



InMotion

CONWAY REGIONAL
Health & Fitness
— CENTER —

New Roof Under Construction

We are pleased to announce we will be replacing the lower roof (south and west facing portions) of the Conway Regional Health and Fitness Center. Work began Tuesday, August 24 and will last for approximately 3 months. Areas of the south parking lot will be blocked off for the duration of the project and other parking areas will be blocked intermittently during the project.

We will do our best to keep members updated via email and social media as the project progresses. We apologize for the inconvenience and appreciate your patience as we work to make improvements to the facility.

Rock Steady Boxing Seeking Volunteers

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 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 you are interested, please email mlefler@conwayregional.org.



SEPT 2021

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**We will be
CLOSED
Monday,
September 6
in observance
of Labor Day.**

Group X Updates

New Class for September – Zumba Gold® with Rachel Sidney will be offered every Wednesday at 10:00 am in September! Zumba Gold® is a lower-intensity version of the typical Zumba® class.

Staff will rotate Thursday 5:45 pm Cycle for the month of September:

- September 2 – Carole
- September 9 – Lori
- September 16 – Kelly
- September 23 – Rebecca
- September 30 – Carole

Family Swim

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

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.



Changes to Family Swim

Family Swim days and times are changing for September. Now families can enjoy the pool Wednesdays, Saturdays and Sundays from 2:00–5:00 pm and Fridays from 2:00–7:00 pm.

Non-members are allowed only when attending as a guest of a member. All guests must register and pay a guest fee. Adult exercise may be allowed at the same time. See the Group Exercise schedule for details.

Aqua Zumba® Pop-Up Classes in September



Additional Aqua Zumba® pop up classes will be offered Saturday, September 11 and 25 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 for these pop ups.



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

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.

Sept 7-30 or 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

Sept 13-Oct 6 or 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 Crocs Season Recap

The Conway Crocs swim team had a great season! The program saw 106 swimmers participate with 92 qualifying for the Meet of Champs.

The Conway Crocs won five out of six regular season meets. At the Meet of the Champs, the team took home over 100 individual medals. There were also three High Point winners at Meet of Champs. The Conway Crocs were the overall winners for the Meet of Champs and were voted best sportsmanship for the season.

Head Coach, Chris Brynell couldn't be prouder of the team. "A big thank you to all the parent volunteers and assistant coaches for a great year – I'm already looking forward to next year!"

Member Reminders

- Please return towels and wipe down equipment after use
- Guests under 18 must have a waiver signed by parent or legal guardian



New Staff Certifications & Education

We're proud to have a staff that continues to expand their knowledge and expertise in the fitness industry.

Noah Bandy, Fitness Specialist and ACE Certified Personal Trainer recently obtained his certification to lead our Rock Steady Boxing program alongside Mallory Lefler. Rock Steady Boxing gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing-based fitness curriculum.



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

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.



Group Exercise is for Everyone.

The energy and motivation is addicting!

For a complete list of classes offered, visit ConwayRegionalHFC.org.

