

# InMotion HFC



## Welcome new Group X Instructors Kristen Suter & Rachel Johnson

We are excited to welcome two new instructors to the Group Exercise team!

Kristen Suter has over 17 years of group fitness experience and previously instructed at a hospital-affiliated health and wellness facility in Oklahoma. She has taught various classes throughout her career and holds multiple certifications, including AFAA Group Fitness Instructor, Schwinn® Indoor Cycling Instructor, Joint Efforts Arthritis, and Aging and Fitness. Kristen will offer Step Strength on Mondays at 9:05 am, Cycle on Thursdays at 5:45 pm, and Silver Strong on Fridays at 11:00 am.

You may recognize Rachel Johnson's smile as she has served as the Play Center Supervisor for the past year. Rachel has transitioned to the Group Exercise team and is excited to bring her energy and love of fitness to the members. Rachel is a Schwinn® Certified Indoor Cycling Instructor and is pursuing her ACE Group Fitness certification. Rachel will sub classes as needed and offer her debut ride on Saturday, January 14, at 8:15 am.

For a complete list of our Group Exercise classes, visit <https://crhs.healthcare/35mHUns>.

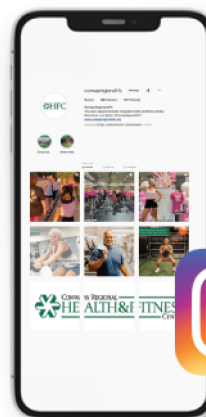
## **JANUARY 2023**

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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 new Conway  
Regional Health and Fitness  
Center Instagram page  
**@conwayregionalhfc**  
Be sure and tag us in your  
stories, posts, and reels!

## Family Swim

Families are able to enjoy the pool Mondays and Wednesday from 3:00 - 6:00 pm, Fridays from 3:00 - 7:00 pm and Saturdays and Sundays from 2:00 - 5:00 pm in January.

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.

## Dolphin Swim Program

Our Dolphins swim program is scheduled to start January 24!

Registration will open soon. Please be advised the entire pool will be used on Tuesdays and Thursdays from 7:00 – 8:00 pm.

## 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 of using 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, January 4, at 1:00 pm or Wednesday, January 18, at 6:00 pm. Please note that this session is not a personal training session but for demonstrative purposes only. It does not cover the use of every piece of equipment or the use of 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.

## Pool Parties

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](mailto:kyle.shunkey@conwayregional.org) or call 501-450-9292, ext. 308 for information and availability.





## Group Exercise Update

Sunday mind-body pop-up classes will resume in January! Join Lori Isom for Yoga on January 22 and 29 at 2:00 pm. The 45-60 minute class will offer a combination of traditional yoga flow, full body stretching/flexibility, and guided relaxation.

Come check out a new class and a new instructor on Mondays! Join Kristen Suter for 9:05 am Step Strength. This 45-minute format will challenge you on and off the step using weighted and body weight exercises to increase muscular strength, endurance, and the cardiovascular system. All levels are welcome!

We also have two instructor changes on Mondays. 9:00 am Cycle will be instructed by Rebecca Petersen and Natalie Audrey Taylor will instruct Vandaveer and 10:00 am Fine Tuning.

Thursday nights also have an instructor change, with Kristen Suter taking over the 5:45 pm Cycle.

We are adding a Fine Tuning class with Rebecca Petersen at 5:10 am on Fridays in January. In addition, Natalie Vandaveer will take over the 9:00 am timeslot and offer Fine Tuning. This endurance-based strength workout will fine-tune every muscle group in your body using body weight, light weights, gliding discs, and versa loops. You will leave this class fully fine-tuned and feeling good! The format is geared towards intermediate to advanced fitness levels.

Rebecca Petersen and Natalie Vandaveer will now instruct the Friday 10:00 am Unwind class, and 11:00 am Silver Strong will be instructed by Kristen Suter.

## Kids on the MOVE

Kids on the Move is a free and fun fitness class for members ages 6-11. KOTM will begin on January 10 at 3:45 pm in the group exercise studio every Tuesday.

The 30-minute class is led by Mary Prestipino, certified personal trainer, and fitness specialist.

If you arrive before 3:45 pm, you may wait with your child in the member lounge as the Play Center will be open later. Mary will escort participants to the Group Exercise Studio just before class. Please send a water bottle with your child to have during class.

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.





## Amanda & Mallory take on new roles

We are pleased to announce that Amanda Castillo and Mallory Lefler will take on new HFC roles. As Member Experience Manager, Amanda will oversee and coordinate events, social media marketing, membership, and Play Center operations. As Fitness Manager, Mallory will oversee and coordinate all fitness programs, personal training, group exercise, and aquatics. Amanda and Mallory have been long-time supporters of health and fitness in Conway. We are pleased for our members and the Conway community to benefit from their talents to promote our health, fitness, and quality of life!



## Kids Run Arkansas® Save the Date

Save the date and help us celebrate 15 years of Kids Run Arkansas® on Friday, April 21, at 6:00 pm.

This event offers fun for the entire family, including face painting, games, and more leading up to the 1-mile and 3-mile run/walk. Kids Run Arkansas® is open to children of all ages and parents. Registration will open in March!

For more information on the event, sponsorship opportunities, and volunteering, contact Mallory Lefler, Race Director, at 501-450-9292, ext. 309.

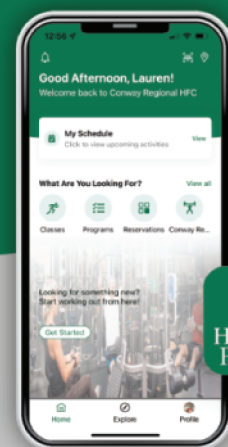


## Welcome Kaitlyn Chambers

Help us welcome Kaitlyn Chambers to the Play Center team as our new supervisor! Kaitlyn brings years of experience with childcare and management, and we look forward to utilizing her strengths in the Play Center.



## DOWNLOAD OUR APP!



## MORE THAN 40 GROUP FITNESS CLASSES OFFERED EACH WEEK

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