

InMotion HFC

Kids Run Arkansas®

Help us celebrate 14 years of Kids Run Arkansas® on Friday, April 22 at 6:00 pm. Kids Run Arkansas® is presented by Conway Regional Health & Fitness Center and the title sponsor is Groovy Smiles Pediatric Dentistry.

This event offers fun for the entire family, including face painting, games and more leading up to the 1-mile and 3-mile run/walk. Kids Run Arkansas® is open to children of all ages and parents. There is no chip timing as Kids Run Arkansas® strives to promote fun and fitness in youth and family.

The deadline to register and guarantee an official event tee is Tuesday, April 5. Visit runsignup.com/Race/AR/Conway/KidsRunArkansas.

*Processing fees apply with online registration. Paper forms are also available for download from our website conwayregionalhfc.org by selecting Kids > Kids Programs.

Each year, the schools with the highest percentage of participation are awarded scholarships for their physical education programs. In 2021, over 1,000 participated in the event and \$11,000 in scholarships were awarded!

Packet pickup will be held in the HFC classroom Thursday, April 21 from 3:30 – 6:00 pm and Friday, April 22 from 10:00 am – 1:00 pm and 5:15 pm – event.

A big thank you to all our sponsors for making this event a success for surrounding schools! For more information on the event, sponsorship opportunity and volunteering, contact Mallory Lefler, Race Director at 501-450-9292, ext. 309.

APRIL 2022

INSIDE THIS ISSUE:

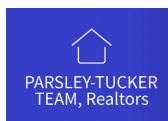
- Aqua Class Changes - pg 2
- Lifeguard Training - pg 2
- Corporate Games - pg 3
- Group X Updates - pg 3
- Youth Fitness Camp - pg 4
- Kids Tri Camp - pg 4

Quarterly Member Survey

The quarterly member survey is now available. All active accounts with an email on file were sent a link to the survey. You can also access the survey through our member app! The survey closes April 14.

Need help accessing the survey? Talk with any HFC team member the next time you are at the fitness center.

Extra Mile Sponsors



Sprint Sponsors



Family Swim

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

Wednesday, 2:00-5:00 pm

Friday, 2:00-7:00 pm

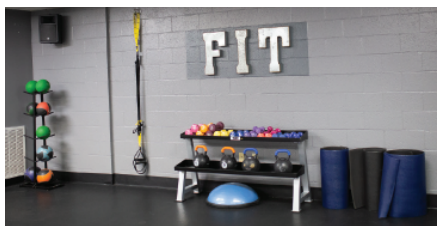
Saturday, 2:00-5:00 pm

Sunday, 2:00-5:00 pm

All guests attending Family Swim must register and pay a guest fee.

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.



Customized Training

Our nationally certified personal trainers can customize a fitness plan to meet your individual health needs, budget, and schedule. We have a private personal training studio at the fitness center for 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.

Aqua Group Class Changes



Join Kyle on Thursday, April 7 and 21 at 12:00 pm for **H2yOga**, a 45-minute, gentle water exercise class. H2yOga uses the basic exercises, principles, and movements of yoga and adapts them to a water environment. **Aqua Zumba®** with Amy Jordan and Dena Meriweather will move to 8:45 am on Saturdays in April.

Swim Lessons

Group Swim Lessons Recommended for Ages 4-11

April 4 - 27

Mondays and Wednesdays

Level 1 and Level 2

5:00 pm or 6:00 pm

Tadpoles, ages 6-18 mos

Saturdays at 9:30-10:15 am

Available sessions:

April 2 - 23

April 30 - May 21

June 4 - 25

July 9 - 30

Dolphins Swim Program Ages 5-18

Tuesdays and Thursdays

April 26 - May 19

7:00 pm

Guppies, 18 mos-4 years

Saturdays at 10:15-11:00 am

Available sessions:

April 2 - 23

April 30 - May 21

June 4 - 25

July 9 - 30

Private lessons are available!
Contact Kyle Shunkey at
501-450-9292, ext. 308.

Lifeguard Training

Conway Regional Health & Fitness Center is teaming up with the Hendrix Aquatic Center to offer American Red Cross Lifeguard training on Saturday, May 7 from 9:00 am - 6:00 pm and Sunday, May 8 from 10:00 am - 5:00 pm

The training will include lifeguard certification, in addition to CPR/AED/First Aid for professional rescuer. The cost is \$250 per person and individuals must be at least 15 years of age on the day of training.

