

# InMotion HFC

## Biktoberfest

Conway Regional Health System Biktoberfest is a month-long celebration promoting Conway's cycling amenities and routes with rides in four different formats: road, mountain, gravel, and community. The City of Conway has many cycling opportunities, and Conway Regional Health & Fitness Center is proud to offer an expansive indoor cycling space for community rides.

Conway Regional Health & Fitness Center is excited to host indoor cycling sessions again for free to the community! Amanda Castillo will lead the 50-minute rides. Registration will open in mid-September via EventBrite for three different rides:

- Biktoberfest Kick-Off Ride on Sunday, October 6 at 2:00 pm
- The Best Day Ride for Women on Sunday, October 13 at 2:00 pm
- Taco Ride at Caldwell Toyota on Wednesday, October 23 at 5:30 pm

For more information on the indoor rides, contact Amanda Castillo at 501-450-9292, ext. 306. For a complete list of events during Biktoberfest, scan the QR code!



## SEPTEMBER 2024

### INSIDE THIS ISSUE:

- Swim Programs  
page 2
- Youth Sports Performance  
page 3
- National Women's Health & Fitness Day  
page 4

### Weekend Hours of Operation

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



### Closed Labor Day

The HFC will be closed on Monday, September 2, in observance of Labor Day.

## Family Swim

Effective September 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.



## Lane Closure

Our Dolphins swim program will return this fall on Tuesdays and Thursdays from 6:30 - 7:30 pm beginning September 17. All lanes may be reserved depending on registrants. Please view the pool availability schedule for details.

## 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
- September 16 - October 9
- 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
- September 17 - October 10
- 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.



## Youth Sports Performance

Youth Sports Performance Training is designed to enhance strength, conditioning, and athletic abilities crucial for success in most sports. The training focuses on key athletic skills such as sprinting, change of direction, body control, and jumping. Participants receive expert instruction on proper form and technique for various exercises and are challenged to improve their fitness using advanced tools like Blazepods, the AssaultRunner Elite, and the VertiMax Training Platform.

Youth Sports Performance Training Dates:

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

Registration is available on our website or in person at the HFC! For more information, please call Erika Setzler at 501-450-9292, ext. 305.



## Group Exercise Schedule Changes

### Format and Instructor Change for Mondays at 9:05 am

Step Fusion with Danielle Creswell will begin on September 9.

### Format and Instructor Change for Thursdays at 5:10 am

Power Pump with Danielle Creswell will begin on September 5.

### Instructor Change for Fridays at 5:10 am

Power Cycle with Danielle Creswell will begin on September 6.

For a complete schedule of classes, visit our website!



## Sunday Pop Up Classes

Sunday, September 8 at 2:00 pm Power Pump with Danielle Creswell. This format offers a mix of cardio and strength to the beat of the music!

Sunday, September 15 at 2:00 pm High Fitness with Dena Meriweather. This format offers fitness moves paired with music you know and love!

Sunday, September 22 & 29 at 1:30 & 2:30 pm Double Line up with Lori Isom. Join her for Cycle at 1:30 pm, followed by Autumn Spectrum Yoga at 2:30 pm.

## National Women’s Health & Fitness Day

Celebrate National Women’s Health and Fitness Day by embracing a healthier, fitter you! Join us on Wednesday, September 25, for a day dedicated to wellness, workouts, and women’s empowerment.

To mark the occasion, we’re offering special classes and inviting our members to bring a friend for free to try out one of our group exercise sessions or simply enjoy a workout. \*Limit one guest per member.

Additional ways to observe National Women’s Health and Fitness Day include:

- Take time to schedule a doctor’s appointment. Routine medical checkups are crucial to maintaining our health!
- Commit! Celebrating health and fitness for one day is great, but what would be even better is making a lifelong commitment to a healthier life – every day.

Mark your calendar and don’t forget to wear pink! For more information, contact Amanda Castillo at 501-450-9292, ext. 306.



### Namaste at the Rogue Roundabout

With school back in session, plan to relax and enjoy a Saturday morning with us at The Rogue Roundabout!

Join us on Saturday, September 21, at 9:30 am for Flight & Flexibility with Amanda Castillo! This elevated movement experience offers a 50-minute yoga practice during which participants select a flight from the unique craft beverages at the Rogue Roundabout, including mimosas and non-alcoholic options.

Tickets are just \$20 and are going fast! Scan the QR code to purchase tickets via Eventbrite.

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!**

