

InMotion HFC

Holiday Hours and Special Fitness Offerings

We are thrilled to offer a festive fitness class lineup on Saturday, December 23! The festive fitness lineup includes:

- 7:45 am Grind with Erika Setzler | 45-minute format
- 8:45 am Aqua Zumba with Dena Meriweather | 45-minute format
- 9:00 am Cycle with Amanda Castillo | 50-minute format
- 10:15 am Zumba with Dena Meriweather | 45-minute format

The HFC will be open during regular business hours on Saturday, December 23. The Play Center will open early at 7:30 am and close at 12:00 pm.

The HFC will be closed on Sunday, December 24, and Monday, December 25, in observance of Christmas.

On Tuesday, December 26, the HFC will offer a regularly scheduled class lineup beginning with 8:45 am 360 Strength with Audrey Taylor.

On Sunday, December 31, the HFC will close at 4:00 pm. The Play Center will be closed, and we will not offer family swim/recreation.

The HFC will be closed on New Year's Day, but we can't wait to be a part of your health & wellness in 2024! We will resume business hours and offer our regularly scheduled lineup on Tuesday, January 2.



Santa Pack Personal Training Special

Both members and non-members can take advantage of our Santa Pack Personal Training Promotion! From December 1 – 15, individuals can purchase an 8-pack of personal training (individual, partner, or group) and get one session free. There is no limit to the number of packages you can purchase, but all Santa Pack sessions will expire on March 31, 2024.

DEC 2023

INSIDE THIS ISSUE:

Extended Play
Center Hours - Page 2
Taylor Swift Birthday
Ride - Page 2
Group Exercise
Classes - Page 4
Rock Steady Boxing
Scholarships - Page 4

Weekend Hours of Operation

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

Play Center Christmas Party

The Play Center Christmas party will be held Tuesday, December 19, from 5:00 – 7:00 pm. All members ages six weeks to 10 years are invited! You won't want to miss this fun night of Christmas crafts, treats, and, of course, a visit from Santa! The party will take place in the classroom.

Family Recreation/Swim

Families can enjoy the pool on Wednesdays and Fridays from 3:00 – 6:00 pm and Saturdays and Sundays from 2:00 – 5:00 pm.

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 they are 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 simultaneously, and children under 11 may lap swim but only during family recreation/swim.



Extended Play Center Hours for the New Year

Effective Tuesday, January 2, the Play Center will be open Monday through Friday, 8:00 am to 1:00 pm. In addition, effective January 6, the Play Center will be open from 8:30 am to 1:00 pm on Saturdays! We are excited to serve parents and families better with these changes and to allow more flexibility with fitting in your workouts!

Swim Lessons and Dolphins

Registration will open Friday, December 1, for our Spring sessions of Tadpoles & Cuppies, group swim, and Dolphins.

Group Swim Lessons | Level 1

This class is recommended for children ages 4–11 but depends on the child's skill level. Children will learn water safety skills, basic swimming strokes, floating, and how to submerge their heads. The cost is \$80 for members and \$100 for non-members.

- Mondays & Wednesdays
- January 22 – February 14 or February 19 – March 13 | 6:00 - 6:45 pm

Dolphins Swim Program

Dolphins is a stroke development swimming program designed for kids ages 5 - 18 to help improve their technique. This class is fun and challenging and helps build your child's endurance and skills. The cost is \$45 for members and \$65 for non-members.

- Tuesdays & Thursdays
- January 23 – February 15 and
- February 20 – March 14 | 6:30 – 7:30 pm

Tadpoles & Cuppies

These programs are available for children ages six months up to four years and their parents. Parents will be in the water with their children as they are guided through various pre-swimming fundamentals. The cost is \$60 for members and \$80 for non-members.

- Tadpoles | 6 – 18 months | Saturdays | 9:30 – 10:15 am
- Cuppies | 18 months up to four years | Saturdays | 10:15 – 11:00 am
- February 17 – March 9 or March 30 – April 20 or May 4 - 25

Registration will be available via the front desk, or members can utilize the Health & Fitness Center mobile app for group swim lessons and Tadpoles Cuppies.

Kids on the Move

The last session of the year for Kids on the Move will be offered on Tuesday, December 5, at 3:45 pm. KOTM is a free and fun fitness class for members ages 6-10. 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.



Welcome Cassidy Teague

We are excited to welcome Cassidy Teague to our team of certified and experienced personal trainers! She obtained her certification through the National Academy of Sports Medicine and will graduate from Arkansas Tech University in May of 2024 with a bachelor's degree in health and exercise science.

Cassidy is excited to build her clientele at the HFC! She is passionate about helping people with their health and fitness journey, regardless of their goals. "Being able to transform lives is the best part of this position. I am so happy to be here and can't wait to meet all my amazing clients," said Cassidy.

For more information on personal training or to train with Cassidy, contact Mallory Lefler, Fitness Manager, at 501-450-9295, ext. 309.

Youth Sports Performance Training

Registration for the first session of Youth Sports Performance Training of 2024 will open on December 11! The 4-week program will be offered from January 9 to February 1 on Tuesdays and Thursdays. Ages 8 - 10 will meet from 4:00 - 4:45 pm and ages 11 - 13 from 5:00 - 5:45 pm. The cost is \$100 for members and \$125 for non-members.

Registration will be available via the front desk, or members can utilize the Health & Fitness Center mobile app. A maximum of 15 participants will be accepted into segmented age groups. For more information, please call Erika Setzler at 501-450-9292, ext. 305.

Taylor Swift Birthday Ride

Calling all Swifties!

We are offering a special indoor cycle class to celebrate Taylor Swift's 34th birthday on Wednesday, December 13, at 5:30 pm. This 45-minute ride will be taught by Amanda Castillo, and will feature songs featured in Taylor's record-breaking Eras Tour.

The ride is free to members, and guests are always welcome at the HFC! Guests must register at the front desk and pay a \$12 guest fee.



Sunday Pop-Up Classes

We have more pop-up classes in December!

Mind-Body Yoga with Lori Isom on Sunday, December 3 and 17 at 2:00 pm.

High Fitness Christmas edition with Dena Meriweather on Sunday, December 10 at 2:00 pm.

Group Exercise Changes

We have some exciting changes to the December group exercise schedule!

Join Cathy Jellenik on Mondays and Wednesdays for 6:15 am Barre | 45-minute format

Join Dena Meriweather on Wednesdays for 6:05 pm Barre Strength | 30-minute format

Effective January 6, our Saturday group exercise lineup will include:

- 8:35 – 9:20 am Cycle | 45-minute format
- 9:30 – 10:15 am 360 Strength | 45-minute format
- 10:30 – 11:15 am Zumba | 45-minute format



Member Reminders

We want to remind members of our fitness floor area guidelines:

- Under 11 not allowed
- Shoes are required at all times
- No outside training/coaching/instructing
- Lower weights, do not drop
- Headphones required for personal audio
- Share equipment and space
- HFC staff instruction must be followed



Rock Steady Boxing Scholarships

Rock Steady Boxing gives hope to individuals with Parkinson's or Parkinsonism disease by improving their quality of life through a non-contact boxing-based fitness curriculum.

With the generous support from the Conway Regional Health Foundation, we now offer scholarships to qualifying participants. The RSB scholarship is designed to assist individuals who would not otherwise be able to participate due to financial hardships. Funds are limited, affecting the number of scholarships awarded on an ongoing basis. The application is available on our website and can be downloaded at <https://crhs.healthcare/47nRJfG>.

To learn more about Rock Steady Boxing, contact Mallory Lefler at 501-450-9292, ext. 309.