

# InMotion HFC

## Holiday Hours

CRHFC will be closed Friday, December 24 (Christmas Eve) and Saturday, December 25 (Christmas Day). We will resume regular hours on Sunday, December 26 opening at 12:30 pm.

CRHFC will close at 2:00 pm on Friday, December 31 (New Year's Eve) and will be closed on Saturday, January 1 (New Year's Day). We will resume regular hours on Sunday, January 2 opening at 12:30 pm.

We will offer a special lineup of Group Exercise and Aquatic classes on Friday, December 31:

8:30 am Aqua Core with Kyle  
8:45 am Barre with Audrey  
9:00 am Cycle + Top it Off with Amanda  
10:00 am Unwind Yoga with Amanda  
10:30 am Aqua Amp with Kyle



## Sleigh the Holiday Personal Training Promo

It's not Christmas at the HFC without our Sleigh the Holiday promotion! Members can take advantage of this great offer from December 1-15. Stay fit through the holidays with three 30-minute personal training sessions and InBody analysis for only \$90! This is a great gift idea, too!

*\*Limit one per member, promotion available for members only.*

## DEC 2021

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### Remember Your Key Tag!

Please check in with your key tag each time you visit. Scanning in speeds up the check in process for our staff and other members.

## Play Center Christmas Party

The Play Center Christmas party will be Thursday, December 9 from 5:00 – 7:00 pm in the classroom. All members ages 6 months to 11 years are invited to enjoy crafts, treats and a visit from Santa! For more information, contact Rachel Johnson at 501-450-9292, ext. 310.

## Family Swim

Families with children under the age of 12 can enjoy the pool area during specified times in December:

Wednesday, 2:00-5:00 pm  
Friday, 2:00-7:00 pm  
Saturday, 2:00-5:00 pm  
Sunday, 2:00-5:00 pm

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

Non-members allowed only when attending as a guest of a member. All guests must register and pay a guest fee. Adult exercise may occur at the same time. A lifeguard will be on duty to ensure guidelines are observed.

Children under six must be accompanied by an adult 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.



## 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.

## Aqua Zumba® continues through December



Aqua Zumba® will be offered every Saturday in December at 9:30 am with Amy Jordan and Dena Meriweather.

## Swim Lessons

Registration opens Dec 6 for group swim lessons and dolphins classes!

### **Group Swim Lessons Recommended for Ages 4-11**

Mondays and Wednesdays  
Level 1 and Level 2  
5:00 pm or 6:00 pm

Available sessions:  
February 14 - March 9  
April 4 - April 27

### **Dolphins Swim Program Ages 5-18**

Tuesdays and Thursdays  
7:00 pm

Available sessions:  
January 25 - February 17  
February 22 - March 17  
March 29 - April 21  
April 26 - May 19



## Food drive to benefit CAPCA

Conway Regional Health & Fitness Center is excited to begin our annual canned food drive to benefit CAPCA (Community Action Program for Central Arkansas).

From December 1-15 we will be collecting canned fruit and vegetables, peanut butter, canned soups, cereal, oatmeal, rice, pasta and Ramen Noodles. Members that donate five or more items will be entered into a giveaway for a \$100 credit on their account! The more you give, the more chances to win!

The giveaway is open to members only, but non-members are invited to donate. Please check all expiration dates prior to donating. Account must be in good standing to receive the \$100 credit.

For more information, call Amanda Castillo at 501-450-9292, ext. 306.



## Script to Fit Expanding Offerings

Exercise and behavior modification are crucial in managing chronic health conditions. The Script to Fit program at Conway Regional Health and Fitness Center provides participants with exercise and educational programming to help them better manage their chronic health conditions. Anyone managing a chronic medical condition or individuals transitioning from a rehabilitation program would benefit from one of the four Script to Fit program tracks:

- **Arthritis Fitness:** Osteoarthritis, rheumatoid arthritis, or other inflammatory condition
- **Cardiovascular Fitness:** Recent discharge from Phase 2 cardiac rehab, stable cardiovascular disease, or diagnosed with cardiac risk factors
- **Diabetes Fitness:** Type 1 or Type 2 diabetes or prediabetic
- **Reconditioning Fitness:** Deconditioned individuals/immunity boosting

Our degreed and certified medical fitness team will work with you and your physician to create a program that will set you on a course for a healthier lifestyle through behavior change. These 8-week programs offer the ability to start anytime.

A medical fitness referral is required to participate in the program. Script to Fit services are valued at \$300. We are able to provide these services at a low-cost of \$75 thanks to generous donations given to the Conway Regional Health Foundation.

**Due to high demand, Script to Fit is now offering an evening option on Monday, Tuesday and Thursday from 5:00 – 6:30 pm. If you've wanted to participate in the past, but had conflicts during the day, this option is for you.**

For more information on any of our Script to Fit tracks, contact Mallory Lefler at 501-450-9292, ext. 309 or email [mlefler@conwayregional.org](mailto:mlefler@conwayregional.org).

## Group X Updates

Staff covering the Thursday Cycle class at 5:45 pm in December:

December 2 – Lori  
 December 9 – Rebecca  
 December 16 – Kelly  
 December 23 – Amanda  
 December 30 – Carole



## Staff Certifications

We're proud to have a staff that continues to expand their knowledge and expertise in the fitness industry.

Christy Hamilton recently obtained her AEA (Aquatics Education Association) water instructor certification. She currently instructs the Aqua ROM+E class on Wednesdays at 8:30 am.

Rachel Sidney recently completed the *My Vinyasa Practice* 200 Hour Yoga Teacher Training. She currently instructs Zumba Gold® on Wednesdays at 10:00 am in addition to covering Cycle some Thursdays at 5:45 pm. Be on the lookout for yoga with Rachel in the New Year!

# Rock Steady Boxing for Parkinson's Disease



Conway Regional Health and Fitness Center is excited to offer Rock Steady Boxing! Rock Steady Boxing is a non-contact boxing-based fitness program designed to help individuals diagnosed with Parkinson's. Participants may join at any time.

Rock Steady Boxing classes are also in need of volunteers. Rock Steady Boxing volunteers play an important role helping instructors set up before class as well as assisting participants with various tasks during the classes. Volunteers must be 18 or older.

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



**Consider the gift of fitness for those on your list! Gift cards are available for membership, personal training, nutrition consults, and InBody Analyses! Gift cards can be purchased in any amount and are available at the front desk.**



We are excited to welcome Mary Prestipino to our staff of certified personal trainers! Mary holds her ACE (American Council on Exercise) personal trainer certification in addition to a Bachelor of Science in Kinesiology from the University of Arkansas.

Mary ran cross country and track in high school where she learned how to properly workout in a gym setting and fitness started to become a part of her regular routine. She began working as a physical therapy technician and taught patients recovering from various injuries how to exercise properly.

Mary wants to help individuals feel more confident in themselves and in the gym. She is excited to teach them how to exercise muscle groups properly and safely in order to get the results they want.

"I am more than happy to train women and men of all ages," said Mary. "I am excited to get my clients on track to reach their goals and beyond."

For more information on personal training with Mary or any of our certified, experienced staff, contact Mallory Lefler at 501-450-9292, ext. 309.