

# InMotion



## Welcome, Natalie Vandaveer

We are excited to welcome the return of Natalie Vandaveer to the HFC! Natalie obtained a bachelor of science degree in kinesiology with a minor in family and consumer science with an emphasis in nutrition from the University of Central Arkansas. She is an ACE Certified Personal Trainer and has over 10 years experience. "I am very passionate about sharing my love for fitness with others," said Vandaveer. "I think it's important to teach others how to incorporate health and wellness into their daily lifestyles."

Additional certifications/specialties include:

- ACE Weight Management Specialist
- ACE Functional Training Specialist
- ACE Youth Fitness Specialist
- Oh Baby! Fitness Pregnancy & Postpartum Exercise Instructor
- Schwinn Certified Indoor Cycling Instructor

"My fitness background includes competitive distance running, hiking 14ers, biking, long-distance trail backpacking, and most recently... chasing toddlers!" said Vandaveer.

Natalie enjoys training all fitness levels and ages, but she really has a heart for those new to fitness and for moms trying to prioritize their health during their pregnancy and postpartum. "I also love training those who've been in the gym a while, but they just need some fresh ideas and renewed motivation" said Vandaveer.

To learn more about personal training with Natalie or any of our certified trainers, contact Mallory Lefler, Fitness Coordinator by phone at 501-450-9292, ext. 309 or email [mlefler@conwayregional.org](mailto:mlefler@conwayregional.org).

## AUG 2022

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## ANNOUNCEMENTS

### WEEKEND HOURS

Starting in August, we will expand our hours of operation on weekends to 7:00 am to 6:00 pm on Saturdays and 12:00 – 6:00 pm on Sundays.

This change is the result of member feedback and an analysis of member traffic patterns. We are excited to offer our members more opportunities to move more!

### TOWEL RETURN

Please return used towels to a towel return bin after use. We know it is easy to accidentally leave with one. If you have any towels at home, please return on your next visit.

### NEW LOGO WEAR COMING

We are excited to have new logo wear on the way in addition to our standard green triblend tees! There will be two ladies tank designs and two additional tee designs.

### LAP LANE RESERVED

Two of the lap lanes will be reserved August 1–4 from 1:30 – 3:00 pm for our Kids Triathlon Training Camp.

## Family Swim

Families can enjoy the pool:

Mon/Wed, 2:00-5:00 pm

Fri, 2:00-7:00 pm

Sat/Sun, 2:00-5:00 pm

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

We would like to remind members of our policy for registering children under the age of 18 at the HFC:

For insurance and liability reasons, only parents or legal guardians may sign registration forms and waivers for children under the age of 18. Only these individuals may accept legal responsibility for minors as well as designate who can pick up and drop off their child at the Play Center.

Guest registration forms must remain on site and may be completed at the front desk with our membership staff by the parent or legal guardian of any child. These forms remain on file for children in the event they visit the HFC in the future.



## Conway Crocs Season Ends

Congratulations to the Conway Crocs swim team on a successful season! The pool will now resume regularly scheduled activities in the evenings. Please see our latest pool schedule for details.

## Swim Lessons

### REGISTRATION IS OPEN FOR:

#### **Guppies, 18 mos-4 years**

Saturdays at 10:15-11:00 am  
July 6 - 27

#### **Tadpoles, ages 6-18 mos**

Saturdays at 9:30-10:15 am  
Aug 6 - 27

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

### SAVE THE DATE FOR THE FALL:

#### **Group Swim Lessons Ages 4-11**

Sept 12 - Oct 5  
Oct 17 - Nov 9  
Mon/Wed 5:00 or 6:00 pm  
Level 1 and Level 2

#### **Dolphins**

Sept 13 - Oct 6  
Oct 11 - Nov 3  
Tues/Thurs at 7:00 pm



## Sauna & Steam

The Sauna & Steam Room is open during normal business hours and closes 15 minutes before the fitness center.

## 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](mailto:kyle.shunkey@conwayregional.org) or call 501-450-9292, ext. 308 for availability and to book.





# 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](https://ConwayRegionalHFC.org/Inbody-Analysis)**

## 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](mailto:mlefler@conwayregional.org).



## Play Center Reminders

No outside toys, please

Members must remain in the facility while their children are in the Play Center

If you wish to have anyone other than yourself pickup your child from the Play Center, you must authorize them in writing. Please see the front desk for assistance.



## Customized Training

Our nationally certified personal trainers can customize a fitness plan to meet your individual health needs, budget, and schedule. Our trainers provide expert guidance for a variety of goals including weight loss, strength and endurance, toning, reducing stress, sports performance, disease management, and more!

We have a private personal training studio at the fitness center for private, one-on-one workouts with your trainer.

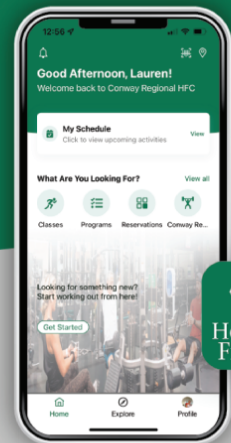
To learn more about individual, couples, or group training, contact Mallory Lefler at 501-450-9292, ext. 309.

## 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.

## DOWNLOAD OUR APP!



# MORE THAN 40 GROUP FITNESS CLASSES OFFERED EACH WEEK

See the complete schedule at  
[ConwayRegionalHFC.org](http://ConwayRegionalHFC.org)

