



InMotion

Kids Run Arkansas Wrap-up

Our virtual Kids Run Arkansas® was a huge success with 1,047 participants registered! Kids Run Arkansas® is presented by Conway Regional Health & Fitness Center and the title sponsor is Groovy Smiles Pediatric Dentistry.

Participants had the opportunity to complete a 1-mile or 3-mile run or walk anytime April 17 – 24. Families were also encouraged to tag the Conway Regional Health & Fitness Center Facebook page, in addition to using the hashtag #kidsrunarkansas when posting photos from the virtual event.

Each year, the schools with the highest percentage of participation are awarded scholarships for their physical education programs. This year, with the help of our generous sponsors, we were able to award the most amount of money in Kids Run Arkansas® history! \$11,000 was distributed to the top schools:

- 1st Place – St. Joe, \$3,025
- 2nd Place – Theodore Jones, \$2,750
- 3rd Place – Woodrow Cummins, \$2,475
- 4th Place – Jim Stone, \$1,650
- 5th Place – Conway Christian, \$1,100

A big thank you to all the sponsors and participants for making this year's virtual event a success!



MAY 2021

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Summer Memberships Available

Summer Memberships will be available beginning May 3! Three-month memberships are available for individuals (\$190), couples (\$330) and families (one parent plus children under the age of 12 is \$270 and a family \$410.)

Summer memberships are available to purchase May 3 – June 4 with no joining fee and will be effective three months from purchase. For more information, stop by the front desk today or call 501-450-9292, ext. 300.



Personal 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 budget and schedule while offering expert guidance on weight loss, strength, toning, sports performance, disease management, and more! To learn more about individual, couples, or group training, contact Mallory Lefler at 501-450-9292, ext. 309.

Family Swim

Families can enjoy the pool area during designated times without reservations.

Saturdays, 3:00-5:30 pm
Sundays, 2:00-5:00 pm

EFFECTIVE JUNE 2, Family Swim will also be available Wednesdays, 2:00-5:00 pm.

One lap lane 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.

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.

New Aquatic Group Classes in May

Mondays at 8:30 am
Aqua Fit with Kyle Shunkey
45 minute format

This multi-level aqua workout offers both cardiovascular and muscle conditioning using the waters resistance for a full body workout.

Wednesdays at 8:30 am
Aqua ROM+E with Christy Hamilton
45 minute format

This low impact class will focus on range of motion while elevating your heart rate in a controlled manner. Great for beginners or individuals with arthritis and/or fibromyalgia.



Join the Conway Crocs Swim Team

Conway Crocs Swim Team registration is open May 31! The swim team offers a great way for your child to stay active in the summer, have fun, and learn good sportsmanship as kids will compete against other swim teams in Central Arkansas.

Head Coach, Chris Brynell has coached youth swimming since 2004. The swim team is open to participants ages 5 - 18. New participants must pass a swim test before registering for the team. Email Chris Brynell to schedule your child's swim test: christopherbrynell@gmail.com. A form will be initialed and presented to you once your child passes the swim test. This form is required to register your child at the front desk. The cost is \$125 for members and \$150 for non-members.

Swim team practice will begin May 24. For more info, or to register, contact Kyle Shunkey at 501-450-9292, ext. 308 or kyle.shunkey@conwayregional.org.

Swim Lessons

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

Tadpoles & Guppies Express
Ages 6 mos-4 yrs

May 1-22
June 5-26
July 10-31

Dolphins Swim Program
Ages 5-18

April 27-May 22
Tuesdays and Thursdays
7:00-8:00 pm

Group Swim Lessons
Recommended for Ages 4-11

June 7-30 or 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



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 now open for YFC, our youth fitness camp! This fun and exciting summer camp offers a variety of activities, sports, nutritional, and health education components to both challenge and excite the participants.

YFC is an all-inclusive, fun experience where kids will get fitter, faster, stronger and learn how to live healthier lives! 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 8:00 – 11:30 am and participants may be dropped off for the duration of the camp each day. Ages 9-11 camp will be held June 21 – 25 and ages 6-8 will be July 12-16.

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

New Group X Classes in May

Mondays at 10:00 am **EXPRESS Fine Tuning with Amanda Castillo**

35-40 minute format in Group X Studio
Fine-tune every muscle group in your body with endurance-based strength work using body weight, light weights, gliding discs, a Bender ball, and versa loops! Leave this class fully fine-tuned and feeling good! Intermediate – advanced.

Wednesdays at 5:10 am **HIIT + Stretch with Rebecca Petersen**

40 minute format in Group X Studio
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, then enjoy a great full body stretch. Intermediate – advanced.

Thursdays at 7:00 pm **ZUMBA! with Amy Jordan**

45 minute format in Group X Studio
This class fuses Latin rhythms and easy to follow moves to get you moving! All levels.



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

American Red Cross Lifeguard Training

Conway Regional Health & Fitness Center is teaming up with the Hendrix Aquatic Center to offer American Red Cross Lifeguard training. The upcoming training will be held Saturday, May 8 and Sunday, May 9 from 9:00 am- 5:00 pm. The deadline to register is May 5 as completion of online education must be completed prior to Saturday, May 8. The cost is \$250 per person.

To learn more, visit ConwayRegionalHFC.org/Aquatics-Program/Aquatic-Classes or contact Kyle Shunkey, at 501-450-9292, ext. 308.

Lifeguard Training

Are you whistle worthy?

Watch our video on Facebook to learn how to use our new piece of equipment - the Glute Hamstring Developer!

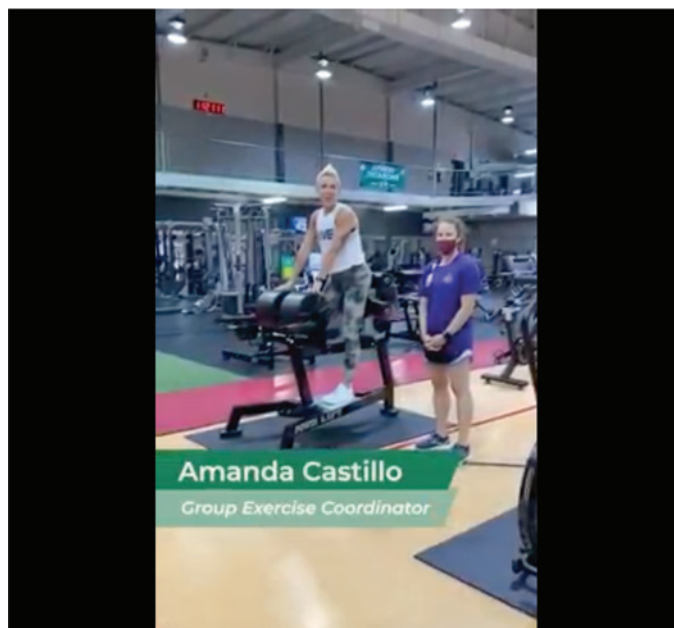


Conway Regional Health & Fitness Center

April 9 at 4:24 PM · 🌐

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Check out the new GHD | Glute Hamstring Developer during your next workout!



Amanda Castillo

Group Exercise Coordinator