



# InMotion

## Group Class Updates

### Pop-Up Classes on Wednesdays at 10:00 am

We are excited to offer a variety of pop up classes on Wednesdays at 10:00 am during the month of August! Each format will be 45 minutes and held in the Group X Studio.

August 4 | Yoga with Lori Isom

August 11 | Zumba Gold® with Rachel Sidney

August 18 | Zumba Gold® with Rachel Sidney

August 25 | Yoga with Rebecca Petersen

Audrey Taylor will take over the Wednesday 4:30 pm Power Push and Emily Martinez will return to 360 Strength on Thursdays at 8:45 am.

### Rotating Cycle Instructors on Thursdays at 5:45 pm

Staff will rotate Thursday 5:45 pm Cycle for the month of August:

August 5 | Kelly Buchanan

August 12 | Rebecca Petersen

August 19 | Rachel Sidney

August 26 | Lori Isom



## AUG 2021

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## Play Center Update

We are excited to introduce Carissa Ansel as the Interim Play Center Supervisor. Carissa has been with Conway Regional Health & Fitness Center for over six years as a Play Center Attendant.

As a reminder, per our Play Center guidelines, children should be fed and properly hydrated prior to their arrival at the Play Center. For the safety of all children, outside food (including candy and gum) and drink other than water bottles and baby formula are discouraged. Our Play Center attendants are not able to feed meals to children during their visit. Please only send basic snacks. The Play Center is a nut free environment so peanut products are strictly forbidden.

If you have any questions regarding use of the Play Center, please contact Carissa at [carissa.ansel@conwayregional.org](mailto:carissa.ansel@conwayregional.org) or 501-450-9292, ext. 310.



## Family Swim

Families with children under the age of 12 can enjoy the pool area during expanded times during the Summer season.

Monday, 2:00-5:00 pm  
 Wednesday, 2:00-5:00 pm  
 Friday, 2:00-5:00 pm  
 Saturday, 3:00-5:30 pm  
 Sunday, 2:00-5:00 pm

**All guests attending Family Swim must register and pay a guest fee.**

Two lap lanes will remain available for swimmers, and adult exercise will be available during this time. A lifeguard will be on duty to ensure distancing guidelines and capacity restrictions are observed.

Children under the age of six must be accompanied in the pool by an adult who is within arm's reach. Children ages 6-11 may use the pool with adult supervision if the child can swim. Children ages 6-11 may use the whirlpool but should limit their time to three minutes.



## Reminder: Family Swim for Summer

Family Swim is offered throughout the year on Saturdays from 3:00 – 5:30 pm and Sundays 2:00 – 5:00 pm. For summer, we are offering **two additional** Family Swim times. Make plans to bring your kiddos Mondays and Wednesdays 2:00 – 5:00 pm and Fridays 2:00 – 5:00 pm during the month of August! Non-members allowed only when attending as a guest of a member. All guests must register and pay a guest fee. Adult exercise may be allowed at the same time. See schedule for details.

## NEW!

### Aqua Zumba® Pop-Up Classes in August at 12:00 pm



We are excited to offer a new aqua class at Conway Regional Health and Fitness Center. Aqua Zumba® pop up classes will be offered Saturday, August 14 and 28 at 12:00 pm with Amy Jordan and Dena Meriwether. Please note the Play Center closes at 12:00 pm on Saturdays, so child care will not be available for these pop ups.



## Sauna & Steam

The Sauna & Steam Room is open during normal business hours and closes 15 minutes before the fitness center.

Please visit our website for current COVID-19 restrictions.

## Swim Lessons

Registration is open for our next sessions of group swim programs.

### Tadpoles and Guppies

August 7-28, Saturdays  
 Tadpoles | 0-18 mos | 9:00-9:45 am  
 Guppies | 18 mos-4 yrs | 10:00-10:45 am  
 \$35 for members  
 \$45 for non-members

### Group Swim Lessons, Ages 4-11

August 2-25, Mon and Wed  
 Level 1 and Level 2  
 5:00-5:45 pm or 6:00-6:45 pm  
 \$60 for members  
 \$80 for non-members

Private lessons are available for children ages 6 months to adults.

*Information coming soon on the return of our Dolphins program!*



## Rock Steady Boxing for Parkinson's Disease

Conway Regional Health & Fitness Center is excited to offer Rock Steady Boxing! The program is underway, but participants may join at any time.

Rock Steady Boxing, which offers a non-contact boxing-based fitness curriculum, is designed to improve the health of individuals with Parkinson's disease. Mallory Lefler, the Fitness Coordinator at Conway Regional Health and Fitness Center, obtained a specialized certification to lead the program.

Rock Steady Boxing is also in need of volunteers.

Volunteers must be 18 or older and be passionate about helping Rock Steady Boxing participants succeed!

If interested, email your name and contact information to [mlefler@conwayregional.org](mailto:mlefler@conwayregional.org)



### Fitness Floor Level 1 Update

We hope you are enjoying the expanded turf space on Fitness Floor Level 1! There is now more open space available for functional workouts. We have placed several new plyo boxes in the area and battle ropes are coming back soon! We ask that you please return equipment to its proper storage space and keep the red walkway clear for member traffic.



### New Staff Certifications & Education

We are proud of our staff who continue to expand their expertise in the fitness industry.

**Audrey Taylor** recently obtained her AEA (Aquatic Exercise Association) Fitness Professional certification. AEA prepares instructors to offer safe, effective and enjoyable water exercise. The certification reinforced guidelines for developing and delivering aquatic fitness programs in the community. Look for Audrey in the pool on Tuesdays at 5:30 pm for Aqua Core and Thursdays at 5:30 pm for Aqua AMP.



# You are more than what you see on the scale



Muscle gains outweigh fat loss.

Whether you're new to weight training or you have enhanced your routine, you're likely to see the number on the scale rise. **Why?**

As you're losing fat, you're replacing that weight with muscle, which weighs more than fat. Though your weight may not go down in this phase of your training, your body fat percentage will, which is exactly the goal you should be striving towards.

This is great example of why an InBody analysis is a crucial tool in tracking your progress. If you depend on the scale alone, you may feel like you've had zero progress - when in reality, you've done amazing things!

Talk to a staff member about our InBody Analysis. Schedule your InBody with us today and start tracking your progress the right way.

Learn more at

**[ConwayRegionalHFC.org/Inbody-Analysis](https://ConwayRegionalHFC.org/Inbody-Analysis)**

## Customized Training

Research shows that those who are most successful in their health and fitness goals had help achieving that success. Our nationally certified personal trainers will customize a fitness plan to meet your individual health needs, budget, and schedule. Our trainers can provide expert guidance for individuals with a variety of goals including weight loss, strength and endurance, toning, reducing stress, sports performance, disease management, and more!

We have a new private personal training studio now available at the fitness center for private, one-on-one workout experiences with a trainer.

To learn more about individual, couples, or group training, contact Mallory Lefler at 501-450-9292, ext. 309.



## Now Offering Virtual Nutrition Counseling with Hannah Neago, RDN, LD

We are excited to announce that Hannah Neago, RDN, LD, now offers interactive meal plans and virtual nutritional counseling.

Are you interested in gaining muscle, losing weight, or improving your sports performance? Nutrition is essential to achieving these goals.

Virtual consults and counseling will be offered using doxy.me that is accessible via your desktop, tablet, or smartphone. For more information, contact 501-450-9292, ext. 300.

