



# InMotion

## Rock Steady Boxing

Conway Regional Health & Fitness Center is excited to offer Rock Steady Boxing to the communities we serve.

Rock Steady Boxing is a fitness program for individuals diagnosed with Parkinson's or Parkinsonism. The non-contact, boxing-based exercises included in the program are designed to slow the progression of symptoms and improve quality of life. The class will be led by Mallory Lefler, RSB Affiliate Coach, BS, Fitness Coordinator and ACE Certified Personal Trainer.

Program includes:

- Pre-program health and fitness assessment
- Communication with your physician for continuity of care
- Classes at 1:00 pm on Tuesdays and Thursdays
- Official Rock Steady Boxing t-shirt
- Program fee of \$70 per month



We also offer two other medically integrated health and fitness programs at Conway Regional Health and Fitness Center. These programs are for individuals who are managing chronic medical conditions including heart disease and diabetes. Communication with your physician and a multidisciplinary team ensure you receive a individualized fitness program and other healthy lifestyle support for your condition. The ultimate goal of our medically integrated programs is for participants to assume responsibility for their own exercise program while under the guidance of a qualified fitness expert.

For more information on any of our medical fitness programs, contact Mallory Lefler at 501-450-9292, ext. 309.

## JULY 2021

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**We will be  
CLOSED  
Sunday, July 4  
in observance of  
Independence  
Day.**



## Group X Studio Closure July 9-11

Work will begin to refinish the group exercise studio floor in the afternoon of Friday, July 9. We anticipate the studio will reopen for regularly scheduled classes on Monday, July 12. All regularly scheduled classes will be held Friday, July 9.

**The group exercise class schedule for Saturday, July 10 is as follows:**

- **8:15 am – Cycle – Fitness Level 1**
- **9:15 am – 360 Strength – Moved to Spin Studio on Fitness Level 1**
- **10:30 am – Zumba® – Moved outside to the south parking lot**

We do not anticipate interruptions to other programs or services because of this work but please be advised that the urethane will result in fumes in the facility during this time. We apologize for any inconvenience and appreciate your patience as we work to improve the facility.

## Family Swim

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

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.



## Family Swim Expands 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 Wednesdays 2:00–5:00 pm and Fridays 2:00–5:00 pm! All guests attending Family Swim must register and pay a guest fee.

## NEW! Aqua Zumba® Pop-Up Classes in July



We are excited to offer a new aqua class at Conway Regional Health and Fitness Center. Aqua Zumba® will be held on Saturday, July 17 and Saturday, July 31 at 12:00 pm. Each format will be 45 minutes. Come try out this fun new class and see why people love aqua exercise classes!



## 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.

### **Group Swim Lessons, Ages 4-11**

July 5-28, or August 2-25  
Mondays and Wednesdays  
Level 1 and Level 2  
5:00-5:45 pm or 6:00-6:45 pm

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

## Important Reminders for Members

We are happy to see many new and returning faces at the Health and Fitness Center! We would like to take a moment to remind members of a few facility guidelines to ensure everyone has a great experience.

- When arriving at the Health and Fitness Center, please be considerate of staff and other members by checking in using your key tag. This speeds up the check-in process creating a better experience for everyone.
  - Please return used towels to a towel return bin after use. This helps ensure we have towels for members when needed.
  - Guests under the age of 18 must have a waiver on file signed by their parent or legal guardian.
  - Children under the age of 12 are only allowed to use the pool during family swim time unless participating in a staff led program. Please see the pool schedule for details.
  - Dress code reminders:
    - A shirt or cover up should be worn outside of the pool area and locker rooms.
    - Wearing only a sport bra is not permitted
  - Child members under the age of 14 must have an adult present with them in the facility unless participating in a staff-led program.
  - For insurance and liability reasons, outside fitness equipment (dumbbells, , bars, etc.) is not allowed.
- For your safety, athletic shoes are required in fitness areas.
- Please be mindful of time limits in the Play Center. This helps to provide a positive experience for all of the children we care for.
  - In the interest of privacy, please remember that members may not photograph or film other members or employees.

We appreciate your cooperation and look forward to helping you improve your health and fitness!

## Pop Up Group X Classes in July and August

Wed, July 7 | 10:00 am | **Pilates**  
with Elizabeth Hart

Wed, July 14 | 10:00 am | **Yoga**  
with Rebecca Petersen

Sat, July 17 | 12:00 pm | **Aqua Zumba®**  
with Amy Jordan

Wed, July 21 | 10:00 am | **STRONG®**  
with Rachel Sidney

Wed, July 28 | 10:00 am | **Zumba®**  
with Dena Meriweather

Sat, July 31 | 12:00 pm | **Aqua Zumba®**  
with Amy Jordan

Wed, Aug 4 | 10:00 am | **Yoga**  
with Lori Isom

Wed, Aug 11 | 10:00 am | **Zumba Gold®**  
with Rachel Sidney

Wed, Aug 18 | 10:00 am | **Zumba Gold®**  
with Rachel Sidney

Wed, Aug 25 | 10:00 am | **Yoga**  
with Rebecca Petersen



## New Staff Certifications & Education

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

**Kameron Rachel**, Fitness Specialist and ACE Certified Personal Trainer, recently obtained his ACE Sports Performance Specialist certification. This training offers a unique skill set to help clients perform at their competitive best. Kameron is equipped to work with a wide range of athletes from beginner to professionals and youth to adult. This training allows Kameron to offer specific skills, techniques, and insights to help athletes perform at their peak during competition.

**Karl Lenser, Kelly Buchanan, Rebecca Petersen and Rachel Sidney** recently obtained their Schwinn® Indoor Cycling certification. Schwinn® is the industry's most respected and progressive indoor cycling program. Although Karl and Kelly have instructed indoor cycling, this certification offered skills including the Schwinn® Coach's Pyramid, class design, and more. Be on the lookout for Rachel and Rebecca to lead a class in the coming weeks!

# 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.

