

InMotion



New Membership Software Coming Soon

The HFC will be transitioning to a new membership software platform during the month of November. This change will improve internal processes and, most importantly, enhance your membership experience through an online member portal and our very own app!

Stay tuned for more information.

NOV 2021

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Special Thanksgiving Hours Nov 24-26

See details below.

Thanksgiving Hours

The HFC will be closed on Thursday, November 25 in observance of Thanksgiving.

On Wednesday, November 24 we will close at 8:00 pm and we will not offer group exercise classes after 12:00 pm.

We will offer a special lineup of group exercise and aquatic classes on Friday, November 26:

8:30 am • Aqua Core with Kyle

8:45 am • Barre with Rebecca

9:00 am • Cycle + Top it Off with Amanda

10:00 am • Unwind Yoga with Amanda

10:30 am • Aqua Amp with Kyle

Family Swim

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

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® Classes in November



Aqua Zumba® will be offered every Saturday in November at a new time of 9:30 am with Amy Jordan and Dena Meriweather.

Swim Lessons

Check back for more information on 2022 dates for our group swim lessons and Dolphins program!

Private lessons are always available.

Rock Steady Boxing for Parkinson's

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 is also in need of volunteers.

Rock Steady Boxing is a non-contact boxing-based fitness program designed to help individuals diagnosed with Parkinson's improve their health and well-being. 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 and be passionate about helping Rock Steady Boxing participants succeed! If interested, please email mlefler@conwayregional.org.



**ROCK STEADY
 BOXING
 CONWAY REGIONAL**



Script to Fit

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.

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.



Ruston Returns to the HFC! We are excited to welcome Ruston Predmore back to the Health & Fitness Center!

Ruston will serve as a Fitness Specialist and a Personal Trainer. Ruston is an ACSM Certified Personal Trainer and TRX Qualified Trainer, holding a BS in Kinesiology with an emphasis in Exercise Science. "I am very excited to begin working with new and former clients" said Ruston. "I am also looking forward to new experiences with all the medical fitness programs now offered."

For more information on our medical fitness programs, or personal training with Ruston, contact Mallory Lefler at 501-450-9292, ext. 309.



Group X Updates

In November, Rebecca Petersen will offer a 45-minute high-energy step class on Wednesdays at 9:05 am.

Staff covering the Thursday 5:45 pm cycle class in November:

November 4 – Lori
November 11 – Carole
November 18 – Rachel

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.

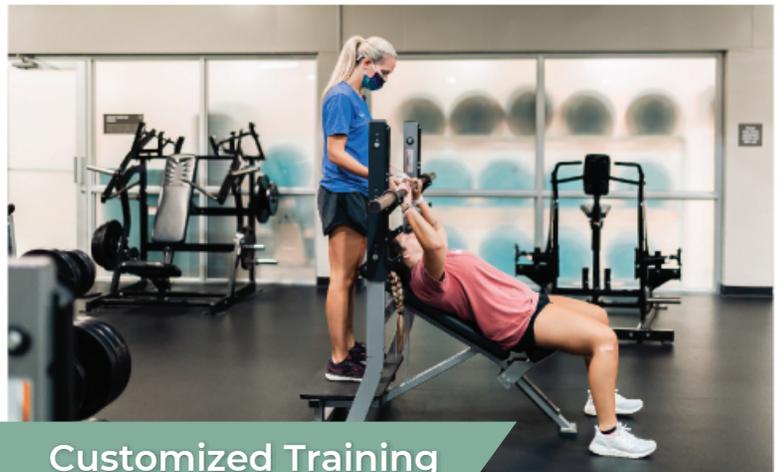
Learn more at

ConwayRegionalHFC.org/Inbody-Analysis

MERRY FITMAS



It's not too early to think about the holidays. 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 check-in.



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.