

InMotion HFC



One-Year Anniversary of Rock Steady

Conway Regional Health & Fitness Center is excited to celebrate the one-year anniversary of offering Rock Steady Boxing! 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.

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.

KIDS TRIATHLON TRAINING CAMP



Our Kids Triathlon Training Camp prepares your child to successfully race the Conway Kids Triathlon on August 6. 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.

Camp dates: August 1, 3, 8 and 10 or August 2, 4, 9 and 11 from 1:30 – 3:00 pm. Registration is now open!

JULY 2022

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**We will be
CLOSED
Monday, July 4
in observance of
Independence
Day.**



Member Survey

The quarterly member survey will remain open through July 7. If you did not receive an email with the SurveyMonkey link, please update your email address with the front desk.

Family Swim

Family can enjoy the pool:

Monday, 2:00-5:00 pm
 Wednesday, 2:00-5:00 pm
 Friday, 2:00-6:00 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.

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 18. Only these people may accept legal responsibility for minors and designate who can pick up/drop off their child at the Play Center.

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



Member Notice: Pool Closure

Our Conway Crocs swim team practice will continue through July 29. The pool will be reserved from 6:45 pm to closing on Monday – Thursday and from 6:15 pm to closing on Fridays.

Swim Lessons

Group Swim Lessons Recommended for Ages 4-11

July 11 – Aug 3
 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:
 July 9 – 30
 Aug 6 – 27

Guppies, 18 mos-4 years

Saturdays at 10:15-11:00 am
 Available sessions:
 July 9 – 30
 Aug 6 – 27

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



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 or call 501-450-9292, ext. 308 for availability and to book.





Corporate Games Recap

The Conway Regional Health & Fitness Center Corporate Games were held June 3. This event encourages companies to support their employees' pursuit of a healthier and more active lifestyle—all while team building. And...at the end of the day, the University of Central Arkansas team walked away with bragging rights and some great medals as the champions! A big congrats to all the teams that participated:

Champions – University of Central Arkansas

2nd Place – The GRIND

3rd Place – Conway Regional Health System

4th Place – Conway Area Chamber of Commerce

5th Place – Pediatrics Plus 1

6th Place – Pediatrics Plus 2

Sportsmanship Awards – Pediatric Plus

Spirit Award – Chamber of Commerce

Winners of the individual competitions:

Assault Bike – The GRIND

Rower – The GRIND

Arm Hang – The GRIND

Obstacle Course – Conway Regional

Kayak – Conway Regional

Tire Flip – University of Central Arkansas

3-Legged Race – University of Central Arkansas

Wall Ball Throws – University of Central Arkansas

Ball Relay – University of Central Arkansas

Baggo Elimination – University of Central Arkansas

Brain Games – TIE – Chamber and Pediatrics Plus 1

Shout out to Hungry Howie's Pizza of Conway and Zach Deem for providing the post-game pizza. We will see you all next year for the 2023 Corporate Games!



Group X Updates

We are shaking up the evening lineup for the Group Exercise schedule in July!

- Thursday 7:00 pm Zumba® with Amy Jordan is moving to Mondays.
- Tuesday 5:45 pm Zumba® with Dena Meriweather is moving to Thursdays.
- Wednesday 5:45 pm High Fitness with Dena Meriweather is moving to Tuesdays.
- Thursday 5:45 pm Cardio Sculpt with Dena Meriweather is moving to Wednesdays.

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



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 thru behavior change. These 8-week programs may 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.

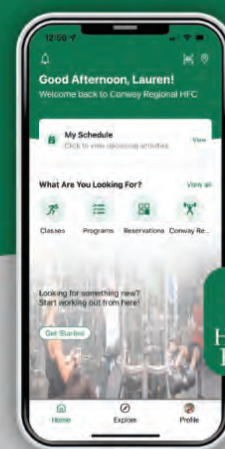
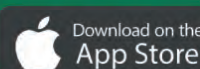
For more information on any of our Script to Fit tracks, contact Mallory Lefler at 501-450-9292, ext. 309 or email mlefler@conwayregional.org.

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!



Dress code reminders:

- Exposed midriffs (>1 inch) are not allowed.
- A shirt or cover up should be worn outside of the pool area and locker rooms.
- Appropriate swimming attire is required including traditional trunks or shorts for men and a one-piece or modest two-piece suit for women.
- For infection control reasons, athletic shoes are required in fitness areas.

MORE THAN 40 GROUP EXERCISE CLASSES OFFERED EACH WEEK

See the complete schedule at ConwayRegionalHFC.org

