

InMotion HFC



Staff Certifications

We're proud to have a staff that continues to expand their knowledge and expertise in the fitness industry.

Ruston Predmore, Fitness Specialist and ACSM-certified personal trainer, recently enhanced his expertise by certifying as an official Rock Steady Boxing Affiliate Coach. Ruston will assist with instruction of our Rock Steady Boxing program. The program gives hope to people with Parkinson's or Parkinsonism disease by improving their quality of life through a non-contact boxing-based fitness curriculum.

We are excited to welcome **Hayden Curry** to our team of nationally certified personal trainers! Although he is new to personal training, Hayden's not new to fitness or the HFC. You may recognize his smile from the fitness floor!

Hayden has made fitness a big part of his life, working out since he was a teen. "I was diagnosed with prediabetes at age 14, began CrossFit, and then quickly fell in love with all things fitness!" said Hayden. Since then, he's been active non-stop, whether in the gym or outside. Hayden enjoys hiking, running, and backpacking.

Hayden obtained his personal training certification from the National Academy of Sports Medicine and is a junior at the University of Central Arkansas, pursuing a bachelor's degree in exercise science. "Strength and functional movement are some of my specialties, but I'm prepared to help you meet any fitness-related goals," said Hayden. "I've always had a love for fitness, and I want to share my passion and knowledge with you to see you living a happier, healthier life."

NOVEMBER 2022

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Weekend Hours of Operation

**7:00 am to 6:00 pm
on Saturdays &
12:00 – 6:00 pm on
Sundays.**



HFC INSTAGRAM

Follow the new Conway Regional Health and Fitness Center Instagram page **@conwayregionalhfc** Be sure and tag us in your stories, posts, and reels!

Family Swim

Families are able to enjoy the pool Mondays and Wednesday from 3:00 - 6:00 pm, Fridays from 3:00 - 7:00 pm and Saturdays and Sundays from 2:00 - 5:00 pm.

We offer special holiday hours the Friday after Thanksgiving! Enjoy family recreation/swim on Friday, November 25 from 2:00 - 5:00 pm.

Family recreation is recreational time for members and child members under 12 in the pool. This is the only time children under 12 are allowed in the pool unless participating in staff led swim lessons or programs. Children under 12 must be supervised in the pool area and children under 6 must be accompanied by an adult in the pool. Member exercise may be allowed at the same time and children under 12 may lap swim but only during Family Recreation/Swim.

Member Referral Program

For every new membership you refer to the Conway Regional Health & Fitness Center, you could receive a \$10 credit on your account! It's easy, simply 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. This offer does not apply to short term memberships. The coupon must be signed by an active, regular dues paying HFC member and account must be in good standing. The credit is in-house only and will expire after 6 months.

Pool Parties

The HFC is great for hosting a birthday party or your next group meeting. Our 5-lane, 25-yard pool makes an excellent place for a 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 information and availability.

Aquatic Class Update

We are excited to offer H2yOga, yoga in the water, with Kyle Shunkey every Thursday at 12:00 pm in November, with the exception of Thanksgiving. This 45-minute format uses the basic exercises, principles, and movements of yoga and adapts them to a water environment.

* On Friday, November 25 Kyle Shunkey will offer Aqua AMP at 10:30 am.





Group Exercise Update

Changes for November

- The Wednesday 5:45 pm Cardio Sculpt with Dena Meriweather will now be Cardio Barre.
- The Friday 5:10 am PiYo® is cancelled.

Pop-up Classes

We are excited to offer several upcoming pop-up classes, so mark your calendars!

Yoga with Lori

Sunday, November 13 and 20 at 2:00 pm
The 45-60 minute class will offer a combination of traditional yoga flow, full body stretching/flexibility, and guided relaxation.

Mindful Pilates with Audrey

Wednesday, November 2, 16, and 30 at 10:00 am.
This 45-minute matwork Pilates class is a core centered, feel-good stretch format that includes relaxation, flexibility, and mind-body balance.

Black Friday pop-ups with Amanda Castillo

Sleep in, or shop till you drop and then come get in a workout!

9:00 am Cycle | 50 minute format

10:00 am Full Body Sweat | 45-minute format that offers a combination of strength with bursts of HIIT.

11:00 am Unwind Yoga | 45-minute format

Kids on the MOVE

Kids on the Move is a free and fun fitness class for members ages 6-11 and is offered on Mondays at 4:30 pm. The 30-minute class is led by Mary Prestipino and Ruston Predmore, certified personal trainers, and fitness specialists. Kids on the Move will continue through Monday, December 5.



Inbody Analysis

Our InBody 570 is a medical grade body composition analyzer that uses bioelectrical impedance to precisely measure body composition by sending multiple electrical voltages through the inner body, resulting in up to six different impedance readings for the trunk and four limbs.

For more information, or to schedule an appointment, contact Mallory Lefler at 501-450-9292, ext. 309.

CAPCA Food Drive

Conway Regional Health & Fitness Center is excited to offer our annual canned food drive to benefit CAPCA (Community Action Program for Central Arkansas.)

From November 1-15, we will collect canned fruit and vegetables, peanut butter, canned soups, cereal, oatmeal, rice, pasta, and Ramen Noodles.

Members that donate five or more items will be entered into a giveaway for a \$100 credit to their account! The more you give, the more chances to win!

*The food drive incentive is open to members only, but non-members are invited to donate. Please check all expiration dates before donating, and the account must be in good standing to receive the \$100 credit.

For more information, call Amanda Castillo at 501-450-9292, ext. 306.

Member Group Equipment Orientation

Our group equipment orientation is designed to help members become more comfortable using our fitness equipment. In this session, our fitness staff will demonstrate the essentials of using selected pieces of the cardio and selectorized equipment on the Fitness Floor | Level 2, including seat and weight plate adjustments.

Please note that this session is not a personal training session but for demonstrative purposes only. It does not cover the use of every piece of equipment or use of the free weight equipment on the Fitness Floor | Level 1.

This class is open to new and existing members. Participants must be age 16 or older and be members of the HFC. The class size is limited to 15 participants. Registration is available within our mobile app or at the front desk.

Thanksgiving Hours

On Wednesday, November 23, we will close at 7:00 pm and will not offer Group Exercise or Aquatic classes after 12:00 pm. The Play Center will be open from 8:00 am - 1:00 pm only.

The HFC will be closed on Thursday, November 24, in observance of Thanksgiving.

We will offer a special lineup of Group Exercise and Aquatic classes on Friday, November 25:

9:00 am Cycle with Amanda Castillo | 50-minute format

10:00 am Full Body Sweat with Amanda Castillo | 45-minute format that offers a combination of strength with bursts of HIIT.

10:30 am Aqua AMP with Kyle Shunkey | 45-minute format

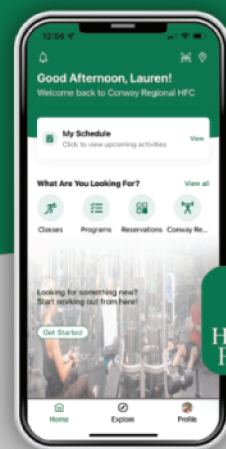
11:00 am | Unwind Yoga | 45-minute format

Family recreation/swim will be offered from 2:00 – 5:00 pm on Friday, November 25.

DOWNLOAD OUR APP!

Download on the
App Store

GET IT ON
Google Play



MORE THAN 40 GROUP FITNESS CLASSES OFFERED EACH WEEK

See the complete schedule at
ConwayRegionalHFC.org