

InMotion



Revealing Our New Logo

We are excited to announce a refreshed website and logo for the Conway Regional Health and Fitness Center!

In addition to the new logo, you will also notice a new secondary logo in use that emphasizes "HFC." As part of the region's leading health system, our community's health and fitness are our top priorities. We believe this new logo reflects the importance of our mission to improve the quality of life of our community through medically-integrated fitness and wellness services that promote healthy and active lifestyles.

The transition of the new logo will occur over time, so you should expect to see the old logo throughout the facility for the foreseeable future. To explore our new website, visit ConwayRegionalHFC.org

We look forward to this next phase of our history as the area's largest and most comprehensive health and fitness facility.



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.

OCT 2021

INSIDE THIS ISSUE:

New Play Center
Supervisor - pg 2

Aquatics News - pg 2

Biketoberfest - pg 3

Personal Training - pg 3

Rock Steady
Boxing - pg 4

Group X Updates - pg 4

NO Enrollment Fees During October!

Don't wait until the
New Year rush!
We are waiving all
enrollment fees for
the month of October.

There is no better
time to start working
on your goals.

Family Swim

Families with children under the age of 12 can enjoy the pool area during specified times in October. the following designated times:

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.



Welcome Rachel Johnson to the Play Center!

We are excited to announce Rachel Johnson as our new Play Center Supervisor. Rachel served as a play center attendant prior to advancing into the role. She has several years' experience in childcare and obtained her Bachelor of Science in psychology from the University of Central Arkansas.

Rachel and her husband Derek have two children, Sheppard and Sloane.

"My favorite job in college was the after-school program," said Rachel. "This feels like a full circle opportunity for me." Working with families and children has always been rewarding and meaningful to Rachel. "I'm excited to connect with families and build relationships with them and hopefully be a bright spot in every kid's day!"

If you have questions regarding the Play Center, please contact Rachel at rach.johnson@conwayregional.org or 501-450-9292, ext. 310.

Aqua Zumba® Pop-Up Classes in September



Additional Aqua Zumba® pop up classes will be offered Saturday, October 9 and 30 at 12:00 pm with Amy Jordan and Dena Meriwether.

Please note the Play Center closes at 12:00 pm on Saturdays, so child care will not be available during these pop-up classes.

Swim Lessons

Dolphins returns this fall!

Dolphins is a fitness swimming program designed for kids ages 5 – 18 to help improve swimming technique. Participants must be able to swim two pool lengths unassisted.

Oct 5-28

Tues and Thurs, 7:00-8:00 pm

\$40 for members, \$60 for non-members

Level 1 & 2 Group Swim, Ages 4-11

Oct 18-Nov 10

Mon and Wed, 5:00-5:45 pm or 6:00-6:45 pm

\$80 for members, \$100 for non-members

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



Conway Regional Health System Biketoberfest

Conway Regional Health System Biketoberfest is a celebration to recognize our growing community of cyclists. The city of Conway has many opportunities for cycling—and Conway Regional Health & Fitness Center is proud to offer an expansive indoor cycling space for community rides.

Conway Regional Health & Fitness Center is excited to host three indoor cycling sessions FREE to the community! Amanda Castillo, ACE Certified Personal Trainer and Schwinn® Indoor Cycling instructor will lead the 50-minute rides. You do not have to be a member to join the classes.

Spin shoes are not required as bikes are compatible with clip-in or athletic shoes. If this is your first time to participate in an indoor cycling class, be sure to arrive a little early so Amanda can assist with your setup.

The community indoor cycling rides will be offered Sunday, October 3 at 1:30 pm; Saturday, October 9 at 10:00 am and Saturday, October 23 at 10:00 am. Registration is required and available via Eventbrite. Visit [crhs.healthcare/3IMHsmO](https://www.eventbrite.com/e/conway-regional-health-system-biketoberfest-tickets-15084444444) to reserve your spot today!

Masks are encouraged but not required to enter the building. Participants must be 18 years or older and will be required to sign a waiver before participating in class. We have 28 spin bikes available, distanced to offer a safe and welcoming environment.

Conway Regional Health System Biketoberfest is presented by Caldwell Toyota, Conway Convention & Visitors Bureau, First Security Bank, and Meridian Investment Advisors.

Route sponsors include Car-son Construction, Engage Management, The Jiles Firm, P.A., and Rogers Group.

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.



Don't miss our Zumba® GLOW Party on Friday, October 1 from 5:30 - 6:30 pm! Heart pumping, hip shaking, body rocking Zumba® set in a club-like atmosphere complete with black lights. This high-energy dance party will be led by Dena Meriweather and Amy Jordan. The GLOW Party is free to members. Guests are welcome and should register at the front desk and pay a guest fee. A parent or legal guardian must sign a waiver for all guests under the age of 18.

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

Rock Steady Boxing for Parkinson's Disease

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.



Group X Updates

Megan Ryan will take over the 5:10 am Cycle for Karl Lenser.

The following instructors will be alternating teaching Cycle at 5:45 pm on Thursdays:

October 7 – Kelly
 October 14 – Carole
 October 21 – Carole
 October 28 – Rachel