



MONDAY

5:10 am	Cycle - Karl	45 min	
5:10 am	360 Strength - Rebecca	45 min	
6:10 am	Fine Tuning Amplified - Amanda	40 min	●
8:30 am	Core - Rebecca	25 min	
9:00 am	Cycle - Kristen	45 min	
9:05 am	Zumba - Dena	45 min	
10:00 am	Flow Yoga - Shanley	45 min	●
11:00 am	Silver Strong - Kristen	45 min	
12:05 pm	The GRIND - Erika	45 min	●
4:30 pm	Full Body Sweat - Cristin	45 min	
5:30 pm	Cycle - Rachel	50 min	
5:30 pm	Pure Strength - Valerie	50 min	
6:45 pm	Zumba@ - Amy	45 min	

TUESDAY

5:10 am	The GRIND - Erika	45 min	
5:10 am	Pilates Strength - Danielle	45 min	●
8:45 am	360 Strength - Bethany/Amanda	60 min	
10:00 am	Mobility Express - Shanley	30 min	●
12:05 pm	Pilates Strength - Danielle	40 min	●
4:30 pm	Pilates - Elizabeth	45 min	
5:30 pm	Barre - Dena	40 min	●
6:20 pm	Yoga - Dena	30 min	●

WEDNESDAY

5:10 am	Cycle - Karl	45 min	
5:10 am	HIIT + Stretch - Rebecca	45 min	
6:10 am	Barre - Cathy	40 min	●
8:00 am	Core - Kimberly	25 min	
8:45 am	Step - Emily/Rebecca	45 min	
8:45 am	Cycle + Top it Off - Kimberly	50 min	
10:00 am	Fine Tuning - Amanda	45 min	
11:00 am	Silver Strong - Samantha	45 min	
12:05 pm	The GRIND - Erika	45 min	●
4:30 pm	Power Push + Stretch - Rachel	45 min	
5:30 pm	HIIT - Valerie	30 min	
6:05 pm	Pure Strength Express - Valerie	30 min	
6:45 pm	Express Pilates - Valerie	30 min	

THURSDAY

5:10 am	Power Pump - Danielle	45 min	
8:45 am	360 Strength - Emily	60 min	
10:00 am	Mobility Express - Shanley	30 min	●
12:05 pm	Fine Tuning Amplified - Amanda	40 min	●
4:30 pm	Pilates - Elizabeth	45 min	
5:30 pm	Power Circuit - Bethany/Amanda	45 min	●
5:30 pm	Zumba@ - Dena	45 min	●

FRIDAY

5:10 am	Conditioning & Strength - Cathy	45 min	
8:30 am	CoreLIIT - Danielle/Bethany	25 min	
9:05 am	Step & Strength - Danielle/Bethany	45 min	
9:00 am	Cycle + Top it Off - Amanda	50 min	
10:00 am	Unwind - Rebecca	45 min	
11:00 am	Silver Strong - Samantha	45 min	
12:05 pm	The GRIND - Erika	45 min	●

SATURDAY

	45 min - all classes		
8:35 am	Cycle - Bethany Rachel Rebecca Karl		
9:30 am	360 Strength - Bethany Danielle Valerie Cristin		
10:30 am	Zumba@ - Dena/Amy		

Try These in April!

- Fine Tuning Amplified
- Barre
- Pilates Strength
- Power Circuit
- Mobility Express

Your feedback helped build this schedule. More Barre, Pilates, Fine Tuning, Strength & Early Morning + Lunch Workouts.

And stay tuned... more updates are coming in May!

Sunday Pop-Ups

- all at 2:00 pm
- April 12
Cardio Kickboxing with Bethany
- April 19
Yoga with Lori
- April 26 | Line Dancing with Dena
*All ages welcome!

Silver Pop-Ups

- both at 11:00 am
- April 7
Joint Efforts with Kristen
- April 14
Yoga with Lori

MOVE MORE. LIVE BETTER.

KEY

- New Instructor ●
- New Class/Format ●
- New Time ●

- Class Types
- Strength = Green
 - Mind/Body = Blue
 - Cardio = Orange
 - Hybrid = Magenta

Conway Regional Health & Fitness Center Group Exercise Schedule | Class Descriptions

Barre | A low-impact, full-body workout that combines strength, endurance, and small, controlled movements to tone and sculpt.

Core | A mix of core work (abdominals, low back and high glute strengthening moves.)

CoreLIIT | This format blends Pilates-inspired movement with low-impact intervals for a workout that strengthens, lengthens, and energizes.

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.

Fine Tuning Amplified | This format blends power yoga, Pilates-inspired core work, strength training, and endurance intervals. Expect intensity, controlled power, and movements that challenge both body and mindset. Love Fine Tuning? Try Amplified.

Full Body Sweat | This format offers a combination of strength with bursts of HIIT (high intensity interval training.)

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.

Mobility Express | A quick, effective class focused on improving mobility, flexibility, and joint health to help you move and feel better.

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.

Pilates Strength | A low-impact, high-intensity workout that combines traditional Pilates principles with increased resistance to build muscular strength, endurance, and stability.

Power Circuit | Rotate through timed strength intervals and cardio pushes on bikes, rowers, and Assault equipment for a total-body burn. Strength, sweat, and serious energy—get ready to power up!

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!

Step & Strength | This high-energy class blends classic step cardio with strength training for a full-body workout.

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.

Yoga | Build strength in the core, balance in the body, as well as increasing flexibility and range of motion.

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. Power Circuit will be held in open area behind spin 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
- **Class Size Limits:** For safety and to ensure enough equipment, some classes have limits. Example: Silver Strong – chairs | Step – steps | Cycle – bikes