

InMotion HFC

Extended Facility & Play Center Hours

The HFC is excited to announce that beginning October 1, we are extending our hours Monday through Thursday until 10:00 pm!

The aquatic area will continue to close 15 minutes early so you can dry off and head out on time.

The Play Center will also extend hours to:

- Monday – Thursday until 8:00 pm
- Saturday until 2:00 pm

We hope these extended hours add to your experience at the HFC!

Biketoberfest Indoor Rides

Conway Regional Health System's Biketoberfest is a month-long celebration of Conway's cycling routes! Conway Regional Health & Fitness Center is proud to host free 50-minute indoor cycling sessions in celebration!

The Rogue Roundabout Kick-Off Ride | Sunday, October 6 | 2:00 pm

After the indoor ride, participants can head to Rogue Roundabout to meet other cyclists over cold beverages brewed in-house & charcuterie provided by The Rogue Roundabout.

The Best Day Ride for Women | Sunday, October 13 | 2:00 pm

Join us for a Taylor Swift ride with a photo booth, special music, friendship bracelets, sunnies, and more!

Taco Ride | Wednesday, October 23 | 5:30 pm

Cycle on-site at Caldwell Toyota! Once finished, participants can enjoy tacos and music.

To sign up for any Biketoberfest ride, please visit Conwaybiketoberfest.org



OCTOBER 2024

INSIDE THIS ISSUE:

Swim Programs
page 2

Get Moving Arkansas
page 3

Play Center Trick-or-Treat
page 3

Sunday Pop-Up Classes
page 4

Weekend Hours of Operation

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



HFC 30th Anniversary

Keep a look out for celebrations surrounding the HFC's 30th Anniversary!

Halloween Night Classes Canceled

All classes after 4:30 pm Pilates on October 31 will be canceled to allow our staff to enjoy Halloween with their families. We hope you have a safe and fun Halloween!

Family Swim

Effective October 1, families can enjoy the pool on Wednesdays and Fridays from 3:00 – 6:00 pm and Saturdays and Sundays from 2:00 – 5:00 pm.

Family recreation/swimming 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.

Aquatic Update

Our Dolphins swim program will continue Tuesdays and Thursdays from 6:30 – 7:30 pm through October 10. The program will take a short break and will return from October 22 to November 19. All lanes may be reserved depending on registrants. Please view the pool availability schedule for details.

We will not offer 5:30 pm Aqua Amp with Todd Millwood on Thursday, October 31.

Swim Programs

Registration is open for our fall sessions of group swim lessons and Dolphins!

Level 1 & 2 Group Swim Lessons are recommended for ages 4-11 depending on skill level.

- Mondays and Wednesdays
- 6:00 - 6:45 pm
- October 21 - November 13

The cost is \$80 for members and \$100 for non-members. Registration is available at the front desk or on our website.

Dolphins is a stroke development swimming program designed for kids ages 5 – 18 to help improve their technique.

- Tuesdays and Thursdays
- 6:30 - 7:30 pm
- October 22 - November 19

Participation in Dolphins requires past involvement in Crocs or a completed swim test. Registration is only available at the front desk.

The cost is \$45 for members and \$65 for non-members.

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



Get Moving Arkansas

All group exercise and aquatic classes after 8:00 am are canceled on Friday, October 4. The HFC staff will be hosting Get Moving Arkansas!

Get Moving Arkansas is presented by Conway Regional Health & Fitness Center and is held at the Hendrix College athletic fields. This event introduces fourth-grade students across central Arkansas to different types of fitness, including strength training, football, yoga, tennis, soccer, dance, and more. The event's main goal is to help kids learn that fitness can be fun! This year's event will be held Friday, October 4, from 9:15 am – 12:15 pm.



Halloween Play Center Hours & Trick-or-Treat

The Play Center will offer trick-or-treating on Thursday, October 31, from 9:00 – 11:30 am. Attendants will take all children checked in at the Play Center around different areas of the HFC, so be sure to make plans to have them in costume!

Please note that the Play Center will be closed for the afternoon/evening shift on Halloween.



Sunday Pop-Up Classes

In addition to the Conway Regional Health System Biketoberfest rides on October 6 and 13, we have the following pop-ups planned:

Sunday, October 13 | 3:00 pm

Plan to relax with Lori Isom in a restorative yoga class. This format will offer a gentle body flow focus, with short, interleaved crystal bowl and chime sound bath segments for each region, followed by guided relaxation and Yoga Nidra.

Sunday, October 20 | 2:00 pm

Don't miss an opportunity to experience Danielle Creswell's high energy in a Halloween-themed Power Pump class! This format offers a mix of cardio and strength to the beat of the music.

Sunday, October 27 | 2:00 pm

Come ready to dance in a Halloween-themed Zumba class led by Amy Jordan and Dena Meriweather!



Group Exercise Schedule Changes

Wednesday | 8:45 am | Instructor Change

Rebecca Petersen will join Emily Martinez in offering Step!

Wednesday | 9:00 am | Format Change

Kimberly Porter will offer Power Cycle. This format offers periods of strength work off the bike.

We will not offer group exercise classes after the 4:30 pm Pilates on Thursday, October 31.

For a complete schedule of classes, visit Group Exercise on our website or app!