

# InMotion HFC

## Holiday Hours

The HFC will be open Saturday, December 24 (Christmas Eve) from 7:00 am – 12:00 pm. The Play Center will be available from 8:00 – 11:00 am. No group or aquatic exercise classes will be offered. The HFC will be closed Sunday, December 25 (Christmas Day.) We will resume regular hours on Monday, December 26 opening at 5:00 am.

We will offer a special lineup of Group Exercise and Aquatic classes on Monday, December 26:

- 9:00 am Cycle with Amanda Castillo | 50-minute format
- 10:00 am Full Body Sweat with Amanda Castillo | 50-minute format that offers a combination of strength with bursts of HIT.
- 10:30 am Aqua AMP with Kyle Shunkey | 45-minute format
- 11:00 am | Unwind Yoga with Amanda Castillo | 45-minute format



The HFC will close at 2:00 pm on **Saturday, December 31 (New Year's Eve)** and will be closed on **Sunday, January 1 (New Year's Day.)** We will resume regular hours on **Monday, January 2** opening at 5:00 am and offering all our regularly scheduled classes.



*Santa Pack*  
DON'T WAIT UNTIL JANUARY!

## Santa Pack Personal Training Promotion

Both members and non-members can take advantage of our Santa Pack promotion! From now until December 16, individuals can purchase a personal training 8-pack (individual, partner or group) and get one session free. There is no limit to the number of packages to be purchased, but all Santa Pack sessions will expire March 31, 2023.

## DEC 2022

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## Expanded Weekend Hours

7:00 am to 6:00 pm  
on Saturdays and  
12:00 – 6:00 pm on  
Sundays.

## Play Center Christmas Party

The Play Center Christmas party will be held Thursday, December 8 from 5:00 – 7:00 pm. All members ages 6 weeks to 11 years are invited! You won't want to miss this fun night of Christmas crafts, treats and of course a visit from Santa! The party will be held in the classroom.

## Family Swim

Families are able to enjoy the pool Mondays and Wednesdays from 3:00 - 6:00 pm, Fridays from 3:00 - 7:00 pm and Saturdays and Sundays from 2:00 - 5:00 pm.

Family recreation is recreational time for members and child members under 11. This is the only time children under 11 are allowed in the pool unless participating in staff led swim lessons or programs. Children under 11 must be supervised in the pool area and children under 6 must be accompanied by an adult in the pool. Member exercise may be allowed at the same time and children under 11 may lap swim but only during Family Recreation.

## Aquatic Exercise December Update

- Monday, December 26 | 10:30 am Aqua Amp with Kyle Shunkey \*pop-up only
- Thursday, December 29 | 10:30 am Aqua Fit with Kyle Shunkey and 5:30 pm Aqua Amp with Audrey Taylor. \*H2y0ga is cancelled



## Pool Parties

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 information and availability.



## Instagram

Follow the new Conway Regional Health and Fitness Center Instagram page

**@conwayregionalhfc**

Be sure and tag us in your stories, posts, and reels!







## Update to Facility Age Guidelines

We realize that exercise and physical activity can help youth and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, and reduce symptoms of anxiety and depression. We also realize that exercising with your child can help them understand the benefits of hard work and working towards a goal. To that end, we are excited to share that we will be lowering the minimum age for full membership at the HFC from 12 to 11 effective December 1. Beginning this date, child members age 11 will gain access to fitness areas, group fitness classes, and the pool with parental supervision. Please also note that at the same time, the maximum age for the Play Center will change to ten.

Per our guidelines, children age 11-15 may access fitness areas of the HFC with adult supervision only after they have completed a youth orientation with our fitness staff. The youth orientation is a brief 5-10 minute session with our fitness staff that allows us to ensure that your child can exercise safely. The youth orientation is a requirement for access to Fitness Levels 1 and 2 at the HFC as well as for group fitness classes. After completion and upon every visit until the child turns 14, he/she will be given a yellow wrist bracelet to wear upon checking in. This is only to ensure our fitness staff know your child is allowed in the fitness areas.

If your child member is 11 years old or will be turning 11 in December, simply stop by the fitness desk for an orientation.

## Group Exercise Update

Sunday mind-body pop-up classes will resume in January.

Mindful Pilates with Audrey will be offered every Wednesday at 10:00 am in December. This 45-minute matwork Pilates class is a core centered, feel-good stretch format that includes relaxation, flexibility, and mind-body balance.



## Kids on the MOVE

Kids on the Move is a free and fun fitness class for members ages 6-11. We are offering a special Kids on the Move pop-up class on Tuesday, December 13 at 3:45 pm. The 30-minute class is led by Mary Prestipino and Ruston Predmore, certified personal trainers, and fitness specialists.

# Member Group Equipment Orientation

Our group equipment orientation is designed to help members become more comfortable using our fitness equipment. In this session, our fitness staff will demonstrate the essentials on how to use selected pieces of the cardio and selectorized equipment on Fitness Floor | Level 2 including seat and weight plate adjustments.

Please note this session is not a personal training session and is for demonstrative purposes only. It does not cover use of every piece of equipment or use of the free weight equipment on Fitness Floor | Level 1.

This class is open to new and existing members. Participants must be age 16 or older and be members of the HFC. Class size is limited to 15 participants. Registration is available within our mobile app or at the front desk.



**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 desk.**



## Member Referral Program

For every new membership you refer to the Conway Regional Health & Fitness Center, you could receive a \$10 credit on your account! It's easy, simply pickup 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. This offer does not apply to short term memberships. The coupon must be signed by an active, regular dues paying HFC member and account must be in good standing. The credit is in-house only and will expire after 6 months.