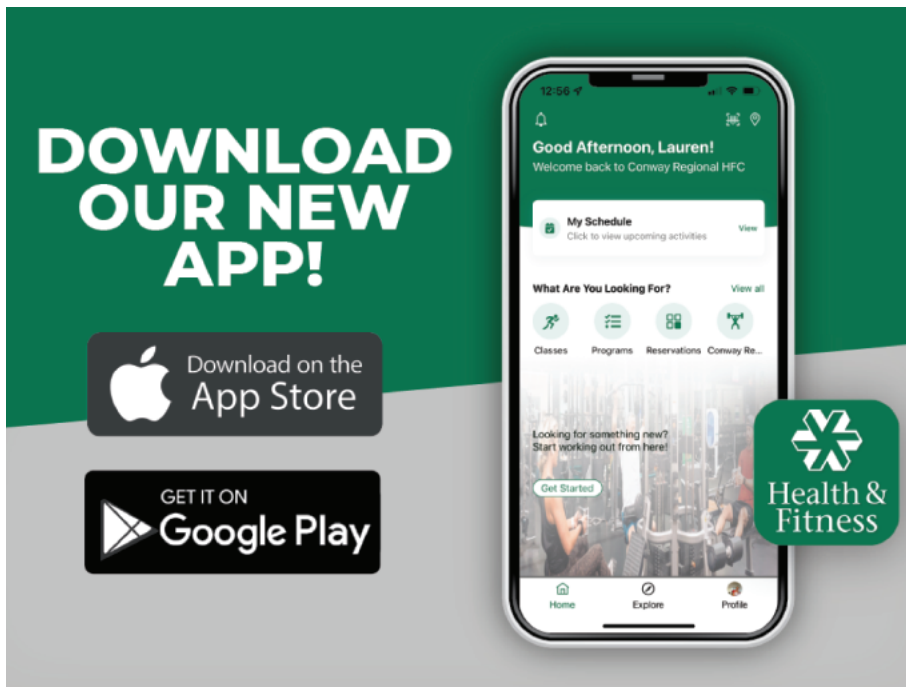


InMotion HFC



HFC Mobile App Upgrades

Have you downloaded our Conway Regional HFC mobile app yet? Our app allows you to stay up-to-date with the HFC and receive important push notifications.

New features added:

- Ability to purchase personal training packages
- View pool availability, Group Exercise and Aquatic Schedules
- Update your payment method

With our app, members can also:

- Check-in without a key tag
- View your account profile
- Add/edit your payment information
- View monthly statements
- View monthly check-ins
- View current packages
- Register for programs
- Pay your bill
- Reserve racquetball courts

The app is available for download on the App Store and Google Play. Simply search for Conway Regional HFC.

SEPT 2022

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**We will be
CLOSED
Monday, Sept 5
in observance of
Labor Day.**



WEEKEND HOURS

New, expanded weekend hours are as follows:

Saturday 7:00 am–6:00 pm
Sunday: 12:00–6:00 pm

Family Recreation/Swim

Families can enjoy the pool:

Monday, 2:00-5:00 pm
 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 Recreation/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 18. Only these people may accept legal responsibility for minors and designate who can pick up/drop off their child at the Play Center.

Guest registration forms may be completed at the front desk by the child's legal guardian. These forms remain on file for future visits to our facility.



Lane Closures for Dolphins

Our Dolphins swim program will return this fall and will be offered on Tuesday and Thursday from 7:00–8:00 pm beginning September 13. All lanes may be reserved depending on registrants. Please view the pool availability schedule for details.

Swim Lessons

Group Swim Lessons

Sept 12 – Oct 5
 Oct 17 – Nov 9
 Mondays and Wednesdays
 Level 1 and Level 2
 5:00 pm or 6:00 pm

Dolphins Swim Program

Sept 13 – Oct 6
 Oct 11 – Nov 3
 Tuesdays and Thursday
 7:00 pm

Private lessons are available! For more information, contact Kyle Shunkey at 501-450-9292, ext. 308.



Sauna & Steam

The Sauna & Steam Room is open during normal business hours and closes 15 minutes before the fitness center.

Family Swim is now called Family Recreation/Swim.

Family recreation/swim is for members and child members under 12. 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.

Adult Exercise is now called Member Exercise.

During Member Exercise, designated swim lanes are for individual member exercise, stretching, and relaxation for members age 12+. Members should avoid disrupting classes, therapy, or swim lessons that may occur during these times. Members ages 12-17 may use the pool at this time for exercise only. Recreation/play activities, regardless of age, should occur during Family Recreation/Swim times.

Rock Steady Boxing Celebration

Conway Regional Health & Fitness Center is excited to celebrate the one-year anniversary of offering Rock Steady Boxing! A celebration was held to share the success of the participants and the program.

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.

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.



Sunday POP-UP Yoga

We are excited to offer two pop-up yoga classes with Lori Isom in September! The classes will offer a combination of traditional yoga flow, full body stretching/flexibility, and guided relaxation. Join Lori on Sunday, September 11 and 25 at 2:00 pm.



Complimentary Towel Return

Dozens of towels were returned during our Towel Roundup in August! A big thank you to everyone who participated.

To ensure we have towels for members when needed, please return used towels to a towel return bin before you leave. We know it is easy to accidentally leave the HFC with one on your shoulder or in your gym bag. If you have any towels at home, please return them on your next visit.



Kids on the Move is BACK!

Kids on the Move will be offered on Mondays at 4:30 pm beginning September 12. The 30-minute class will be led by Mary Prestipino and Ruston Predmore, certified personal trainers, and fitness specialists. Kids on the Move is a free and fun fitness class for members ages 6-11. Class will be held outside when weather permits.

You are more than what you see on the scale

Muscle gains outweigh fat loss. Whether you're new to weight training or you have enhanced your routine, you're likely to see the number on the scale rise.

Why?

As you're losing fat, you're replacing that weight with muscle, which weighs more than fat. Though your weight may not go down in this phase of your training, your body fat percentage will, which is exactly the goal you should be striving towards.



This is great example of why an InBody analysis is a crucial tool in tracking your progress. If you depend on the scale alone, you may feel like you've had zero progress - when in reality, you've done amazing things!

Talk to a staff member about our InBody Analysis. Schedule your InBody with us today and start tracking your progress the right way.

Learn more at ConwayRegionalHFC.org/Inbody-Analysis

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.

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.



NEW Apparel

We are excited to have new logo wear available! In addition to our standard green triblend tees, we have some fun options including two different tanks available for the ladies and two additional tee designs.



**MORE THAN 40 GROUP
FITNESS CLASSES OFFERED
EACH WEEK**

See the complete schedule at
ConwayRegionalHFC.org