

InMotion

Sunday Pop-Up Classes

Lori Isom will take a break from offering mind-body pop-ups for the month of July, but we will offer two HIGH Fitness classes with Dena Meriweather! Save the date for Sunday, July 16 and 30 at 2:00 pm.

HIGH Fitness has brought aerobics back in a hip and unique way. Nostalgic and fun music from all decades and genres that will motivate you to the max. You will have a blast with easy-to-follow fitness choreography and leave this class wanting more because it's so much fun! Take it HIGH or take it low! Options given for all levels of fitness in this 60-minute class.



Join our Team!

The Conway Regional Health & Fitness Center is hiring! We are looking for energized individuals who want to help others maintain a healthy lifestyle.

Open positions include:

- Swim Instructor
- Fitness Floor Staff
- Certified Personal Trainer
- Playcenter Supervisor
- Playcenter Attendant
- Membership Service Associate

Apply at conwayregional.org/careers/



JULY 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.



Independence Day Holiday Hours

The HFC will be closed on Tuesday, July 4 in observance of Independence Day.

We will be open regular hours on Monday, July 3. We will not offer Group Exercise or Aquatic Group classes in the evening. All regularly scheduled morning classes, including the Grind at 12:00 pm, will be offered.

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. 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 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 1 and Level 2 group swim lessons will be offered July 17 – August 8. The group will meet on Mondays and Wednesdays from 5:00-5:45 pm or 6:00–6:45 pm. In Level 1, your child will learn water safety skills, basic swimming strokes, floating and to submerge their head. Level 2 will introduce independence in the water, buoyancy, proper breathing, and motion.

The cost is \$80 for members and \$100 for non-members.

Tadpoles and Guppies will be offered July 8-29 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.

Private swim lessons are also available for members and non-members of all ages. For more information, contact Kyle Shunkey at 501-450-9292, ext. 308.



Conway Crocs Swim Team

The Conway Crocs swim team have been victorious in their opening meets! Three swimmers became platinum qualifiers: Madden Cabantac, Jackson Garlow, and Eli Eberhard. In the meet against Otter Creek, the team won every relay and as a team, and scored a new season high of 800 points!

The Conway Crocs swim team practice will continue through Friday, July 28 leading up to the Meet of Champs on Saturday, July 29. Practice is held Monday - Thursday 6:45 - 8:45 pm and Friday 6:15 - 7:45 pm. The entire pool will be reserved during practice.

We appreciate your support of our Conway Crocs swim team!

Towel Reminder

We know it is easy to accidentally leave the HFC with one of our towels from time to time. If you have any towels at home, or in your vehicle, please return on your next visit.

Kids Tri Camp

Our Kids Triathlon Training Camp prepares your child to successfully race the Conway Kids Triathlon. This fun and interactive camp involves sport specific training, but also focuses on helping your child practice the swim to bike and bike to run transitions under the supervision of USA Triathlete team member, Erika Setzler.

Registration is now available for our 2023 camps: July 24, 26, 31, and August 2 or July 25, 27, August 1 and 3 from 1:30 – 3:00 pm. The cost is \$40 for members and \$50 for non-members. You may register your child through the Health & Fitness Center mobile app or in-person at the front desk.

KIDS TRIATHLON TRAINING CAMP



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.

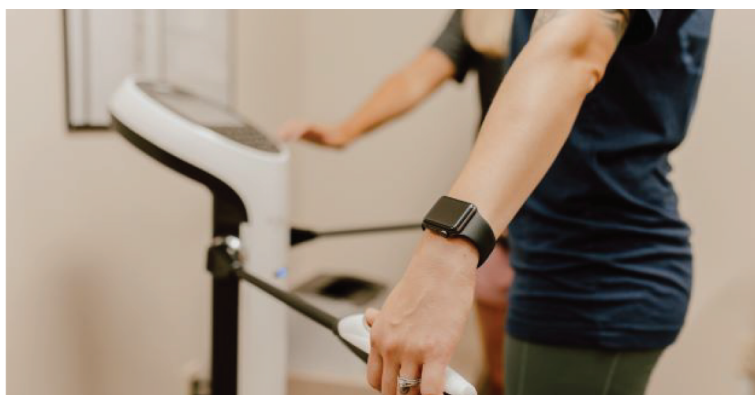


Reminder | Guest Guidelines

Summer is here! We would like to remind members of our guest guidelines to help ensure everyone has a great experience.

- Guests under the age of 18 must have a waiver on file signed by their parent or legal guardian.
- Children under the age of 14 must have an adult present with them in the facility unless participating in a staff led program.
- Children under the age of 11 are only allowed to use the pool during family recreation/swim time unless participating in a staff led program. Please see the pool schedule for additional details.

For more information, visit with any Member Service Associate on your next visit to the HFC or call 501-450-9292, ext. 300.



InBody Analysis

Our InBody 570 is a medical-grade body composition analyzer that uses bioelectrical impedance to precisely measure body composition by sending multiple electrical voltages through the inner body, resulting in up to six different impedance readings for the trunk and four limbs. The innovative, in-depth analysis of the InBody exam yields accurate results for body composition outputs, such as body fat mass, skeletal muscle mass, and percent body fat. It can measure segmental lean mass as well.

The InBody 570 is convenient, quick, and easy to use. Simply remove your shoes and socks, empty your pockets, and stand on the footpads. Your name, age, height, and gender will be taken before the test. You will be asked to stand still while the device captures your weight, at which point you will place your hands around the handgrips. During the painless exam, which typically takes no more than 45 seconds, you stand still and breathe normally.

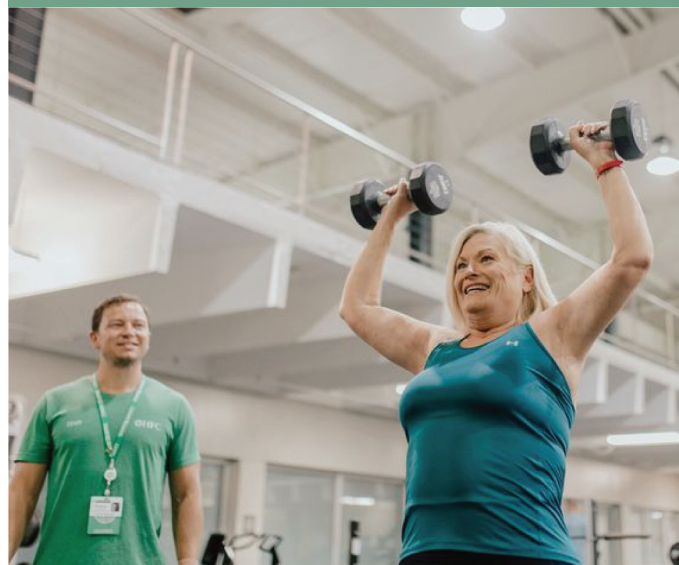
Your results are immediate, and our staff will review them with you in detail.

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



Congratulations,
Amanda Castillo for
being named Health
Promotion Specialist of
the Year by the Conway
Area Healthcare Forum!

