



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.

H2y0ga | 45-minute format | This is a gentle water exercise class that uses the basic exercises, principles, and movements of yoga and adapts them to a water environment.

Time	Class	Instructor	Intensity
MONDAY			
8:30 am	Aqua Fit	Kyle	Medium
10:30 am	Aqua AMP	Kyle	Medium - Heavy
TUESDAY			
10:30 am	Aqua Fit	Kyle	Medium
5:30 pm	Aqua Core	Audrey	Medium
WEDNESDAY			
8:30 am	Aqua ROM + E	Christy	Light - Medium
10:30 am	Aqua Core	Kyle	Medium
THURSDAY			
10:30 am	Aqua Fit	Kyle	Medium
12:00 pm	H2yOga July 7 & 21	Kyle	Light - Medium
5:30 pm	Aqua Amp	Audrey	Medium - Heavy
FRIDAY			
8:30 am	Aqua Core	Kyle	Medium
10:30 am	Aqua AMP	Kyle	Medium
SATURDAY			
8:45 am	Aqua Zumba®	Amy/Dena	Medium

Independence Day Closure

We will be closed on Monday, July 4 in observance of Independence Day.

Aquatic classes/instructors are subject to change and last minute cancellations may occur due to unavoidable circumstances.

Conway Regional Health & Fitness Center | Aquatics

Our pool is a 25 yard, six lane multi-use pool for members and patients. Since a variety of activities are conducted in the pool please be respectful of the schedule, other users and staff instruction to allow for efficient use. The pool temperature will range between 86°-88°F.

Activities

Lap Swim | During lap swim at least two lanes of the pool are prioritized for those actively swimming laps. Multiple swimmers may occupy a single lane.

Recreation | During recreation time, the south area of the pool is prioritized for individual exercise, stretching, and relaxation. We ask that members avoid disrupting classes and therapy that may be conducted at the same time.

Classes | Classes will periodically take place in the southeast area of the pool under the guidance of an instructor. Recreation may also be available in the same area and we ask that members follow the guidance of the instructor and avoid disrupting classes that are in session.

Physical Therapy | Therapy sessions may be conducted between the hours of 8am-5pm Monday - Friday . If you participate in recreational swim please do not interfere with therapy sessions.

Private Instruction | Private instruction such as individual swim lessons or aquatic training offered by an instructor may occur at any time.

Crocs | Our competitive swim team is a great way for your child to stay active, have fun and learn good sportsmanship as they compete against other swim teams in Central Arkansas during the summer months. The pool is closed to members during Crocs practices. The whirlpool, steam room and sauna will remain available. We will do our best to notify members of the Crocs seasons dates in advance.

Group Swim Lessons | Group swim lessons will periodically take place in the southwest area of the pool under the instruction of a swim instructor.

Family Swim | During the summer, we encourage family swim Monday - Friday from 1– 5 p.m. while a lifeguard is on duty and after our morning classes are complete. Family swim is also welcome Saturday and Sunday. Children under 12 must be supervised and children under 6 must have an adult in the pool.

What to bring to the pool | modest swimwear, USCG approved flotation device for non-swimmers, flip flops, sandals or other pool shoes.

What to leave at home when coming to the pool | large flotation devices such as pool chairs, water guns or Nerf-style guns, glass of any kind.

Whirlpool | Under 6 not allowed. 6-11 should not use for more than 3 minutes.

Sauna and Steam room | Under 12 not allowed

Note: Please see a staff member for an exhaustive list of pool rules and regulations.

Kyle Shunkey, Aquatics Coordinator | kyle.shunkey@conwayregional.org | 501-450-9292, ext. 308

