

InMotion HFC



Summer Memberships Available

Summer Memberships are now available! Three-month memberships are available for individuals, couples, and families. Summer memberships are for May 2 – June 10 with no joining fee and will be effective three months from purchase.

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

MAY 2022

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Closed Memorial Day

We will be closed on
Monday, May 30 in
observance of
Memorial Day.

Kids Run Arkansas Wrap-up

Our 14th year of Kids Run Arkansas® was a huge success with nearly 1,000 participants registered! Kids Run Arkansas® is presented by Conway Regional Health & Fitness Center and the title sponsor is Groovy Smiles Pediatric Dentistry. Participants had the opportunity to complete a 1-mile or 3-mile run or walk along Tucker Creek Trail.

Each year, the schools with the highest percentage of participation are awarded scholarships for their physical education programs. This year, with the help of our generous sponsors, we were able to award \$7,505 to our top schools.

- 1st Place – St. Joe, \$2,065
- 2nd Place – Woodrow Cummins, \$1,875
- 3rd Place – Jim Stone, \$1,690
- 4th Place – Theodore Jones, \$1,125
- 5th Place – Conway Christian, \$750

A big thank you to all the sponsors and participants for making this year's event a success!



Family Swim

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

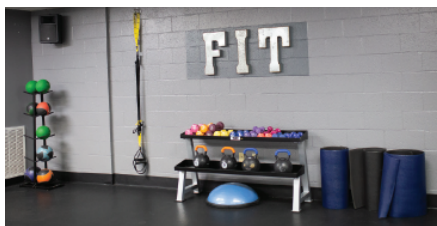
Wednesday, 2:00-5:00 pm
Friday, 2:00-7:00 pm
Saturday, 2:00-5:00 pm
Sunday, 2:00-5:00 pm

In June, Family Swim will include Monday from 2:00 – 5:00pm.

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.

Children under 6 must be within arm's reach of an adult. Children ages 6-11 may use the pool with adult supervision. Children 6-11 may use the whirlpool but should limit time to 3 min.



Customized Training

Our nationally certified personal trainers can customize a fitness plan to meet your individual health needs, budget, and schedule. We have a private personal training studio at the fitness center for 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. We offer a variety of packages so you can customize your rental to meet your 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 to book.



Swim Lessons

Group Swim Lessons Recommended for Ages 4-11

June 6-29
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.

Conway Crocs Swim Team

Conway Crocs Swim Team registration is now open! The swim team offers a great way for your child to stay active in the summer, have fun, and learn sportsmanship as they compete against other Central Arkansas swim teams.

Head Coach, Chris Brynell, has coached youth swimming since 2004. The swim team is open to participants ages 5 – 18. The cost is \$140 for members and \$185 for non-members.

New participants must pass a swim test before registering for the team. Email Chris Brynell at christopherbrynell@gmail.com to schedule your child's swim test on Monday, May 2, at 6:00 pm; Monday, May 16, at 6:00 pm; or Wednesday, May 18, at 6:00 pm. A passing evaluation is required to register your child.

Swim team practice will begin May 31. For more information or to register, contact Kyle Shunkey at 501-450-9292, ext. 308 or email kyle.shunkey@conwayregional.org. 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.



Kids on the Move! Kids on the Move will continue on Mondays at 4:30 pm through May 23 and then break for the summer. KOTM 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. The class will be held in the classroom and outside when weather permits.

No registration is required, but children must be checked into the Play Center prior to participating. Guests may attend KOTM. 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.

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.



Youth Fitness Camp

YFC

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 summer camp experience where kids will get fitter, faster, stronger, and learn how to live healthier lifestyles! 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! Sessions for ages 9 – 11 will be June 13 – 17 and for ages 6 – 8 will be July 11 – 15. Secure your child's spot today!

Corporate Games Return

The Conway Regional Health & Fitness Center Corporate Games are back for 2022! Save the date for Friday, June 3 from 8:00 am – 1:00 pm.

This event encourages companies 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 a great medal!

Our Corporate Games are open to all businesses and organizations in Faulkner County. The team must have a minimum of eight and maximum of 12 to compete. There must also be a minimum of four females.

The cost is \$250 per team, and this includes an official tee (8-12) and lunch. For more information, or to register your team, contact Erika Setzler at 501.450.9292, ext. 309.



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



Script to Fit (Enhanced Option)

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. **New option for participants: add on a full HFC membership during the 8-week program for only \$50 more!**

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

Monday at 5:05 pm | Yoga for Everyone with Lori Isom. Improve strength, balance, and flexibility in this 30-minute format. All levels welcome.

Friday at 8:05 am – Power Push with Rebecca Petersen. Work up a sweat with this effective calorie-burning combo utilizing dumbbells and bodyweight! A 30 minute fast-paced class designed to engage all muscle groups. Minimal rest, all-out effort!

Monday at 4:30 pm – Power Push with Lori Isom (Instructor Change)

Also, make plan to join Dena on Sunday, May 22 at 1:30 pm for a HIGH Fitness popup class! Fun music from all decades combined with easy-to-follow fitness choreography. Come see what HIGH Fitness is all about! All levels of fitness are welcome. HIGH Fitness is offered weekly on Wednesdays at 5:45 pm. A complete list of classes and descriptions can be found at ConwayRegionalHFC.org.