



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 water's 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 Core + Yoga offers 30-minutes of core, followed by 15-minutes of yoga.

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

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

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

Wear Red Day at the HFC

National Wear Red Day® is just around the corner, and it's the perfect time to prioritize your health. At Conway Regional, our identity is deeply connected to green, but in celebration of American Heart Month, we are embracing the bold and vibrant color, red!

We invite you to join us for an energizing day of fitness and community at the HFC as we raise awareness for heart disease and support heart-healthy habits together.

Wear red and join us on Friday, February 6!