

InMotion



Welcome Wraylin Phillips to the HFC Team

We are excited to welcome Wraylin Phillips to our team of certified personal trainers! Wraylin graduated from the University of Central Arkansas with a B.S. in Exercise Science and recently joined our team as a fitness specialist. She continues to expand her knowledge and expertise in the fitness industry by obtaining her ACSM personal trainer certification!

Wraylin's interest in training began in high school where she was a basketball, softball, track, and cross-country athlete. She also formally assisted the University of Central Arkansas women's basketball team as an intern. "My love of fitness has only grown over the years, and I look forward to helping others find a love for it as well!" said Wraylin.

For more information on personal training with Wraylin, or any of our certified personal trainers, contact Mallory Lefler at 501-450-9292, ext. 309.

Handicap Parking Notice

As a medically integrated health and fitness center, we have members and therapy patients who are disabled. For their benefit, we provide handicapped parking spaces according to the requirements outlined in the Americans with Disabilities Act. These parking spaces have specific features which allow disabled individuals easier access to our programs and services.

Please be advised that the use of the handicapped parking spaces is reserved for individuals with state-issued license plates or placards. Please do not park in handicapped parking spaces if you do not possess this license plate or placard.

We appreciate your cooperation and consideration for our members and patients with disabilities.

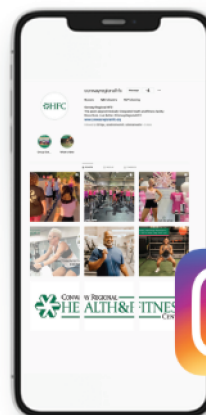
AUGUST 2023

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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 Conway Regional Health and Fitness Center Instagram page
[@conwayregionalhfc](https://www.instagram.com/conwayregionalhfc)

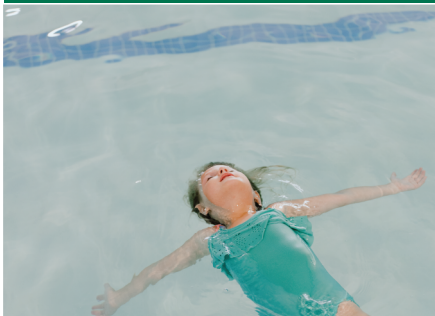
Family Recreation/Swim

Families can enjoy the pool Mondays and Wednesdays from 2:00 - 5:00 pm, Fridays from 2:00 – 6:00 pm, and Saturdays and Sundays from 2:00 – 5:00.

Family recreation/swim is recreational time for members and child members under 11. This is the only time children under 11 are allowed in the pool unless participating in staff led swim lessons or special programs. Children under 11 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 11 may lap swim but only during family recreation/swim.

Swim Lessons

Fall session dates for group swim lessons and our popular Tadpoles and Guppies will be announced soon!



Conway Cros Season Wrap-Up

The Conway Crocs swim team ended the season undefeated, winning all five of their meets! The team also received the best team sportsmanship award in the league. Head Coach Chris Brynell stated, "This summer was a very special season. We beat the league champions, the first time any team has in 19 years. The swimmers continued to show respect and demonstrate great sportsmanship, which I loved to see."

The team didn't stop there; they went on to break 12 team records this summer! "The league records broken this year is a result of 13 years of countless laps swam and hard work put in by the swimmers," said Coach Chris.

The Conway Crocs had 94 swimmers compete in the Meet of Champs to finish the season and broke five league records!

There were also five swimmers awarded age group High Point winners at the Meet of Champs:

- Caleb O'Neal, Boys 7-8 years old
- Jack Britt tied for Boys 11-12 years old
- Annaleigh Thomason, Girls 13-14 years old
- Maddie Boozer and Madden Cabantac tied for Girls 15-18 year old

Congratulations to the coaches, swimmers, and all the parents for making the Conway Crocs 2023 season the best one yet!



Facility Rental Available

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 information and availability.

Play Center Interim Supervisor

We are pleased to announce that Michaela Haney has accepted the role of Interim Play Center Supervisor! Over the next few weeks, she will begin taking ownership of a variety of tasks and developing a more in-depth knowledge of our Play Center policies. Michaela brings several years of experience in child-care, and we are excited to see her develop and thrive in her new role.



Kids on the MOVE

Kids on the Move will return on Tuesdays at 3:45 pm beginning September 12! KOTM is a free and fun fitness class for members ages 6-11. The 30-minute class is led by Mary Prestipino, a certified personal trainer and fitness specialist. No registration is required for KOTM. The group will meet in the Group Exercise Studio, or outside when the weather allows. For more information, contact Mallory Lefler at 501-450-9292, ext. 309.

Walk with a Doc

Join Conway Regional for our next Walk With A Doc! 🚶

Our next Walk With A Doc is on Saturday, August 12, at 10:00 am. The topic will be on injury prevention in youth sports. The walk will begin from the south parking lot of the Conway Regional Health & Fitness Center and go through Tucker Creek Trail.

With hundreds of chapters worldwide, Walk With A Doc inspires communities through movement and conversation. This doctor-led walking group is a safe, fun, and FREE community event where you'll walk, learn about a health topic, and meet new friends.



New logo wear has arrived!

New logo wear has arrived! We are offering the popular Bella + Canvas style tees in heather prism lilac, dusty blue, sunset and black. Grab your sizes while they are in stock and show your HFC pride while you move more and live better!



Sunday Pop-Up Classes

We are excited to offer another great lineup of Sunday pop-up classes!

August 13 at 2:00 pm | High Fitness with Dena Meriweather

August 20 at 1:00 pm | Aqua Zumba with Amy Jordan

August 27 at 2:00 pm | Zumba Back to School Bash with Amy Jordan and Dena Meriweather

September 10 at 2:00 pm | Mind-Body Yoga with Lori Isom

September 17 at 2:00 pm | High Fitness with Dena Meriweather

September 24 at 2:00 pm | Mind-Body Yoga with Lori Isom



Group Exercise

Our spacious group exercise and cycling studios host dozens of weekly group exercise classes, including indoor cycling, weight training, yoga, Zumba®, and more! You're sure to find your place in these classes taught by nationally certified instructors while meeting other like-minded individuals.

Personal Training

Working with a personal trainer allows clients to maximize the benefits of their exercise routine. Our nationally certified personal trainers offer individual, partner, and group training packages to fit your budget. Our trainers can provide expert guidance for individuals with various needs and goals, including weight loss, increasing strength and endurance, toning, reducing stress, sports performance, chronic disease management, and more!

Benefits of Personal Training

- Individualized fitness program
- Efficient use of your workout time
- Accountability
- Ensures safe exercise technique
- Relieve boredom

