



### Class Descriptions

**Aqua AMP** | 45-min format | This class offers a strength circuit designed to work all your major muscle groups.

**Aqua Fit** | 45-minute format | This multi-level aqua workout offers both cardiovascular and muscle conditioning using the waters resistance for a full body workout.

**Aqua Core** | 45-minute format | This workout is designed to tone and sculpt the body, while strengthening your core.

**Aqua ROM+E** | 45-minute format | This low impact class will focus on range of motion for the entire body while elevating your heart rate in a controlled manner. Great for beginners or individuals with arthritis and/or fibromyalgia.

**Aqua Zumba®** | 45-minute format | This class offers a low impact, high energy aquatic exercise class blending the Zumba® philosophy with water resistance to offer a pool party you won't want to miss.

\*Kids age 11-13 may attend classes with parent

Kyle Shunkey, Aquatics Coordinator | 501.450.9292, ext. 308  
[kyle.shunkey@conwayregional.org](mailto:kyle.shunkey@conwayregional.org) | [www.conwayregionalhfc.org](http://www.conwayregionalhfc.org)

Time	Class	Instructor	Intensity
<b>MONDAY</b>			
8:30 am	Aqua Fit	Kyle	Medium
10:30 am	Aqua AMP	Kyle	Medium - Heavy
<b>TUESDAY</b>			
10:30 am	Aqua Fit	Kyle	Medium
5:30 pm	Aqua Core	Audrey	Medium
<b>WEDNESDAY</b>			
8:30 am	Aqua ROM + E	Christy	Light - Medium
10:30 am	Aqua Core	Kyle	Medium
<b>THURSDAY</b>			
10:30 am	Aqua Fit	Kyle	Medium
5:30 pm	Aqua Amp	Todd	Medium - Heavy
<b>FRIDAY</b>			
8:30 am	Aqua Core	Kyle	Medium
10:30 am	Aqua AMP	Kyle	Medium
<b>SATURDAY</b>			
8:45 am	Aqua Zumba®	Amy/Dena	Medium

The HFC will be open regular business hours on Saturday, December 23, and the 8:45 am Aqua Zumba® will be offered.

The HFC will be closed on Sunday, December 24 and Monday, December 25 in observance of the Christmas holiday.

On Tuesday, December 26, we will offer our regularly scheduled class lineup beginning with 10:30 am Aqua Fit with Kyle. No early morning classes will be offered.

On Sunday, December 31, we will close at 4:00 pm. The Play Center will be closed, and we will not offer Family Swim/Recreation.

The HFC will be closed New Year's Day, We will resume regular business hours and offer our regularly scheduled lineup on Tuesday, January 2.