

InMotion HFC

Save 30 Promotion

Conway Regional Health & Fitness Center is celebrating 30 incredible years of helping our community lead healthier, more active lives!

If you or someone you know is considering joining the HFC, now is the time. During January, we are offering a SAVE 30 membership promotion. Individuals can save \$30 on their joining fee and get \$30 off the first full month of dues!

Call 501-450-9292, ext. 300, for more information.

**Some restrictions apply*



Group Exercise MOVE 30 Challenge

You still have time to participate in our group exercise MOVE 30 challenge! Members who attend a total of 30 group and/or aquatic exercise classes during December and January combined will be entered into a drawing for amazing prizes, including Beats by Dr. Dre Wireless headphones, Apple Watch SE, Garmin Forerunner GPS running watch, Ninja CREAMi Deluxe, Lululemon gift card, Academy Sports + Outdoors gift card, and a DICK'S Sporting Goods gift card.

Punch cards are used for this challenge, and instructors must validate attendance for the entire class. For a complete list of classes, visit our website or app.

JANUARY 2025

INSIDE THIS ISSUE:

Swim Lessons & Dolphins
Page 2

InBody New Year Challenge
Page 3

Sunday Pop-Up Classes
Page 4

Silver 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.



Extended Hours Reminder

Don't forget about the new extended hours for the HFC and play center!

HFC is open Monday through Thursday until 10:00 pm.

Play Center is open until 8:00 pm Monday – Thursday and 2:00 pm on Saturdays.

Swim Lessons and Dolphins

Registration is open for the first sessions of group swim lessons and Dolphins for 2025!

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

- January 20 – February 12
- 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
- January 21 – February 13, 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.

Welcome Geron Parks

We are thrilled to welcome Geron Parks to our team of certified personal trainers at the HFC!

Geron is pursuing a Bachelor's degree in Exercise Science at the University of Central Arkansas, with plans to graduate in the spring of 2025. He recently earned his certification from the National Council for Certified Personal Trainers (NCCPT) and is eager to start helping clients achieve their fitness goals.

In addition to his work here, Geron is preparing for a Spring 2025 internship with the Conway High School Strength and Conditioning department.

For more information or to schedule a session with Geron, contact Mallory Lefler, Fitness Manager, at 501-450-9295, ext. 309.



InBody New Year Challenge

Don't miss our New Year InBody Challenge! This 8 week contest will help you reach your goals by focusing on improving body composition by gaining muscle and losing fat. Unlike other challenges, rewards are based on overall body transformation. Members can purchase a \$30 InBody Challenge package at the front desk before January 20 at 12:00 pm (limited spots available). The package includes an InBody Analysis at the start and end, with pre analysis appointments on January 21 and 22.

Prizes

1st Place | \$250 credit to your account

2nd Place | \$100 credit to your account

3rd Place | \$50 credit to your account

For more information, contact Mallory Lefler at 501-450-9292, ext. 309. *Some restrictions apply.*



Group Exercise Class Changes

Tuesdays at 5:30 pm

High Fitness with Dena Meriweather will change to High/Low. This no-equipment format uses simple, set choreography to create an effective steady-state cardio workout to tracks you know and love. High/Low is easy to follow and adaptable to all levels of fitness.

Wednesdays at 9:00 am

Power Cycle with Kimberly Porter will change to Cycle + Top It Off. This format offers a 45-minute ride with a 5-minute strength finisher.

Thursdays at 5:45 pm

Step & Strength with Krystal Hampton will move to a later start time of 5:45 pm.

Sunday Pop-Up Classes

Sunday, January 5 at 2:00 pm

Come experience Mindful Pilates with Audrey Taylor! This mat-based Pilates class focuses on strength and flexibility, with an emphasis on challenging the core with each movement.

Sunday, January 12 at 2:00 pm

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

Sunday, January 19 at 2:00 pm

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

Sunday, January 26 at 2:00 pm

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

Silver Pop-Up Classes

Tuesday, January 7 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.

Tuesday, January 14 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.

Thursday, January 23 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, January 30 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.



**MORE THAN 40 GROUP
FITNESS CLASSES OFFERED
EACH WEEK**

See the complete schedule at
ConwayRegionalHFC.org