

Class Descriptions

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! | 45 or 60 min format.

Barre | This class combines yoga, Pilates, strength training & ballet in specific sequencing patterns and isometric movements that target distinct muscle groups | 45 min format.

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! | 50 min format.

Cardio Sculpt | Non-stop body sculpting with a dose of heart pumping cardio! A total body experience with choreographed strength & cardio sections. Bodyweight & dumbbells will be used. | 45 min format.

Core | 25 minutes of core work (abdominals, low back and high glutes)

Cycle | Put the pedals to the metal in this fast-paced workout taught on a stationary bike. You'll climb, sprint, and train to incredible music! | 45 min format.

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! 35-40 minute format.

HIIT the Floor! | 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! | 30 min format. *HIIT + Stretch | 45 min format.

Pilates | This class is designed to strengthen & tone the core of the body while also improving flexibility | 45 min format.

PiYo | This class offers a total-body workout combining the practices of Pilates and yoga in a fast moving flow. | 45 min format.

Power Push | Work up a sweat with this effective calorie-burning combo utilizing dumbbells & bodyweight! A 30 minute fast-paced class designed to engage all muscle groups. Minimal rest, all out effort. | 30 min format.

Push it! | This 45-minute class combines two amazing formats (Power Push and HIIT) to offer a great lunchtime workout! The first 30-minutes will utilize dumbbells and bodyweight to engage all muscle groups. The last 15-minutes will finish off the workout with high intensity interval training. Be ready to push it!

SilverSneakers® | 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. | 30 min format.

The Grind | Anything goes in this class geared for intermediate to advanced fitness levels | 45 min format.

Unwind Yoga | Come ready to unwind your mind, body and spirit in this gentle, restorative style yoga format. All levels. | 45 min format.

Yoga for Everyone | Improve strength, balance & flexibility. All levels are welcome. | 30 min format.

Zumba® | This class fuses Latin rhythms & easy to follow moves to create a dynamic fitness program that will get you moving! | 45 min format.

Group X Schedule

MOVE MORE. LIVE BETTER.



MAY | 2021

Class adds for May:

Mondays at 10:00 am | EXPRESS Fine Tuning with Amanda Castillo

Fine-tune every muscle group in your body with endurance-based strength work using body weight, light weights, gliding discs, a Bender ball and versa loops! You will leave this class fully fine-tuned and feeling good! *Intermediate – advanced, 35-40 minute format.

Wednesdays at 5:10 am | HIIT + Stretch with Rebecca Petersen

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 enjoy a great full body stretch.

*Intermediate – advanced, 40 minute format.

Thursdays at 7:00 pm | Zumba with Amy Jordan

This class fuses Latin rhythms and easy to follow moves to get you moving! All levels, 45 minute format.

MOVE MORE. LIVE BETTER.

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Conway Regional Health & Fitness Center | Group Exercise Schedule | May 2021

MONDAY

5:10 am	Cycle 45 min	Karl	Spin Studio	Limit 27	Clean your bike before & after class
5:10 am	360 Strength 45 min	Rebecca	Group X Studio	Limit 27	BYOM Bring your own mat
8:30 am	Core 25 min	Gina	Group X Studio	Limit 27	BYOM Bring your own mat ✓
9:00 am	Cycle 45 min	Gina	Spin Studio	Limit 27	Clean your bike before & after class
10:00 am	Fine Tuning 35 - 40 min	Amanda	Group X Studio	Limit 27	BYOM Bring your own mat
11:00 am	SilverSneakers 45 min	Audrey	Group X Studio	Limit 27	No chairs or equipment used
12:00 pm	The GRIND 45 min	Erika	Court/Turf		BYOM Bring your own mat
4:30 pm	Power Push 30 min	Rebecca	Group X Studio	Limit 27	BYOM Bring your own mat ✓
5:45 pm	360 Strength 45 min	Kelly	Group X Studio	Limit 27	BYOM Bring your own mat ✓

