

InMotion HFC



JUNE 2022

INSIDE THIS ISSUE:

Pool Closure Notice- pg 2
Swim Lessons - pg 2
Member Incentive - pg 3
Facility Guidelines - pg 3
Youth Fitness Camp - pg 4
Kids Tri Camp - pg 4

Summer Memberships Available

Three-month summer memberships are available for individuals, couples and families through June 10. There is no joining fee and memberships are effective three months from purchase.

For more information, stop by the front desk today or call 501-450-9292, ext. 300.



Corporate Games

The Conway Regional Health & Fitness Center Corporate Games will be held Friday, June 3 from 8:00 am – 1:30 pm.

This event encourages businesses to support their employees' pursuit of a healthier and more active lifestyle – all while team building. At the end of the day, one team will walk away with bragging rights and medals!



Quarterly Member Survey

The next quarterly member survey will be emailed to all members with a valid email address in the system. Please take a moment to update your email address with one of our Member Service Associates the next time you are in.

Class Cancellations and Area Closures

During the Corporate Games on Friday, June 3, all regularly scheduled Group Exercise classes will be held except for 9:00 am Cycle and 12:00 pm Grind. Sections of Fitness Floor, Level 1 will be reserved for Corporate Games until after 2:00 pm. The free weight area, along with all Hammer Strength equipment and the CYBEX will be available. The turf area, including the TRX bay will be utilized for games. All regularly scheduled Aquatic Group Exercise classes will be cancelled, but the whirlpool, sauna and steam room will be available.

Family Swim

Family Swim days and times will change for the summer. Effective June 6, families 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.

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.



Member Notice: Pool Closure

Conway Crocs swim team practice began May 31. The pool will be reserved from 6:45 pm to closing Monday through Thursday and 6:15 pm to closing on Fridays through July 29.

Swim Lessons

Group Swim Lessons Recommended for Ages 4-11

June 6 – 29
 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:
 June 4 – 25
 July 9 – 30

Guppies, 18 mos-4 years

Saturdays at 10:15-11:00 am
 Available sessions:
 June 4 – 25
 July 9 – 30

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

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.



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.



MOVE MORE Member Incentive

Do you need some accountability and a little incentive to work out more?

Members that visit the HFC 20 or more times in June will receive one of our new vehicle decals!

Individuals that meet or exceed the 20 visits will also be entered into a drawing for a HFC logo wear item of choice!

Facility Guidelines Reminder

We're seeing lots of new and returning faces at the Health and Fitness Center! We'd like to take a moment to remind members of a few guidelines to ensure everyone has a great experience.

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.

Other reminders:

- Please return used towels to a towel return bin after use. This helps ensure we have towels for members when needed.
- Guests under 18 must have a waiver on file signed by their parent or legal guardian.
- Children under 12 are only allowed to use the pool during family swim time unless participating in a staff led program. Please see the pool schedule for additional details.
- Child members under the age of 14 must have an adult present with them in the facility unless participating in a staff led program.
- For insurance and liability reasons, outside fitness equipment (dumbbells, kettlebells, bars, etc.) is not allowed.
- Please be mindful of time limits in the Play Center.
- In the interest of privacy, please remember that members may not photograph or film other members or employees.

We appreciate your cooperation and look forward to helping you improve your health and fitness.

KIDS TRIATHLON TRAINING CAMP



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

Save the date for our 2022 camps: August 1, 3, 8, and 10 or August 2, 4, 9, and 11 from 1:30 – 3:00 pm. Registration is now open!

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.

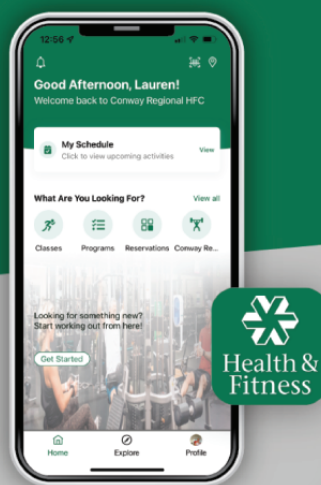
Customized Personal Training

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.

DOWNLOAD OUR NEW APP!



Youth Fitness Camp

Kids will have a blast at YFC! This fun and exciting youth fitness camp will offer a variety of activities, sports, nutritional, and health education components to both challenge and excite the participants..

YFC is an all-inclusive, fun experience where kids will get fitter, faster, stronger and learn how to live healthier lives! Each day kids will explore different physical activities that will test their coordination, improve their balance, increase their endurance and most importantly—show them fitness is fun!

YFC will be offered Monday – Friday from 8:00 – 11:30 am and participants may be dropped off for the duration of the camp each day. Ages 9-11 camp will be held June 21 – 25 and ages 6-8 will be July 12-16.

Secure your child's spot today!

YFC