

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! | 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.

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. | 45 min format.

Step | Step is a great cardio option that tones your glutes and legs while building stamina and endurance! This energizing workout uses a step and risers.

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 or 45 min format.

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

GROUP EXERCISE

OCTOBER SCHEDULE



Schedule Change | Megan will takeover the Friday 5:10 am Cycle class!

Zumba® Glow Party

Don't miss our Zumba® GLOW Party on **Friday, October 1** from 5:30 - 6:30 pm! Heart pumping, hip shaking, body rocking Zumba® set in a club like atmosphere complete with black lights. This high-energy dance party will be led by Dena Meriweather and Amy Jordan.

Biketoberfest

Conway Regional Health System Biketoberfest is a celebration to recognize our growing community of cyclists. The city of Conway has many opportunities for cycling—and Conway Regional Health & Fitness Center is proud to offer an expansive indoor cycling space for rides.

Conway Regional Health & Fitness Center is excited to host three indoor cycling sessions FREE to the community! Amanda Castillo will lead the 50-minute rides. **The community indoor cycling rides will be offered Sunday, October 3 at 1:30 pm; Saturday, October 9 at 10:00 am and Saturday, October 23 at 10:00 am.** Registration is required and available via Eventbrite | <https://crhs.healthcare/3IMHsmO>.

MOVE MORE. LIVE BETTER.

conwayregionalhfc.org



Conway Regional Health & Fitness Center | Group Exercise Schedule | October 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 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	
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 ✓
10:00 am	Zumba Gold® 45 min	Rachel	Group X Studio	Limit 27	
11:00 am	SilverSneakers 45 min	Audrey	Group X Studio	Limit 27	
4:30 pm	Power Push 30 min	Audrey	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	Kelly Carole (2) Rachel	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	Megan	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 ✓
11:00 am	SilverSneakers 45 min	Deanna	Group X Studio	Limit 27	
12:00 pm	The GRIND 45 min	Erika	Court/Turf		BYOM Bring your own mat

SATURDAY

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

✓ Kids age 12-14 may attend with parent

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