

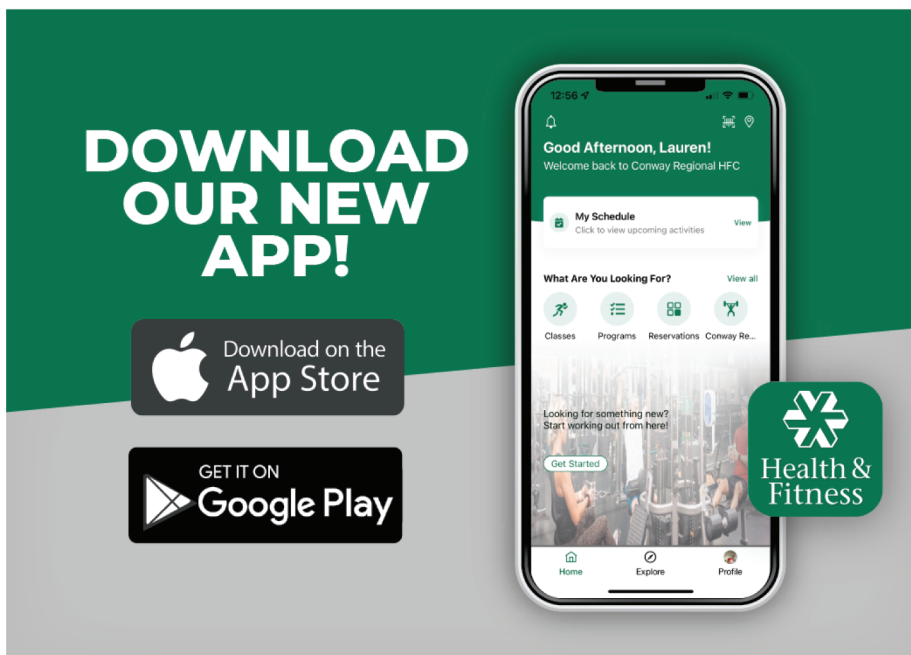
# InMotion HFC

## Download Our New App

We are excited to reveal the Conway Regional HFC mobile app! Our app will allow you to stay up-to-date with the HFC and receive important push notifications. With our app, members can:

- Check-in without a keytag
- View your account profile
- Add/edit your payment information
- View monthly statements
- View monthly check-ins
- View current packages
- Register for programs
- Pay your bill
- Reserve racquetball courts

New features will be added to the app in the future including the ability to view our group exercise schedule. The app is available for download on the App Store and Google Play. Simply search for Conway Regional HFC.



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## COVID-19 UPDATE

We have reinstated several safety precautions because of increased COVID-19 cases and hospitalizations in our community, including:

- Masks upon entry and in non-exercise areas
- Temporary suspension of some group classes
- Time and capacity limits in the Play Center

We will offer a virtual class schedule in addition to the cycle and aquatics classes being held on site. Please visit our website for the current class schedule.

We will evaluate our safety measures weekly, giving consideration to COVID-19 cases and hospitalizations. We will communicate with members when changes will occur.

## Family Swim

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

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.

## H2yOga

Join Kyle on Thursday, February 10 and 24 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.



## Swim Lessons

Registration is open for both group swim lessons and Dolphins.

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

Mondays and Wednesdays

Level 1 and Level 2

5:00 pm or 6:00 pm

Available sessions:

February 14 - March 9

April 4 - April 27

### **Dolphins Swim Program Ages 5-18**

Tuesdays and Thursdays

7:00 pm

Available sessions:

February 22 - March 17

March 29 - April 21

April 26 - May 19

Private lessons are also available. For more information on any of our swim classes or private lessons, contact Kyle Shunkey at 501-450-9292, ext. 308.

## Rock Steady Boxing for Parkinson's

Conway Regional Health & Fitness Center is excited to offer Rock Steady Boxing! **The program is currently on hold due to the surge in COVID-19 cases in our community**, but participants may still inquire about joining. 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. If interested, please email [mlefler@conwayregional.org](mailto:mlefler@conwayregional.org).