TUESDAY

5:10 am	The GRIND 45 min	Erika	Court/Turf		BYOM Bring your own mat
6:05 am	Yoga for Everyone 45 min	Rebecca	Group X Studio	Limit 27	BYOM Bring your own mat
8:45 am	360 Strength 60 min	Gina	Group X Studio	Limit 27	BYOM Bring your own mat ✓
4:30 pm	Pilates 45 min	Elizabeth	Group X Studio	Limit 27	BYOM Bring your own mat
5:45 pm	Cycle 45 min	Lori	Spin Studio	Limit 27	Clean your bike before & after class ✓
5:45 pm	Zumba® 45 min	Dena	Group X Studio	Limit 27	

WEDNESDAY

5:10 am	Cycle 45 min	Karl	Spin Studio	Limit 27	Clean your bike before & after class
5:10 am	HIIT + Stretch 45 min	Rebecca	Group X Studio	Limit 27	BYOM Bring your own mat!
8:30 am	HIIT the Floor! 30 min	Rebecca	Group X Studio	Limit 27	BYOM Bring your own mat!
9:00 am	Bike then Barre 50 min	Amanda	Spin Studio	Limit 27	Clean your bike before & after class
11:00 am	SilverSneakers 45 min	Audrey	Group X Studio	Limit 27	BYOM Bring your own mat
12:00 pm	Push it! 45 min	Audrey	Group X Studio	Limit 27	BYOM Bring your own mat
4:30 pm	Power Push 30 min	Dena	Group X Studio	Limit 27	BYOM Bring your own mat ✓
5:15 pm	Yoga for Everyone 30 min	Dena	Group X Studio	Limit 27	BYOM Bring your own mat ✓

THURSDAY

5:10 am	360 Strength 45 min	Megan	Group X Studio	Limit 27	BYOM Bring your own mat
8:45 am	360 Strength 60 min	Emily	Group X Studio	Limit 27	BYOM Bring your own mat
4:30 pm	Pilates 45 min	Elizabeth	Group X Studio	Limit 27	BYOM Bring your own mat ✓
5:45 pm	Cycle 45 min	Kristina	Spin Studio	Limit 27	Clean your bike before & after class ✓
5:45 pm	Cardio Sculpt 45 min	Dena	Group X Studio	Limit 27	BYOM Bring your own mat ✓
7:00 pm	Zumba® 45 min	Amy	Group x Studio	Limit 27	

FRIDAY

5:10 am	Cycle 45 min	Karl	Spin Studio	Limit 27	Clean your bike before & after class
5:10 am	PiYo 45 min	Kelly	Group X Studio	Limit 27	BYOM Bring your own mat
8:45 am	Barre 45 min	Rebecca	Group X Studio	Limit 27	BYOM Bring your own mat
9:00 am	Cycle + Top it Off! 50 min	Amanda	Spin Studio	Limit 27	Clean your bike before & after class
10:00 am	Unwind Yoga 45 min	Amanda	Group X Studio	Limit 27	BYOM Bring your own mat ✓
12:00 pm	The GRIND 45 min	Erika	Court/Turf		BYOM Bring your own mat

SATURDAY

8:15 am	Cycle 45 min	Lori Megan Karl Megan Kristina	Spin Studio	Limit 27	Clean your bike before & after class ✓
9:15 am	360 Strength 60 min	Rebecca Megan Kristina Megan Audrey	Group X Studio	Limit 27	BYOM Bring your own mat ✓
10:30 am	Zumba® 45 min	Dena/Amy	Group X Studio	Limit 27	

Please practice fitness distancing | Floor markers are placed in the Group X Studio and spin bikes are distanced.
Masks are required in common areas, but not while actively exercising | BYOM Bring your own mat | Sanitize all equipment after use

✓ Kids age 12-14 may attend with parent

*The schedule is subject to change monthly based on attendance & instructor availability.