

InMotion HFC



Staff Certifications

We're proud to have a staff that continues to expand their knowledge and expertise in the fitness industry.

Hunter Little, Fitness Specialist, and NASM certified personal trainer, recently enhanced his expertise by obtaining the NASM Corrective Exercise Specialist certification! This certification will allow Hunter to identify better client movement compensations, where they are weak or strong, and use that knowledge to design effective and efficient programs to help them move, feel and live better.

Summer Memberships Available

Summer Memberships are available for purchase through June 9! Three-month memberships are available for individuals, couples, and families with no joining fee and will be effective three months from purchase.

Sunday Mind-Body and Pop-Up Classes

Our Sunday mind-body classes with Lori Isom will continue in June! Save the dates for June 4 and 25 at 2:00 pm. The 60-minute class will combine traditional yoga flow, full-body stretching/flexibility, and guided relaxation.

Also, don't miss a pop-up High Fitness class with Dena Meriweather on Sunday, June 11, 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 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 are given for all levels of fitness in this 60-minute class.

JUNE 2023

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Weekend Hours of Operation

**7:00 am - 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 Recreation/Swim

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

Family recreation/swimming 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 participate 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 simultaneously, 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 2 group swim lessons will be offered 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 submerging their head. Level 2 will introduce independence in the water, buoyancy, proper breathing, and motion.

Upcoming sessions include:

- June 12 - July 12 *no class offered July 3 or 5
- July 17 - August 9

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

Tadpoles and Guppies will be offered June 3 - 24 and 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 these programs through the Health & Fitness Center mobile app or 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 offers a great way for kids to stay active in the summer and learn the value of sportsmanship. The Conway Crocs competes against other swim teams in Central Arkansas.

Swim team practice will begin Tuesday, May 30, and be held Monday - Thursday 6:45- 8:45 pm and Friday 6:15 - 7:45 pm.

The entire pool will be reserved during practices leading to the Meet of Champs on July 29.

Kids Tri Camp

Our Kids Triathlon Training Camp prepares your child to race the Conway Kids Triathlon successfully. 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 the USA Triathlete team, Erika Setzler.

Registration is now available for our 2023 camps: July 24, 26, 31, August 2, or July 25, 27, August 1, and 3, and 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 at the front desk.

Kids on the MOVE

Kids on the Move will take a break for the summer and return in September!



Facility Rental Available

The HFC is great for hosting a birthday party or your next group meeting. Our 5-lane, 25-yard pool makes an excellent place for a 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

With summer approaching, 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.



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 guide 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

The Health and Fitness Center's private personal training studio offers a more exclusive, one-on-one workout experience with a trainer.

For more information on our personal training services, please contact Mallory Lefler at 501-450-9292, ext 309.

Corporate Games

Thank you to all the teams that participated in the 2023 Corporate Games! All teams participated with strength and grit in different physical and agility competitions, and at the end of the day, the Conway Regional White Team walked away with bragging rights as the champions! Congratulations to Centennial Bank for taking home the spirit award!

