

InMotion



Welcome Kimberly Porter & Hunter Little!

We are excited to welcome Kimberly Porter and Hunter Little to the HFC team!

Kimberly Porter has 22 years of group exercise experience and 14 years as a certified personal trainer. She previously instructed group exercise classes at the HFC, including cycle and weight training. Kimberly is an American Council on Exercise (ACE) certified personal trainer, Schwinn® Indoor Cycling Instructor, and SCW Group Exercise Instructor. Be on the lookout as Kimberly leads group exercise classes and holds personal training hours! Kimberly will sub classes as needed and offer her debut classes instructing Cycle on Saturday, March 11, at 8:15 am and 360 Strength on Saturday, March 18, at 9:15 am.

Hunter Little joins the staff as a Fitness Specialist and will assist with all our medical fitness programs. He is a National Academy of Sports Medicine (NASM) certified personal trainer and holds a BS in Exercise Science from the University of Central Arkansas. Hunter is passionate about helping people change their lives in the simplest, most realistic way possible. "I believe that everyone has a right to good health and to be happy with themselves both inside and out," said Hunter. "After beating childhood cancer, I strived to achieve optimal health in all aspects of life, leading me to my calling in Health and Fitness."

No Enrollment Fees in March

Do you know someone interested in joining Conway Regional Health & Fitness Center? For the entire month of March, we are waiving enrollment fees! That is a savings of \$40 for individuals, \$70 for couples, and \$100 for a family. *Some restrictions apply.

MARCH 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 Recreation/Swim

Through March 26, families can 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.

Effective March 27, family recreation/swim offerings will change on Mondays and Wednesdays to 2:00 - 5:00 pm as Level 1 and Level 2 swim lessons will begin at 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 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.

Lifeguard Training

Conway Regional Health & Fitness Center is teaming up with the Hendrix Aquatic Center to offer American Red Cross Lifeguard training April 22 and 23 from 9:00 am - 5:00 pm.

Participants must be at least 15 years of age on the day of training and the cost is \$275. Registration is available in-person. For more information, contact Kyle Shunkey at 501-450-9292, ext. 308.

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:

- March 27 - April 19
- May 15 - June 7
- June 12 - July 12 *no class offered on 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 from April 29-May 20 for children ages six months up to four years and their parents. Tadpoles (ages six 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.



Dolphins Swim Program

Registration is now open for the upcoming sessions 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 class meets on Tuesdays and Thursdays from 7:00 - 8:00 pm.

Upcoming sessions include:

- March 28 - April 20
- April 25 - May 18

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 at the front desk. For more information, contact Kyle Shunkey at 501-450-9292, ext. 308.



Youth Fitness Camp

Save the date for Youth Fitness Camp for kids ages 6 - 10. We are excited to be offering two sessions this summer:

- June 12–15
- July 10–13

Registration opens March 8!

Each day, the kids will explore different physical activities that will test their coordination, improve their balance, increase their endurance, and, most importantly—show them fitness is fun! Throughout the week, the kids will be exposed to various activities, sports, and nutritional and health education to challenge and excite them.

YFC will meet 8:30–11:00 am each day during their session dates. Kids may be dropped off for the duration of the camp each day. The cost is \$90 for members and \$110 for non-members.



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.

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 March 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!





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, March 1, at 1:00 pm or Wednesday, March 15, at 6:00 pm. Please note this session is not personal training but is for demonstrative purposes only. It only covers the use of some pieces of equipment or 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. The class size is limited to 15 participants. Registration is available within our mobile app or at the front desk.

Sunday Mind-Body Classes

Join Lori Isom for more mind-body pop-up classes in March! She will offer Yoga on Sunday, March 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.

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 a variety of 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