## 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).



## Cycle Class Updates

Staff covering the Thursday 5:45 pm cycle class in February:

- February 3 – Karl
- February 10 – Kelly
- February 17 – Lori
- February 24 – Lori



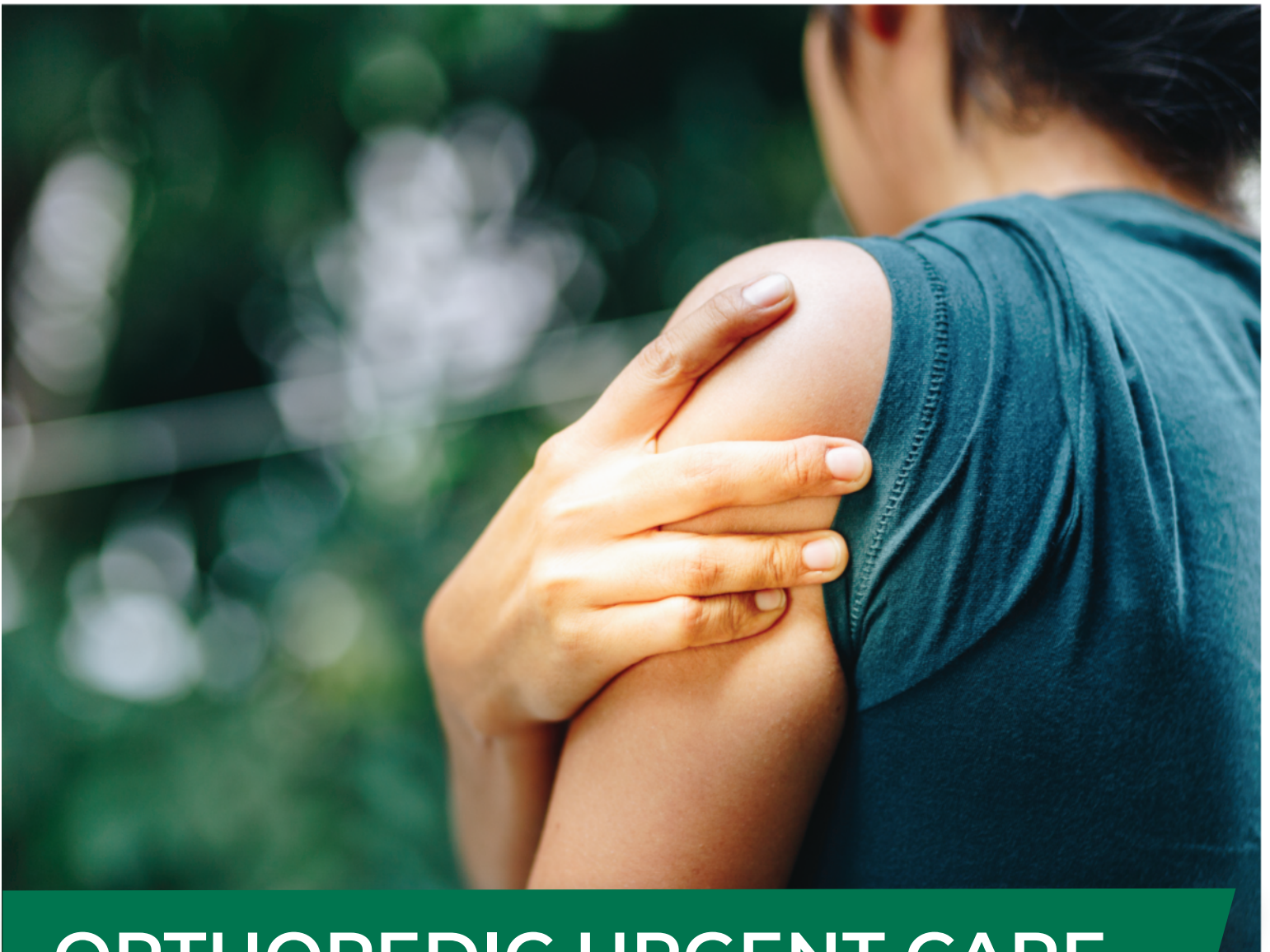
## Customized Training

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.





# ORTHOPEDIC URGENT CARE

*Monday - Thursday, 1:00-8:00 pm and Friday, 12:00-4:00 pm*

When you need urgent orthopedic care, Conway Orthopedic and Sports Medicine Center is here for you. Our clinic provides convenient access to care for treating falls, fractures, sprains, and dislocations. Walk-ins are welcome, and no appointment is necessary.

**To make an appointment online, visit [CRHS.healthcare/ortho-urgentcare](https://CRHS.healthcare/ortho-urgentcare) or call 501-329-1510 for more information.**