

InMotion HFC



Celebrating American Heart Month

Join the Health and Fitness Center as we celebrate National Wear Red Day® and American Heart Month!

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!

Join us on Saturday, February 1, for our #GoRedGetFit event, a day of fitness, fun, and community. Come dressed in red and enjoy an energizing lineup of classes led by our talented instructors.

Class Schedule:

- 7:30 am: Full Body Sweat pop-up 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 on Friday, February 7! We are also offering a special 9:00 am #GoRedGetFit Ride with Amanda Castillo.

Let's get moving, raise awareness for heart disease, and support one another in building a healthier future!

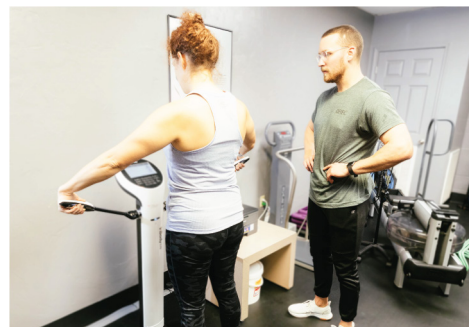
FEBRUARY 2025

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Weekend Hours of Operation

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



InBody New Year Challenge

The New Year InBody Challenge is in full swing with more than 75 participants! This 8-week contest rewards members for improving body composition by gaining muscle and losing fat. Post InBody analyses are set for March 17-18, and we can't wait to announce the winners!

Swim Lessons and Dolphins

Registration is open for the upcoming sessions of group swim lessons and Dolphins!

Group Swim Lessons are recommended for ages 4-11, depending on skill level

- February 24 – March 19
- The cost is \$80 for members and \$100 for non-members.

Registration is available via the front desk, or members can utilize the Health & Fitness Center mobile app.

Dolphins is a stroke development swimming program that helps improve technique.

- Ages 5 - 18
- Tuesdays and Thursdays from 6:30 - 7:30 pm
- February 25 – March 20, April 1 – 24, and April 29 – May 22
- The cost is \$45 for members and \$65 for non-members.

Prior participation in Crocs or a swim test is required for Dolphins registration. Registration is only available at the front desk.

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.

Youth Sports Performance Training

Designed for kids ages 7 and up, this dynamic program is led by Erika Setzler, Human Performance Program Manager. Training builds speed, agility, strength, and athletic performance for kids new to sports or those looking to elevate their skills.

Program Highlights:

- **Age Groups:** 7-11 & 12+
- **Focus Areas:** Speed, agility, strength, and overall performance
- **Cutting-Edge Tools:** Blazepods, AssaultRunner Elite, VertiMax, and more
- **Recovery:** Massage guns and Normatech compression sleeves for optimal recovery

Spring break camp dates are coming soon! Contact Erika Setzler at 501-450-9292, ext. 305, for personalized one-on-one sports-specific training.



Kids Run Arkansas® Save the Date!

Kids Run Arkansas® will occur on Friday, April 25, at 6:00 pm, presented by Conway Regional Health & Fitness Center, with Groovy Smiles Pediatric Dentistry as the title sponsor.

This fun and inclusive event is open to children of all ages and their parents. There will be no chip timing, as the goal of Kids Run Arkansas® is to encourage fun, fitness, and family participation. This year, the event will include the 3-mile run/walk and debut Reggie's Rush! Reggie's Rush is a ½-mile race that offers a fun, safe way to engage younger children in physical activity. The route will be a short, out-and-back run on Tucker Creek Trail.

Reggie Regional is the friendly face of Conway Regional Health System! More than a mascot, Reggie embodies the heart of our iconic star logo, symbolizing hope, care, and community for more than 100 years. He's here to inspire smiles, energy, and healthy living!

In addition to promoting health and fitness, we recognize the schools with the highest percentage of participation each year, awarding scholarships for their physical education programs. Over the past 16 years, we've awarded nearly \$80,000 in scholarships.

Registration opens in March. For more details, please contact Mallory Lefler at 501-450-9292, ext. 309, or by emailing mlefler@conwayregional.org.



Sunday Pop-Up Classes

Sunday, February 2 at 2:00 pm

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

Sunday, February 9 at 2:00 pm

Relax with Lori Isom in a fabulous, restorative yoga class. Mind-Body Yoga will offer a gentle full body flow.

Sunday, February 16 at 2:00 pm

Come ready to move to tracks you know and love in a High/Low Fitness Party with Dena Meriweather!

Sunday, February 23 at 2:00 pm

Get ready for Step with Rebecca Petersen! This format offers a great cardio workout, including stepping on and off a raised platform.

Silver Pop-Up Classes

Thursday, February 6 at 11:00 am

Silver Stretch with Audrey Taylor is a 45-minute chair-based stretching class that targets all muscle groups to improve flexibility and mobility.

Tuesday, February 11 at 11:00 am

Silver Step with Rebecca Petersen is a 45-minute class that challenges both your brain and body by combining music with light choreography and easy-to-follow footwork.

Tuesday, February 18 at 11:00 am

Joint Efforts with Kristen Suter is a 45-minute class that primarily uses a chair for gentle exercises designed to enhance joint flexibility, increase range of motion, and maintain strength.

Thursday, February 27 at 11:00 am

Brain, Body, and Balance with Audrey Taylor is a 45-minute format that will stimulate the mind, activate muscles, and include core challenges.



You asked, and we listened! We're excited to bring back a Core class to the group exercise schedule. Join Kimberly Porter on Wednesdays at 8:00 am for a 25-minute class focused on building core strength.

We're also 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!