

GROUP EXERCISE

March | 2025

Join us for the **March Madness Fitness Challenge** at the HFC! We've created a bracket that will keep you motivated & maybe even push you to try something new.

The madness kicks off on **March 1!** To get started, just 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 Schedule Updates

We are excited to announce new formats coming to the **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 be leading the **Monday 5:30 pm Cycle** class this month. Start with Amanda in Full Body Sweat at 4:30 pm and stay for Cycle to keep the energy going!

The **Thursday 5:45 pm** class will now be Zumba with Dena! Get ready to dance and sweat!

Sunday Pop-up Classes

Sunday, March 2 | 1:10 pm
Aqua Zumba with Amy

Sunday, March 9 | 2:00 pm
Step with Rebecca

Sunday, March 16 | 2:00 pm
Mind-Body Yoga with Lori

Saturday Pop-up

Amanda is back with another early morning Saturday pop-up in March! Join her on **March 8 at 7:30 am** for a **Full Body Sweat** session in celebration of International Women's Day!

Silver Pop-ups

Tuesday, March 4 | 11:00 am
Joint Efforts with Kristen

Tuesday, March 18 | 11:00 am
Silver Step with Rebecca

Tuesday, March 25 | 11:00 am
Silver Stretch 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	Flow Yoga with Amanda	45 min	● ●
11:00 am	Silver Strong with Kristen/Natalie	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 with Amanda/Lori	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 Amanda	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	
8:00 am	Core with Kimberly	25 min	
8:45 am	Step with Emily/Rebecca	45 min	
8:45 am	Cycle + Top it Off with Kimberly	50 min	
10:00 am	Fine Tuning with Amanda	45 min	● ●
11:00 am	Silver Strong with Kisten/Natalie	45 min	●
4:30 pm	Power Push + Stretch with Amanda	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 Lori	45 min	
5:45 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 staff Kimberly Danielle Rebecca Rebecca	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 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 Kimberly Kristen Rebecca Karl Amanda	45 min	
9:30 am	360 Strength with staff Kimberly Valerie Cathy Emily Emily	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!

Flow Yoga | Flow Yoga is a dynamic, seamless practice that links breath with movement. This class guides you through a series of flowing postures, building strength, flexibility, and mindfulness.

Fine Tuning | Fine Tuning is a dynamic and focused class that blends yoga, Pilates, core strengthening, and endurance training into a seamless workout.

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