

GROUP EXERCISE

JULY | 2024



Independence Day

The HFC will be closed Thursday, July 4 in observance of Independence Day.

On Friday, July 5, we will resume normal business hours. All regularly scheduled group exercise and aquatic classes will begin at 8:30 am. We will not offer 5:10 am classes.

New Evening Class

Join Dena on Thursdays at 6:30 pm for a rotation of Yoga and Barre Express! These 30-minute formats are a perfect complement to follow Zumba® at 5:30 pm, or on their own!

Guest Guideline Reminders

With summer approaching, we would like to remind members of our guest guidelines to help ensure everyone has a great experience.

Guests under the age of 18 must have a waiver on file signed by their parent or legal guardian.

Children under the age of 14 must have an adult present with them in the facility unless participating in a staff led program.

Children under the age of 11 are only allowed to use the pool during family recreation/swim time unless participating in a staff led program. Please see the pool schedule for additional details.

MOVE MORE. LIVE BETTER.

KEY

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

MONDAY

5:10 am	Cycle with Karl	45 min
5:10 am	360 Strength with staff	45 min
8:30 am	Core with Valerie	25 min
9:00 am	Cycle with Kristen	45 min
9:05 am	Step with Krystal	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
8:45 am	360 Strength with Amanda/Audrey	60 min
4:30 pm	Pilates with Elizabeth	45 min
5:30 pm	High Fitness 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 staff	45 min
8:30 am	Core with staff	25 min
9:00 am	Bike then Barre with Kimberly	50 min
9:05 am	Fine Tuning with Audrey	45 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	360 Strength with Kimberly	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	
5:30 pm	Zumba® with Dena	50 min	
6:30 pm	Yoga/Barre Express with Dena	30 min	●

FRIDAY

5:10 am	Cycle with Karl	45 min	●
5:10 am	Conditioning & Strength with Cathy	45 min	
8:30 am	Core with staff	25 min	
9:05 am	Power Push with staff	30 min	
9:00 am	Cycle + Top it Off with Amanda	50 min	
10:00 am	Unwind with staff	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 Karl Lori Karl	45 min
9:30 am	360 Strength with staff Cathy Valerie Audrey Emily	45 min
10:30 am	Zumba® with Amy/Dena	45 min

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!

Barre | This format offers a mixture of Pilates, yoga, and strength training, but also has elements of ballet, high-intensity interval training, and mobility work.

Barre Strength Express | This express class will focus on low-impact strength training, with Barre influence.

Bike then Barre | Experience a 40-minute challenging ride, followed by a 10-minute Barre finisher series for your lower body using the bike as your barre!

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.

Fine Tuning | Fine-tune every muscle group in your body with endurance-based strength work using body weight, light weights, gliding discs and versa loops! You will leave this class fully fine-tuned and feeling good! Geared towards intermediate to advanced fitness levels.

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!

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 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.

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