

InMotion HFC

HFC Olympic Bingo

The 2024 Paris Olympics are here, and the HFC is offering a fun Olympic Bingo for members to celebrate! The HFC Olympic Bingo encourages members to participate in various activities inspired by the 2024 Paris Games.

Cards are now available for members to pick up at the front desk, and Olympic Bingo will continue through the end of the games, Sunday, August 11.

How to play:

- Each member is allowed one bingo card
- Simply complete the activity and mark off the box on your bingo card
- You can bingo once in the following patterns: four corners, a straight line, or a diagonal
- Bingos will be entered into a drawing for an InBody analysis. Four winners will be chosen.
- Or, you can choose to have a blackout bingo card!

Completed cards will be entered into a drawing for an assessment and four 30-minute personal training sessions. Olympic Bingo is based on an honor system other than Artistic Swimming (an aquatic exercise class), Gymnastics (a Pilates or yoga class), and Track Cycling (an indoor cycling class). For these classes, we ask the instructor to initial or sign in the box, along with the member.

Bingo cards must be turned in by Tuesday, August 13, to be entered into the drawing.

For more information, contact Amanda Castillo at 501-450-9292, ext. 306, or acastillo@conwayregional.org.

AUGUST 2024

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Weekend Hours of Operation

7:00 am to 6:00 pm
on Saturdays &
12:00 – 6:00 pm on
Sundays.



PARIS 2024

Family Swim

Families can enjoy the pool on Mondays and Wednesdays from 2:00 – 5:00 pm, Fridays from 2:00 – 6:00 pm, and Saturdays and Sundays from 2:00 – 5:00 pm.

Family recreation/swim is recreational time for members and child members under 11. This is the only time children under 11 are allowed in the pool unless they participate in staff-led swim lessons or special programs. Children under 11 must be supervised in the pool area, and children under six must be accompanied by an adult in the pool. Member exercise may be allowed simultaneously, and children under 11 may lap swim but only during family recreation/swim.

Swim Programs

Registration will open soon for our fall sessions of group swim and dolphins!

We also offer private swim lessons for people of all ages. For more information, contact Kyle Shunkey, Aquatics Coordinator, at 501-450-9292, ext. 308.

Congratulations, Conway Crocs!

The Conway Crocs have finished another successful season! This year's team, one of the largest in our history with over 150 swimmers, went undefeated for the second consecutive year in the Central Arkansas Swim League. The Crocs triumphed over strong competitors from Hot Springs, Bryant, Maumelle, Cabot, Sherwood, and Otter Creek. Way to go, team!.



Pool and Aquatic Area Maintenance Notice

Essential preventive maintenance is scheduled for the pool and aquatic area on Friday, August 16. During this time, we will carry out several crucial tasks that cannot be completed during regular operations. This maintenance is vital to ensure our facilities remain in top condition and continue to provide an enjoyable experience for all members.

Please be aware that the pool and whirlpool will be closed during this maintenance period. However, the sauna and steam room will remain open for your use and relaxation.

We expect to resume normal operations and reopen the pool on Saturday, August 17. We appreciate your understanding and cooperation as we work to uphold the highest standards for our aquatic facilities.

Youth Sports Performance Continues in the Fall

After a successful summer of Level Up camps, we are gearing up for fall offerings of Youth Sports Performance Training!

Registration will open soon for the following 4-week sessions:

- Tuesdays and Thursdays
- September 17 – October 11
- October 22 – November 14
- Ages 7 - 11 | 5:00 – 5:45 pm
- Ages 12 and up | 6:00 – 6:45 pm

A maximum of 12 participants will be accepted into each age group. The cost is \$100 for members and \$125 for non-members.

Individuals may register at the front desk, or members can utilize the Health & Fitness Center mobile app. For more information, please call Erika Setzler at 501-450-9292, ext. 305.

Welcome Danielle Creswell!

We are thrilled to welcome Danielle Creswell to our group exercise team! Danielle has over 7 years of experience and holds her NETA (National Exercise Trainers Association) Group Exercise Instructor certification and Schwinn Indoor Cycling Classic certification. Beginning with the September schedule, Danielle will soon instruct formats including Power Cycle, Power Pump, and Step Fusion. Also look for her on Saturday rotations and Sunday pop-ups!



Sunday Pop Up Classes

Zumba Glow Party on Sunday, August 11 at 2:00 pm with Dena Meriweather and Amy Jordan.

Cycle on Sunday, August 18 at 1:30 pm with Lori Isom

Autumn Spectrum Yoga on Sunday, August 18 at 2:30 pm with Lori Isom

Namaste at the Rogue

Conway Regional Health & Fitness Center is teaming up with The Rogue Roundabout again to offer more elevated movement experiences!

This series will offer Barre! Barre delivers a fusion of yoga, Pilates, ballet, and strength training.

Meet Me at the Barre will be held on Saturday, August 17, at 9:30 am. This event includes a specialty coffee or pint from a selection of unique craft beverages.

Flight & Flexibility will be held on Saturday, September 21, at 9:30 am. You are invited to pick a flight from the unique craft beverages, including mimosas, to enjoy either during the practice or after. Non-alcoholic options are also available.

Tickets are \$20 for each event and are available for purchase via Eventbrite. Limited spots are available. Make plans to stay for brunch afterward with the group – it's a perfect way to kick off the weekend!

For more information, contact Amanda Castillo at 501-450-9292, ext. 306.

**Purchase
tickets here!**



Group Exercise Schedule Changes

Format and Instructor Change for Mondays at 9:05 am

High Fitness with Dena Meriweather will begin on August 5, and Step Fusion with Danielle Creswell will begin in September!

Time and Format Change for Wednesdays at 8:45 am

Step with Emily Martinez will begin August 7. We will no longer offer 8:30 am Core or 9:05 am Fine Tuning.

Format Change for Thursdays at 6:30 pm

Mind Body Barre with Dena Meriweather will begin on August 1. This format offers a blend of Barre and yoga!

Format and Instructor Change for Fridays at 5:10 am

Power Cycle with Kimberly Porter will begin on August 2 and Danielle Creswell in September. This format offers periods of strength work off the bike.

Danielle Creswell will take over the Thursday 5:10 am slot in September and offer Power Pump! This format offers a mix of cardio and strength to the beat of the music!