

A Monthly Publication of Conway Regional Health & Fitness Center ■ June 2021



InMotion

Medically Integrated Programming

Conway Regional Health and Fitness Center is excited to add Rock Steady Boxing to our line up of medically integrated health and fitness programs. Rock Steady Boxing improves the quality of life for people with Parkinson's disease through a non-contact, boxing-based fitness curriculum. Rock Steady Boxing joins two other medically integrated health and fitness programs at our facility—Daily Diabetes and Heart Healthy. These programs are for individuals who are managing chronic medical conditions such as diabetes and heart disease. Each program is designed to improve individual health and fitness and support patient recovery.

Through communicating with your physicians and a multidisciplinary team, these programs provide personalized exercise programs that incorporate health and fitness goals and addresses fitness deficiencies in strength, endurance, and flexibility.

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, contact Mallory Lefler at 501-450-9292, ext. 309.

Rock Steady Boxing for Parkinson's Disease Interest Meeting June 17, 1:00-2:00 pm

Conway Regional Health and Fitness Center will hold an informational meeting on Thursday, June 17, from 1:00 to 2:00 pm. for a new medically integrated class for people with Parkinson's disease

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.

"The program gives people with Parkinson's disease hope by improving their quality of life through non-contact, fitness training," said Lefler. During the June 17 meeting, more details will be explained about Rock Steady Boxing and how it helps people with the disease. Classes will begin in July and participants will meet on Tuesdays and Thursdays at 1:00 pm. The program fee is \$70 per month.

JUNE 2021

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Dress Code Reminder

**Wearing a sports bra
only is not permitted.**

Conway Regional Health and
Fitness Center maintains a
dress code for the discretion
of all of our members.



New Staff Certications & 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 Masters in Sports Management from the University of Central Arkansas.

Noah Bandy, Fitness Specialist and ACE Certified Personal Trainer, enhanced his focus through an ACE Senior Fitness Specialist certification. This specialty focuses on the growing population of older adults seeking to gain strength and vitality while warding off inactivity-related disease and cognitive decline, such as dementia and Alzheimer's disease.

Deanna Myers, NASM Certified Personal Trainer recently obtained her SilverSneakers® Foundations instructor certification and will begin instructing classes in June.

Family Swim

Families with children under the age of 12 can enjoy the pool area during designated times.

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

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 3 minutes.

For more information, contact Kyle Shunkey, Aquatics Coordinator, at 501-450-9292, ext. 308.



Family Swim Expands for Summer

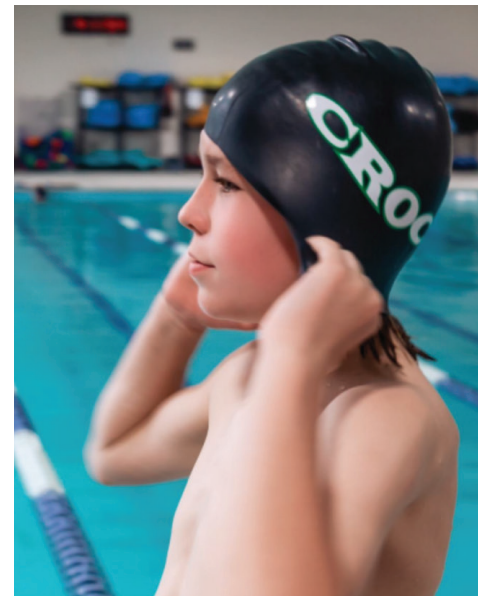
Effective June 2, Family Swim time will be offered Wednesdays at 2:00 – 5:00 pm and Fridays at 2:00 – 5:00 pm for the summer! In addition, Family Swim will also maintain its currently offered times on Saturdays from 3:00 – 5:30 pm and Sundays 2:00 – 5:00 pm.

Conway Crocs Practice Begins

Pool closed to members during practice

Conway Crocs Swim Team practice will begin May 24. Practice will be held Monday – Thursday 6:45 -8:45 pm and Friday 6:45 – 7:45 pm. The pool will be closed to members during this time.

For more info, or to register, contact Kyle Shunkey at 501-450-9292, ext. 308 or kyle.shunkey@conwayregional.org.



