

InMotion

Kids Run Arkansas®

Save the date and help us celebrate 14 years of Kids Run Arkansas® on Friday, April 22 at 6:00 pm. Kids Run Arkansas® is presented by Conway Regional Health & Fitness Center and sponsored by Groovy Smiles Pediatric Dentistry.

This event offers fun for the entire family, including face painting, games and more leading up to the 1-mile and 3-mile run/walk. Kids Run Arkansas® is open to children of all ages and parents. There is no chip timing as Kids Run Arkansas® strives to promote fun and fitness in youth and family.

Each year, the schools with the highest percentage of participation are awarded scholarships for their physical education programs. In 2021, over 1,000 participated in the event and \$11,000 in scholarships were awarded!

For more information on the event, sponsorship opportunity and volunteering, contact Mallory Lefler, Race Director at 501-450-9292, ext. 309.

Registration is open beginning March 1. For a direct link to register, visit runsignup.com/Race/AR/Conway/KidsRunArkansas.

*Processing fees apply with online registration. Paper forms are also available for download from our website ConwayRegionalHFC.org by selecting Kids to Kids Programs.

MAR 2022

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March MOVE MORE Member Gift

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

During the month of March, members that visit the HFC 20 or more times 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!

APRIL 22, 2022


CONWAY REGIONAL
**KIDS
RUN
ARKANSAS**

1 MILE & 3 MILE RUN/WALK



Family Swim

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

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 Class Updates



Aqua Zumba® with Amy Jordan and Dena Meriweather will move to 8:45 am on Saturdays, beginning in April.

Join Kyle on Thursday, March 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

Group Swim Lessons Recommended for Ages 4-11

April 4 - 27
Mondays and Wednesdays
Level 1 and Level 2
5:00 pm or 6:00 pm

Dolphins Swim Program Ages 5-18

Tuesdays and Thursdays
7:00 pm
Available sessions:
March 29 - April 21
April 26 - May 19

Tadpoles, ages 6-18 mos

Saturdays at 9:30-10:15 am
Available sessions:
April 2 - 23
April 30 - May 21
June 4 - 25
July 9 - 30

Guppies, 18 mos-4 years

Saturdays at 10:15-11:00 am
Available sessions:
April 2 - 23
April 30 - May 21
June 4 - 25
July 9 - 30

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

Lori Isom will take over the Thursday 5:45 pm Cycle class! You can now catch her on both Tuesday and Thursday evenings for a great ride. New to Cycle? Simply arrive a few minutes early and one of our certified instructors can assist you with your bike setup.



Dena Meriweather recently obtained a new certification in HIGH Fitness! HIGH fitness has brought aerobics back in a hip and unique way. Nostalgic and fun music from all decades and genres that will motivate you to the max. You will have a blast with easy-to-follow fitness choreography, and leave this class wanting more because it's so much fun!

Join Dena for two 45-minute pop up classes in March! **See what HIGH Fitness is all about on Sunday, March 13 at 1:30 pm and Wednesday, March 30 at 6:00 pm.** Take it HIGH or take it low! Options given for any fitness level.

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

Kids on the Move Returns! Kids on the Move is back on Mondays at 4:30 pm! 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.

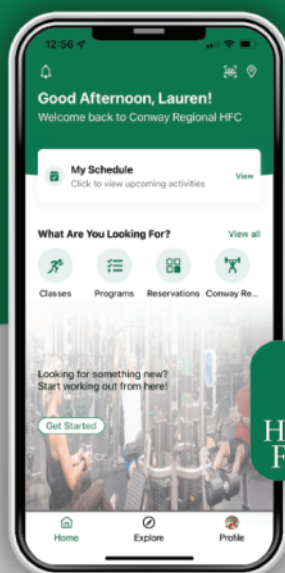
DOWNLOAD OUR NEW APP!



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Health &
Fitness



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.

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. Rentals are available on Saturdays and Sundays after closing.



CONWAY REGIONAL
HEALTH & FITNESS
CENTER

No Joining Fees This Month!

ConwayRegionalHFC.org