workout.

Silver Strong | Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living.

Step | Step is a great cardio option that tones your glutes and legs while building stamina & endurance! This energizing workout uses a step and risers. Step & Strength offers a mix of high-energy step and strength work!

The Grind | Anything goes in this class geared for intermediate to advanced fitness levels.

Unwind Yoga | Come ready to unwind your mind, body and spirit in this gentle, restorative style yoga format. All levels.

Yoga | Classes will include building strength in the core, balance in the body, as well as increasing flexibility and range of motion. Calm your mind, feel alive and revived.

Zumba® | Let's dance! A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class!

- All cycle classes will be held in the spin studio on level 1
- The GRIND will be held on the multifunctional area on level 1
- All other classes will be held in the group exercise studio on level 1
- Kids age 11-13 may attend classes with parent
- The schedule is subject to change monthly based on attendance & instructor availability