

# InMotion HFC



We're excited to introduce a new program for our members – Parent's Night Out in the Play Center! This monthly, fee-based service will allow parents to enjoy a night out while our amazing play center attendants provide their kids with a fun and safe environment.

#### Details:

- Members only – no guests (children must be active members)
- Ages 2-10
- Reservations required – register on our website, mobile app, or front desk
- \$20 per child
- The service runs from 6:30 – 9:00 pm
- Snacks provided. Please ensure your child is fed and hydrated prior to arrival.
- Children attending cannot be checked into the Play Center during the evening shift on the same day to ensure we provide the best care and time limits.

The first Parent's Night Out will be March 7! Limited spots are available, so be sure to secure your child's spot today!

## March Madness at the HFC

Join the HFC for a March Madness Fitness Challenge! We've created a bracket that will keep you motivated and maybe even push you to try something new. Whether you're a fitness pro or just starting, this challenge is for everyone!

The challenge kicks off on March 1, and to get started, pick up your bracket at the front desk. Complete your training, turn in your finished bracket, and you'll be entered into a drawing for awesome prizes at the end of the month.



## MARCH 2025

### INSIDE THIS ISSUE:

Youth Sports  
Spring Break Camp  
Page 2

Kids Run Arkansas  
Page 3

Group Exercise Changes  
Page 4

### Weekend Hours of Operation

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

## Youth Sports Spring Break Camp

Help your child excel in sports with our dynamic training program, led by Erika Setzler, Human Performance Program Manager. No matter if they're just starting or aiming to take their skills to the next level, we have the tools to support their growth.

### Spring Break Level-Up Camp

- March 24-26
- Ages 7-10 from 1:00-2:30 pm
- Ages 11+ from 3:00-4:30 pm
- Cost: \$50 for members or \$65 for non-members

### Program Highlights:

- Focus on speed, agility, strength, and overall athletic performance
- Cutting-edge equipment, including Blazepods, AssaultRunner, VertiMax & more
- Recovery tools to optimize performance & prevent injuries

Registration is available on our website or at the front desk!



## Youth Fitness Camp – Registration Now Open

Youth Fitness Camp is back with three fun-filled summer sessions!

- June 9 - 12, July 7 - 10, and August 4 - 7
- 8:30 - 11:00 am
- \$90 for members or \$110 for non-members
- Children can be dropped off for the duration of the camp.

Each day, campers will engage in various physical activities designed to improve their coordination, balance, and endurance and—most importantly—show them how fun fitness can be! They'll explore different sports, activities, and health education topics to inspire and challenge them throughout the week.

Sign up on our website or at the front desk to reserve your child's spot.

## Kids Run Arkansas® Registration Opens March 11!

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.

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 on March 11. For more details, please contact Mallory Lefler at 501-450-9292, ext. 309, or by emailing [mlefler@conwayregional.org](mailto:mlefler@conwayregional.org).



## Corporate Games Return May 16

Join us on May 16 from 8:00 am to 1:00 pm for a day of fun and friendly competition at Corporate Games, where local businesses can engage in head-to-head matchups across a variety of games and physical activities. Registration opens on Wednesday, April 2. To guarantee your team's spot and secure official event t-shirts, complete payment and registration by Tuesday, April 29.

The HFC Corporate Games is open to all businesses and organizations in Faulkner County. Teams must have 8-10 individuals aged 18 or older to compete.

For any questions, please contact Erika Setzler at 501-450-9292, ext. 305, or visit our website.



## Sunday Pop-Up Classes

### Sunday, March 2 at 1:10 pm

Experience Aqua Zumba with Amy Jordan! This low-impact, high-energy aquatic exercise class blends Zumba moves with water resistance.

### Sunday, March 9 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.

### Sunday, March 16 at 2:00 pm

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



## International Women's Day

Join us for an empowering, high-energy workout that blends strength training with intense HIIT bursts.

Fully Body Sweat with Amanda Castillo  
Saturday, March 8 at 7:30 am

Don't miss out on this exciting way to honor women and get a great workout!

## Silver Pop-Up Classes

### Tuesday, March 4 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, March 18 at 11:00 am

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

### Tuesday, March 25 at 11:00 am

Silver Stretch with Rebecca Petersen is a 45-minute chair-based stretching class that targets all muscle groups.

## Group Exercise Changes

We're excited to introduce new formats for our Monday and Wednesday 10:00 am classes! Join Amanda Castillo for Flow Yoga on Mondays and Fine Tuning on Wednesdays.

Amanda Castillo and Lori Isom will lead the Monday 5:30 pm Cycle class this month.

The Thursday 5:45 pm class is now Zumba with Dena. Get ready to dance and sweat!

Check out the entire group exercise schedule on our website or mobile app.