

InMotion HFC

American Heart Association®



National Wear Red Day!

February 3, 2023, National Wear Red Day is the icon day of American Heart Month. On February 3, join us as we wear red and help raise awareness of women's No. 1 killer – cardiovascular disease. Every Friday in February, Conway Regional Health System will hold Health and Heart Wellness Checks that are affordable, convenient, and efficient for detecting heart disease. Schedule a Health and Heart Wellness Check at 501-450-2244.

We can help the women we know and love reduce their risk for cardiovascular disease! You can help raise awareness by wearing red, and we encourage you to share at least one healthy habit you're prioritizing with a friend, neighbor, or co-worker. It could be around sleep, stress, physical activity, nutrition, or whatever works best for you – and encourage others to do the same.

Please tag @conwayregionalhfc in any Instagram posts as we recognize National Wear Red Day!

Memorial Parking Space in honor of Don Potter

A local artist, Katie Keck, has been commissioned to paint a mural in honor of Don Potter in the HFC parking lot. Don was a long-time member, and it was well-known that he parked in the same space near Salem Road each morning before heading out on his daily run. The parking space and those immediately adjacent to it will remain blocked off until the completion of the mural in the coming weeks.

FEBRUARY 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

Family Swim

Families are able to enjoy the pool 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 in February.

Family recreation 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 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 Lessons Available

Introducing your child to swimming at a young age is a great way to build life-saving water skills. At the HFC, we offer multiple class options for different skill levels and ages, and registration is now open for the next round of classes.

Level one group swim lessons will be offered February 20 - March 15 on Mondays and Wednesdays from 6:00-6:45 pm. In level one, your child will learn water safety skills, basic swimming strokes, floating, and to submerge their head. The cost is \$80 for members and \$100 for non-members.

Tadpoles and Guppies will be offered April 29 - May 20 for children ages six months up to four years and their parents. Tadpoles (ages 6 months-18 months) will meet on Saturdays from 9:30-10:15 am and Guppies (ages 18 months-4 years) will meet from 10:30-11:15 am. The cost is \$60 for members and \$80 for non-members.

You may register your child for any of these programs through the Health & Fitness Center mobile app or in-person at the front desk. For more information, contact Kyle Shunkey at 501-450-9292, ext. 308.

Dolphins Swim Program

Registration is now open for the next session of our Dolphins swim program! Dolphins is a stroke development swimming program designed for kids ages 5 - 18 to help improve technique. This class is fun, challenging and helps build your child's endurance and skills.

Children must be able to swim one length of the pool (25 yards) unassisted and be competent in the freestyle and backstroke. The next session will be held February 21 - March 16. The class meets on Tuesdays and Thursdays from 7:00 - 8:00 pm. The cost is \$45 for members and \$65 for non-members.

You may register your child for Dolphins through the Health & Fitness Center mobile app or in-person at the front desk. For more information, contact Kyle Shunkey at 501-450-9292, ext. 308.

Aquatic Class Update

The following group aquatic classes will not be offered this month:

Wednesday, February 1 |
10:30 am Aqua Amp

Thursday, February 2 |
12:00 pm H2yOga

Monday, February 6 |
10:30 am Aqua Amp

Thursday, February 9 |
12:00 pm H2yOga





Script to Fit | A Prescription for a Healthier Life

Exercise and behavior modification are crucial in managing chronic health conditions. The Script to Fit program at Conway Regional Health and Fitness Center provides participants with exercise and educational programming to help them better manage their chronic health conditions. Anyone managing a chronic medical condition or individuals transitioning from a rehabilitation program would benefit from one of the four Script to Fit program tracks:

- Arthritis Fitness: Osteoarthritis, rheumatoid arthritis, or other inflammatory condition
- Cardiovascular Fitness: Recent discharge from Phase 2 cardiac rehab, stable cardiovascular disease or diagnosed with cardiac risk factors
- Diabetes Fitness: Type 1 or Type 2 diabetes or prediabetic
- Reconditioning Fitness: Deconditioned individuals/immunity boosting

Our degreed and certified medical fitness team will work with you and your physician to create a program that will set you on a course for a healthier lifestyle through behavior change. These 8-week program offer the ability to start anytime. A medical fitness referral is required to participate in the program. Script to Fit services are valued at \$300. We are able to provide these services at a low-cost of \$75 thanks to generous donations given to the Conway Regional Health Foundation. We also offer an enhanced option with the opportunity to add on a membership during the 8-week program for a low fee of just \$50.

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.

Kids on the MOVE

Kids on the Move is a free and fun fitness class for members ages 6-11. KOTM will be held every Tuesday in February at 3:45 pm in the group exercise studio. The 30-minute class is led by Mary Prestipino, certified personal trainer, and fitness specialist.

If you arrive prior to 3:45 pm you may wait with your child in the member lounge as the Play Center will not be open yet. Mary will then escort participants to the Group Exercise Studio just before class time.

If you do not pick up your child from the Group Exercise Studio at 4:15 pm, our staff will escort them to the Play Center. If your child is participating, do not forget to pack a water bottle for them to have during class!





Sunday Mind-Body Classes

Join Lori Isom for more mind-body pop-up classes in February! She will offer Yoga on Sunday, February 5 and 12 at 2:00 pm. This popular 45–60 minute class will offer a combination of traditional yoga flow, full body stretching/flexibility, and guided relaxation.

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 on how to use selected pieces of the cardio and selectorized equipment on Fitness Floor | Level 2 including seat and weight plate adjustments.

Our next group equipment orientation will be held Wednesday, February 1 at 1:00 pm or Wednesday, February 15 at 6:00 pm. Please note this session is not a personal training session and is for demonstrative purposes only. It does not cover use of every piece of equipment or use of the free weight equipment on 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. Class size is limited to 15 participants. Registration is available within our mobile app or at the front desk.

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 pickup 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.



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

See the complete schedule at
ConwayRegionalHFC.org