Sauna & Steam

The Sauna & Steam Room is open during normal business hours and close 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

June 7-30, July 5-28, or Aug 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 6 mos. to adult.



Take Advantage of Virtual Nutrition Counseling with Hannah Neago, RDN, LD

Are you interested in gaining muscle, losing weight, or improving your sports performance? Hannah Neago, RDN, LD, offers interactive meal plans and virtual nutritional counseling to help you achieve your goals through essential nutrition education.

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

Youth Fitness Camp

YFC

Registration is open for YFC, our Youth Fitness Camp. This fun and exciting summer camp offers a variety of activities with sports, nutrition, and health education components to both challenge and excite the participants.

YFC is an all-inclusive, fun experience where kids will get fitter, faster, and stronger while they learn how to live healthier lifestyles! Each day kids will explore different physical activities that will test their coordination, improve their balance, increase their endurance, and most importantly — show them fitness is fun!

YFC will be offered Monday – Friday from 8–11:30 am and participants may be dropped off for the duration of the camp each day. The camp for children Ages 9-11 will be held June 21 – 25 and for children ages 6-8 will be July 12-16.

Limited spots remain for ages 9-11, and the camp for ages 6-8 is full.

Learn more at
ConwayRegionalHFC.org/kids/kids-programs.

Group Class News

Wednesdays at 9:10 am Step with Emily Martinez

45 minute format in Group X Studio
Step is coming back for June and July! Join Emily for an energizing workout using a step and height adjustable risers. Step is a great cardio option that tones your glutes and legs while building stamina and endurance.

Wednesdays at 12:00 pm The Wednesday Grind with Erika Setzler

45 minute format in Group X Studio
Also known as the “Friday Grind,” this class will temporarily move to Wednesdays in June. Anything goes in this class geared for intermediate to advanced fitness levels.

Thursdays at 8:45 am 360 Strength with Audrey Taylor in June and July

45 minute format in Group X Studio
Challenge your entire body in this effective, safe, and comprehensive strength workout. Dumbbells, bodyweight and more will be used to move your body in all planes of fitness. Get ready to become stronger and test your limits with strength, cardio bursts, and core work!

Fridays at 11:00 am Silver Sneakers® with Deanna Myers

45 minute format in Group X Studio
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.



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

Letter from the Director

I hope this message finds you well! Summer is almost here, and with each passing month, we continue to see more and more members return to the Health and Fitness Center. We feel confident that the steps we have taken to keep our members and employees safe and played a significant role in the return of many. We continue to appreciate your patience and understanding with the many changes we've made because of COVID 19.

Our facility reorganization continues, and we are about to begin what we hope are the final few phases. We will be reorganizing the selectorized studio in early June. This will involve relocating the open training area to the opposite end so that members can make use of the mirrors. We will also reduce the spacing between the equipment in this area slightly to allow us to add a dedicated stretching area.

In the coming weeks we will be expanding the turf and free weight flooring. This will allow us to reduce the footprint of the spin studio, increase the amount of usable turf space, expand the free weight area, return stored free weight equipment back into circulation, and reopen the second

racquetball court. We are optimistic that as community cases decline and vaccinations increase, we can continue to ease restrictions when appropriate and return stored cardio equipment back into circulation.

We're also excited to announce that we have become a Rock Steady Boxing affiliate. Rock Steady Boxing is a boxing-based exercise program for individuals diagnosed with Parkinsons Disease and we hope to begin offering classes in July. This program will compliment our existing medical fitness programs, Daily Diabetes and Heart Healthy.

As you can see, we are in an exciting period of growth at the Health and Fitness Center despite COVID 19. We are excited to share this growth with you and appreciate you joining us on this journey. Stay healthy and safe and we'll see you around the Center!



Jeramie Hinojosa

Customized Training

Our nationally certified personal trainers can customize a fitness plan to meet your individual health needs, budget, and schedule. Our trainers provide expert guidance for a variety of goals including weight loss, strength and endurance, toning, reducing stress, sports performance, disease management, and more!

We have a private personal training studio at the fitness center for private, one-on-one workouts with your trainer.

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

