

# InMotion HFC



## Conway Regional Health System Biketoberfest

Conway Regional Health System Biketoberfest is a celebration to recognize our growing community of cyclists! There are many opportunities for cycling, and Conway Regional Health & Fitness Center is proud to offer an expansive indoor cycling space for community rides.

We are excited to host four indoor cycling sessions FREE to the community! Amanda Castillo, ACE Certified Personal Trainer and Schwinn® Indoor Cycling instructor, will lead the 50-minute rides.

The community indoor cycling rides will be

- Wednesday, October 5 at 5:00 pm
- Sunday, October 9 at 1:00 pm (all women's ride)
- Saturday, October 15 at 10:00 am

Eventbrite registration links are located on our website by selecting **ABOUT** and then **NEWS** from the toolbar. The indoor community rides are FREE, but registration is required via Eventbrite.

Grab a friend and secure your bikes today!

Participants must be 18 years or older, and all non-members will be required to sign a waiver before participating in class.

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

## OCTOBER 2022

### INSIDE THIS ISSUE:

Family Swim- pg 2

Lane Closure - pg 2

Group Exercise Updates -  
pg 3

Kids on the MOVE - pg 3

Private Swim Package -  
pg 4

### 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**

## Family Swim

### Change effective October 17

Families can enjoy the pool:

Mon/Wed, 2:00-5:00 pm

Fri, 2:00-7:00 pm

Sat/Sun, 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 the age of 18. Only these individuals may accept legal responsibility for minors as well as designate who can pick up and drop off their child at the Play Center.

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

## Family Recreation/Swim | Change effective October

We will update our family recreation/swim offerings effective October 17. Families can enjoy the pool on Mondays and Wednesdays from 3:00 - 6:00 pm, Fridays from 3:00 – 7:00 pm, and Saturdays and Sundays from 2:00 – 5:00 pm.

Family recreation is recreational time for members and child members under 12. This is the only time children under 12 are allowed in the pool unless they participate in staff-led swim lessons or programs. Children under 12 must be supervised in the pool area, and an adult must accompany children under six in the pool. Member exercise may be allowed simultaneously, and children under 12 may lap swim but only during Family Recreation.

## Swim Programs

### Group Swim Lessons Level 1 & 2

October 17 - November 9  
Monday & Wednesday | 6 pm

### Dolphins Swim Program

October 11 - November 3  
Tuesday & Thursday | 7 pm

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

## Lane Closure for Dolphins

Our Dolphins swim program will continue Tuesdays and Thursdays from 7:00 - 8:00 pm. Please view the pool availability schedule for details. All lanes may be reserved depending on registrants.

## Aquatic Class Update

We are excited to offer H2yOga, yoga in the water, with Kyle Shunkey every Thursday at noon in October! This 45-minute format uses the basic exercises, principles, and movements of yoga and adapts them to a water environment.

\*The 8:30 am Aqua Core and 10:30 am Aqua AMP will be canceled on Friday, October 7.





## Group Exercise Update

### Changes for October

After hearing from our members, we have decided to adjust the start time for Friday Power Push in October to allow more time to check in your kiddos to the Play Center and set up for class! Effective October Friday, Power Push will begin at 8:15 am, and Barre at 9:00 am. All other group exercise classes will remain at their current times.

\*Barre will be canceled Friday, October 7.

All other classes will be offered.

\*Monday, October 31, the 5:45 pm 360 Strength and 7:00 pm Zumba classes will be canceled. All other classes will be offered.

### Pop-up Classes

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

### Sunday Mind-Body

Yoga with Lori | October 9 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

Sunday, October 16 at 2:00 pm

This 45-minute mat-work Pilates class is a core-centered, feel-good stretch format that includes relaxation, flexibility, and mind-body balance.

In addition to our Sunday mind-body offerings, Audrey will offer two additional Mindful Pilates pop-ups on Wednesday, October 12, and October 26 at 10:00 am.

### Conway Regional Health System Biketoberfest Community Rides

\*Open to members and non-members, registration required via Eventbrite.

The community indoor cycling rides will be offered Sunday, October 2 at 2:00 pm; Wednesday, October 5 at 5:00 pm; Sunday, October 9 at 1:00 pm (all women's ride) and Saturday, October 15 at 10:00 am.

## 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. The class will be held outside when weather permits.



## 40 in Their Forties

Congratulations, Amanda Castillo, on your 40 in Their Forties recognition!

The list of "40 in Their Forties" highlights professionals at a midpoint in their careers who have achieved a certain amount of success and are positioned for more.





## 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 various 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.

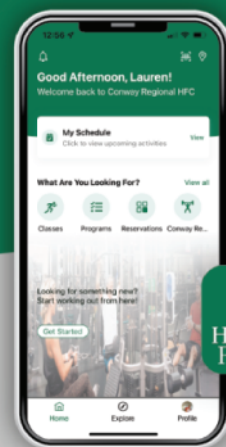
To learn more about individual, couples, or group training, contact Mallory Lefler at 501-450-9292, ex. 309.

## 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 a discount and for credit to be issued. The coupon must be signed by an active, regular dues-paying HFC member, and the account must be in good standing. Credits expire after 6 months.

## DOWNLOAD OUR APP!



## Private Swim Package Special

Purchase any 8-pack of private swim lessons (individual, partner, or group) and receive one session free during the month of October!

\*All sessions expire on January 31, 2023, and limit to one package per individual.



## MORE THAN 40 GROUP FITNESS CLASSES OFFERED EACH WEEK

See the complete schedule at [ConwayRegionalHFC.org](http://ConwayRegionalHFC.org)