

GROUP EXERCISE

February | 2025



At Conway Regional, our identity is deeply connected to **green**, but in celebration of American Heart Month, we are embracing the bold and vibrant color, **red!**

We're excited to invite you to join us for an empowering day of fitness and fun at the HFC as we raise awareness for heart disease. Wear red and join us **Saturday, February 1** for our **#GoRedGetFit Event**. Get ready for an energizing lineup of classes led by our amazing instructors!

7:30 am Full Body Sweat Popup with Amanda
**Play Center opens at 8:30 am*
 8:35 am Cycle with Amanda
 8:45 am Aqua Zumba with Amy
 9:30 am 360 Strength with Danielle
 10:30 am Zumba with Dena

Can't join us on February 1? No worries! We've got more opportunities to celebrate: Celebrate **National Wear Red Day** with us all day on **Friday, February 7!** We are also offering a special 9:00 am: **#GoRedGetFit Ride** with Amanda!

Sunday Pop-up Classes
 Sunday, February 2 | 2:00 pm
 Power Pump with Danielle
 Sunday, February 9 | 2:00 pm
 Mind-Body Yoga with Lori
 Sunday, February 16 | 2:00 pm
 High/Low Fitness with Dena
 Sunday, February 23 | 2:00 pm
 Step with Rebecca

Group Exercise Class Changes

Join Kimberly Porter on Wednesdays at 8:00 am for a new 25-minute class dedicated to building core strength. Plus, we're adjusting the start time for Cycle + Top It Off with Kimberly to 8:45 am — 15 minutes earlier, making it easier to transition from Core and maximize your workout time!

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 Audrey | 45 min |
| 11:00 am | Silver Strong with Audrey | 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 Beats with Krystal | 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 Audrey | 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 Audrey | 45 min |
| 11:00 am | Silver Strong with Audrey | 45 min |
| 4:30 pm | Power Push + Stretch with Audrey | 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 | Step & Strength with Krystal | 45 min |
| 6:45 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 Audrey | 25 min |
| 9:05 am | Power Push with Audrey | 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 Amanda Kimberly Lori Karl | 45 min |
| 9:30 am | 360 Strength with staff Danielle Valerie Emily Cathy | 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!

Cycle Beats | This format includes choreographed moves on the bike, to the beat of the music! Be ready for a party on the bike with tap backs, pushups, and crosses.

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