Class requirements:

- Must be able to swim 200 yards freestyle and breaststroke
- Tread water for 2 minutes, using only legs
- Retrieve a 10 pound brick from the bottom of the pool and swim 25 yards with it
- Completion of online education by 9:00 am Saturday, May 7

The training will be held at the Hendrix Aquatic Center (1600 Harkrider St, Conway) and instructed by Kyle Shunkey, Conway Regional Health & Fitness Center Aquatics Coordinator and American Red Cross Certified Instructor. The deadline to register is May 5. Registration is available through Conway Regional Health & Fitness Center.

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

Kids on the Move! Kids on the Move continues on Mondays at 4:30 pm throughout April! Kids on the Move is a free and fun fitness class for members ages 6-11. This 30-minute class will be led by Ruston Predmore, certified personal trainer and fitness specialist. No registration is required, but children must be checked into the Play Center prior to class. Guests may attend. Please visit the front desk for details on day passes and Play Center fees. Parents must remain in the building and pickup their child at the end of class.

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.



Group X Updates

Dena Meriweather recently obtained a new certification in HIGH Fitness! HIGH fitness brings aerobics back in a unique way. Fun music from all decades and genres that will motivate you to the max. Have a blast with easy-to-follow fitness choreography, and leave this class wanting more because it's so much fun!

Join Dena on Wednesdays at 5:45 pm for a 45-minute class and see what HIGH Fitness is all about! There will also be a popup class on Sunday, April 10 at 1:30 pm. Take it HIGH or take it low! Options given for all fitness levels.

Yoga for Everyone with Dena will move to 5:05 pm on Wednesdays.

A complete list of group classes and descriptions can be found at ConwayRegionalHFC.org.



Corporate Games Return

The Conway Regional Health & Fitness Center Corporate Games are back for 2022! Save the date for Friday, June 3 from 8:00 am – 1:00 pm.

This event encourages companies to support their employees' pursuit of a healthier and more active lifestyle—all while team building. At the end of the day, one team will walk away with bragging rights and a great trophy!

Our Corporate Games are open to all businesses and organizations in Faulkner County. The team must have a minimum of eight and maximum of 12 to compete. There must also be a minimum of four females.

The cost is \$250 per team, and this includes an official tee (8-12) and lunch. For more information, or to register your team, contact Erika Setzler at 501.450.9292, ext. 309.

Pool Party Packages

The HFC is a great place to host a birthday party or your next group meeting. Our 5-lane, 25-yard pool makes a great place for birthday or private parties, and our conference room is ideal for hosting corporate training sessions.

We offer a variety of packages so you can customize your rental to meet your event needs and our staff will be on hand to help ensure your event flows smoothly.

Email Kyle Shunkey at kyle.shunkey@conwayregional.org or call 501-450-9292, ext. 308 for availability and to book.



Member Referral Program

For every new membership you refer to the Conway Regional Health & Fitness Center, you receive a \$10 credit on your account! Pick up a Member Referral Coupon sheet the next time you're at the fitness center. You complete a portion of the coupon and then give it to your friend to present when they enroll.

*New members must sign a one-year contract to be eligible for discount and for credit to be issued. The coupon must be signed by an active, regular dues paying HFC member and account must be in good standing. Credits expire after 6 months.

Youth Fitness Camp

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

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.

KIDS TRIATHLON TRAINING CAMP



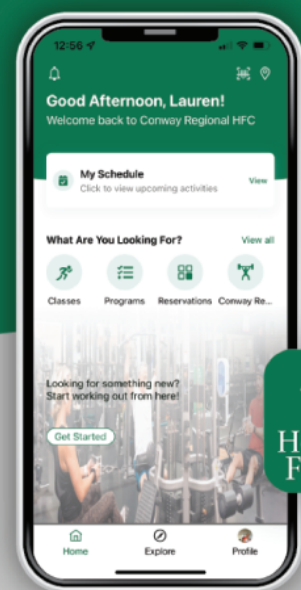
Our Kids Triathlon Training Camp prepares your child to successfully race the Conway Kids Triathlon. This fun and interactive camp involves sport specific training, but also focuses on helping your child practice the swim to bike and bike to run transitions under the supervision of USA Triathlete team, Erika Setzler and USAC Athlete, Noah Bandy.

Save the date for our 2022 camps: July 18, 20, 25 and 27 or July 19, 21, 26 and 28 from 1:30 – 3:00 pm. Registration will open soon, so save the date!

DOWNLOAD OUR NEW APP!

Download on the
App Store

GET IT ON
Google Play



Health & Fitness