

GROUP EXERCISE

January | 2025

Looking for some extra motivation in the new year? 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 the months of December and January combined will be entered into a drawing for amazing prizes



Move 30 Challenge

InBody New Year Challenge

Don't miss out on our New Year InBody Challenge! This 8-week health transformation contest will get you motivated to attack your goals and become a stronger you! Unlike other fitness challenges where participants are rewarded for losing weight, this competition rewards those who improve their overall body composition by increasing muscle mass while losing fat.

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 of the challenge. Pre-analysis appointments will be offered January 21 and 22. Visit the front desk to register!

Sunday Pop-up Classes

Sunday, January 5 | 2:00 pm
Mindful Pilates with Audrey

Sunday, January 12 | 2:00 pm
Mind-Body Yoga with Lori

Sunday, January 19 | 2:00 pm
High/Low Fitness with Dena

Sunday, January 26 | 2:00 pm
Step with Rebecca

MONDAY

5:10 am	Cycle with Karl	45 min
5:10 am	360 Strength with Rebecca	45 min
8:30 am	Core with Rebecca	25 min
9:00 am	Cycle with Kristen	45 min
9:05 am	High/Low with Dena	45 min
10:00 am	Mindful Pilates with Audrey	45 min
11:00 am	Silver Strong with Audrey	45 min
12:00 pm	The GRIND with Erika	45 min
4:30 pm	Full Body Sweat with Amanda	45 min
5:30 pm	Cycle Beats with Krystal	50 min
5:30 pm	Pure Strength with Valerie	50 min
6:45 pm	Zumba® with Amy	45 min

TUESDAY

5:10 am	The GRIND with Erika	45 min
5:10 am	Power Intervals with Danielle	45 min
8:45 am	360 Strength with Audrey	60 min
4:30 pm	Pilates with Elizabeth	45 min
5:30 pm	High/Low with Dena	50 min
6:30 pm	Yoga with Dena	30 min

WEDNESDAY

5:10 am	Cycle with Karl	45 min
5:10 am	HIIT + Stretch with Rebecca	45 min
8:45 am	Step with Emily/Rebecca	45 min
9:00 am	Cycle + Top it Off with Kimberly	50 min
10:00 am	Mindful Pilates with Audrey	45 min
11:00 am	Silver Strong with Audrey	45 min
4:30 pm	Power Push + Stretch with Audrey	45 min
5:30 pm	HIIT with Valerie	30 min
6:05 pm	Pure Strength Express with Valerie	30 min
6:45 pm	Express Pilates with Valerie	30 min

THURSDAY

5:10 am	Power Pump with Danielle	45 min
8:45 am	360 Strength with Emily	60 min
4:30 pm	Pilates with Elizabeth	45 min
5:30 pm	Cycle with Kristen	45 min
5:45 pm	Step & Strength with Krystal	45 min
6:45 pm	Zumba® with Dena	45 min

FRIDAY

5:10 am	Power Cycle with Danielle	45 min
5:10 am	Conditioning & Strength with Cathy	45 min
8:30 am	Core with Audrey	25 min
9:05 am	Power Push with Audrey	30 min
9:00 am	Cycle + Top it Off with Amanda	50 min
10:00 am	Unwind with Rebecca	45 min
11:00 am	Silver Strong with Kristen	45 min
12:00 pm	The GRIND with Erika	45 min

SATURDAY

8:35 am	Cycle with staff Kristen Rebecca Kimberly Karl	45 min
9:30 am	360 Strength with staff Valerie Valerie Danielle Cathy	45 min
10:30 am	Zumba® with Dena/Amy	45 min

KEY

- NEW INSTRUCTOR
- NEW CLASS/FORMAT
- NEW DAY/TIME
- NEW TIME

Conway Regional Health & Fitness Center Group Exercise Schedule | Class Descriptions

Core | 25 minutes of core work (abdominals, low back and high glute strengthening moves.)

360 Strength | Challenge your entire body in this effective, safe & comprehensive strength workout. Dumbbells, bodyweight & more will be used to move your body in all planes of fitness. Get ready to become stronger & test your limits with strength, cardio bursts and core work!

Conditioning & Strength | Look forward to conditioning and sculpting your whole body in this energizing and fun class based on movement! Three circuits designed to raise your heart rate and strengthen your muscles. Weights, bands, gliders, steps, and the like—the class never gets boring!

Cycle | Come ready to climb, sprint, and train to incredible music – all while on stationary bike!

Cycle Beats | This format includes choreographed moves on the bike, to the beat of the music! Be ready for a party on the bike with tap backs, pushups, and crosses.

Full Body Sweat | This 45-minute format offers a combination of strength with bursts of HIIT (high intensity interval training.)

HIGH Fitness | Choreographed interval training with intense cardio peaks and toning tracks pushes your heart rate and greatly improves your strength. Come jam out to songs you know and love, while taking your overall fitness to the next level! *High/Low fitness offers a modern twist on low-impact aerobics that mixes cardio & toning!

HIIT + Stretch | This format offers high intensity interval training to challenge your strength, speed, power and agility! Be ready to hit the floor and push yourself to the max, then stay for a 15-minute stretch.

Pilates & Mindful Pilates | Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement.

Power Cycle | This format offers periods of strength work off the bike.

Power Intervals | This format offers timed intervals of cardio and strength.

Power Pump | This format offers a mix of cardio and strength to the beat of the music.

Power Push | Work up a sweat with this effective calorie-burning combo utilizing dumbbells & bodyweight! A fast-paced class designed to engage all muscle groups. Minimal rest, all-out effort.

Pure Strength | Challenge your entire body in this effective, safe & comprehensive strength workout.

Silver Strong | Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living.

Step | Step is a great cardio option that tones your glutes and legs while building stamina & endurance! This energizing workout uses a step and risers. Step & Strength offers a mix of high-energy step and strength work!

The Grind | Anything goes in this class geared for intermediate to advanced fitness levels.

Unwind Yoga | Come ready to unwind your mind, body and spirit in this gentle, restorative style yoga format. All levels.

Yoga | Classes will include building strength in the core, balance in the body, as well as increasing flexibility and range of motion. Calm your mind, feel alive and revived.

Zumba® | Let's dance! A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class!

- All cycle classes will be held in the spin studio on level 1
- The GRIND will be held on the multifunctional area on level 1
- All other classes will be held in the group exercise studio on level 1
- Kids age 11-13 may attend classes with parent
- The schedule is subject to change monthly based on attendance & instructor availability