

InMotion HFC

Mobile App Coming Soon

We are excited to rollout an app for our members in the coming weeks! The app will offer tons of functionality including checking in, viewing class schedules and programs, updating payment info and viewing usage and account history. We will also be able to send push notifications to keep members up-to-date on all things happening throughout the HFC. More information will be released soon!



Holiday Hours

The HFC will close at 2:00 pm on Friday, December 31 (New Year's Eve) and will be closed on Saturday, January 1 (New Year's Day.) We will resume regular hours on Sunday, January 2 opening at 12:30 pm.

We will offer a special lineup of Group Exercise and Aquatic classes on Friday, December 31:

- 8:30 am Aqua Core with Kyle
- 8:45 am Barre with Audrey
- 9:00 am Cycle + Top it Off with Amanda
- 10:00 am Unwind Yoga with Amanda
- 10:30 am Aqua Amp with Kyle

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Fitness Floor Notice

For insurance and infection prevention reasons, bare feet and socks are not allowed on Fitness Level 1 and 2 or in common areas such as the hallways or Play Center. "Lifting slippers" are allowed if they have a continuous rubber sole that runs the length of the shoe preventing any portion of the foot from contacting the floor.

Chalk of any kind (including liquid chalk) is not allowed in the HFC due to the residue it leaves on the floors and equipment.

We appreciate your cooperation and look forward to meeting your health and fitness needs. Our handbook can be found online at ConwayRegionalHFC.org.

Family Swim

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

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.



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.

Aqua Group Class Changes



Aqua Zumba® will be offered on Saturdays in January at a new time of 9:00 am with Amy Jordan and Dena Meriwether. The Wednesday 10:30 am format will change to Aqua Core with Kyle Shunkey. A complete list of classes and descriptions can be found at ConwayRegionalHFC.org.

Swim Lessons

Registration opens Dec 6 for group swim lessons and dolphins classes!

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:
January 25 - February 17
February 22 - March 17
March 29 - April 21
April 26 - May 19

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.





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.

Group X Updates

There are just a few schedule changes for the New Year:

The SilverSneakers® class on Monday, Wednesday and Friday at 11:00 am will now be called Silver Strong. Format and instructors will remain the same.

Audrey Taylor is excited to take over the Monday 5:45 pm 360 Strength and will extend the class time from 45 to 60 minutes to include a great cooldown and stretch.

Instructors for Thursday 5:45 pm Cycle:

January 6 – Karl

January 13 – Kelly

January 20 – Lori

January 27 – Kelly

Intro to Group Exercise

Have you been thinking about trying a few of our Group Exercise classes, but weren't sure what they were all about? We are offering an Intro to Group Exercise Workshop on Saturday, January 22 at 1:15 pm to allow you to learn about classes before your first one. We will cover technique, equipment, and activity for some of our popular formats including cycle, yoga, Power Push, and 360 Strength.

This workshop will prepare you to walk into your next group exercise class with confidence! No sign up is necessary.

A complete list of classes can be found at ConwayRegionalhfc.org or at the front desk.

Kids on the Move Returns! KOTM will be Mondays at 4:30 pm beginning January 10! 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, on Fitness Floor Level 1. 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.

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

CAPCA Food Drive Wrap Up We had a successful food drive to benefit CAPCA (Community Action Program for Central Arkansas) last month. Thanks to our members, we collected hundreds of items to restock the food pantry and provide emergency food to those in need. Members that donated five or more items were entered into a drawing. The winner was Teresa Crowder.



Letter from the Director

Happy New Year! 2021 was an exciting year at the Health and Fitness Center. I'm proud to say that our team lived out the Conway Regional values of being "Bold, Exceptional and Cared" as we've worked hard to not only survive but thrive during these challenging times.

Since reopening in May of 2020, a top priority for us has been creating adequate space for members to exercise while not restricting access to areas, equipment, or classes. We expanded our turf and free weight areas to create more open space for training. Our new selectorized studio on the second floor added a dedicated open training area creating additional space for members to distance. We continue to develop our cardio studio with the goal of having at least 6 feet of space between all major pieces of fitness equipment.

We also committed considerable resources to the facility infrastructure last year by replacing multiple large air conditioning units and the entire lower roof. We even refreshed our logo and have embraced "HFC."

The past year also saw development of several innovative programs to expand

the healthcare continuum at Conway Regional. Our Script to Fit program was created by working closely with our healthcare providers. Partially funded by the Conway Regional Foundation, this program offers specialized fitness programming for individuals with diabetes, heart disease, arthritis, and other chronic conditions. In addition, our Rock Steady Boxing program is helping provide a "knockout" solution for those suffering from Parkinsons disease in our community.

2022 promises to bring more innovation as we are transitioning to a new membership software program and will soon be unveiling a new mobile app. This app will allow us to better connect with our members and make our members' experience more interactive and convenient than ever.

We hope you'll join us by building on the momentum we created in 2021 and make the most of 2022. We remain committed to meet your health and fitness goals. Move more. Live better!



Jeramie Hinojosa

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.

