

GROUP EXERCISE

September | 2024

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	Step Fusion with Danielle	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 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	45 min
9:00 am	Bike then Barre 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	Zumba® with Dena	50 min
6:30 pm	Mind Body Barre with Dena	30 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 Rebecca	25 min
9:05 am	Power Push with Rebecca	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 Kristen Krystal Karl	45 min
9:30 am	360 Strength with staff Danielle Emily Cathy Cathy	45 min
10:30 am	Zumba® with Amy/Dena	45 min

Labor Day Closure

The HFC will be closed Monday, September 2 in observance of Labor Day.

Sunday Pop-up Classes

September 8 | 2:00 pm

Don't miss an opportunity to experience Danielle Creswell's high energy in a pop-up **Power Pump** class! This format offers a mix of cardio and strength to the beat of the music.

September 15 | 2:00 pm

Have a blast with easy-to-follow choreography in High Fitness with Dena Meriweather! This format uses fun fitness moves paired to music you know & love!

September 22 & 29 | 1:30 & 2:30 pm

Make plans for a special double line-up with Lori Isom! Join her for **Cycle** at 1:30 pm followed by **Autumn Spectrum Yoga** at 2:30 pm.

Class Changes

Monday | 9:05 am | Format & Instructor

Come checkout Step Fusion with Danielle Creswell beginning September 9!

Thursday | 5:10 am | Format & Instructor

Join Danielle Creswell for Body Pump beginning September 5!

Friday | 5:10 am | Instructor





Power Cycle with Danielle Creswell beginning September 6!

National Women's Health and Fitness Day

Embrace a healthier, fitter you on National Women's Health and Fitness Day! Celebrate wellness, workouts and women empowerment on Wednesday, September 25. Mark your calendar and don't forget to wear pink! For more information, contact Amanda Castillo at 501-450-9292, ext. 306.

MOVE MORE. LIVE BETTER.

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! Power Pump offers a mix of cardio and strength to the beat of the music.

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. Step Fusion blend various fitness components with step.

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