

GROUP EXERCISE

November | 2024

Thanksgiving Holiday Hours & Day After Thanksgiving Special Lineup

On **Wednesday, November 27**, we will close at 7:00 pm and will not offer Group Exercise or Aquatic classes after 12:00 pm. The Play Center will be open 8:00 am - 1:00 pm only.

The HFC will be closed **Thursday, November 28**, in observance of Thanksgiving.

We will offer a special lineup of classes on **Friday, November 29**:

9:00 am Cycle with Amanda
10:00 am Full Body Sweat with Amanda
10:30 am Aqua AMP with Kyle
11:00 am Unwind Yoga with Amanda

Sunday Pop-up Classes

Sunday, November 3 | 2:00 pm

Make plans to relax with Lori in a fabulous, restorative yoga class.

Sunday, November 10 | 2:00 pm

Don't miss an opportunity to experience Danielle's high energy Power Pump class!

Sunday, November 17 | 2:00 pm

Come experience High/Low, a modern twist on low-impact aerobics with Dena!

Class Changes

Monday 9:05 am | Format & Instructor High/Low with Dena

Tuesday 5:10 am | Format & Day/Time Power Intervals with Danielle





Thursday 5:30 pm | Format & Instructor Step & Strength with Krystal

Thursday 6:45 pm | New Time Zumba with Dena will move to a later time



Audrey will instruct 8:30 am Core and 9:05 am Power Push effective November 1

MOVE MORE. LIVE BETTER.



KEY

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

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/Amanda	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 Rebecca	45 min	
8:45 am	Step with Emily/Rebecca	45 min	
9:00 am	Power Cycle 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	
5:30 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 Lori Rebecca Kristen Karl Amanda	45 min	
9:30 am	360 Strength with staff Emily Danielle Cathy Valerie Cathy	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!

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