

# InMotion HFC



## Thanksgiving Holiday Hours and Day after Thanksgiving Special Lineup

On Wednesday, November 22, we will close at 7:00 pm and will not offer Group Exercise or Aquatic classes after 12:00 pm. The Play Center will be open from 8:00 am - 1:00 pm. The HFC will be closed on Thursday, November 23, in observance of Thanksgiving.

We will offer a special lineup of Group Exercise and Aquatic classes on Friday, November 24:

9:00 am Cycle with Amanda Castillo | 50-minute  
10:00 am Full Body Sweat with Amanda Castillo | 45-minute  
10:30 am Aqua AMP with Kyle Shunkey | 45-minute  
11:00 am Unwind Yoga with Amanda Castillo | 45-minute

Family recreation/swim will be offered from 3:00 – 6:00 pm on Friday, November 24, as scheduled, and an extra offering for families on Monday, November 20, from 3:00 – 6:00 pm.

## InBody Challenge Winners

Unlike other fitness challenges that reward weight loss, the InBody Challenge celebrates those who optimize their body composition by increasing muscle mass and reducing fat. We had over 75 individuals compete but are awarding the top three with the highest positive change.

1st Place | Cheri Alexander with a 10.15% positive change!  
2nd Place | Maura Crumpton with a 5.77% positive change!  
3rd Place | Sarah Wessman with a 5.26% positive change!

Congratulations to everyone who participated!

## NOVEMBER 2023

### INSIDE THIS ISSUE:

Youth Sports Training - pg 2  
CAPCA Food Drive - pg 3  
New Roles for HFC Staff - pg 3  
Group Exercise Changes - pg 4  
Namaste at the Rouge - pg 4

### 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

Families can enjoy the pool on Wednesdays and Fridays from 3:00 – 6:00 pm and Saturdays and Sundays from 2:00 – 5:00 pm.

Family recreation/swim will be offered from 3:00 – 6:00 pm on Friday, November 24, as regularly scheduled, and an extra offering for families on Monday, November 20, from 3:00 – 6:00 pm during the holiday week.

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 they participate in staff-led swim lessons or special programs.

Children under 11 must be supervised in the pool area, and children under six 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.

## Youth Sports Performance Training

Over this year, we have enjoyed watching the kids in our Youth Sports Performance Training improve and grow in their fitness, agility, and games.

This program is under the direction of Erika Setzler, MS, ACSM-CPT, Human Performance Program Manager and former collegiate runner/USA Triathlete team member, for kids ages 8 - 13. We are excited to announce two additional offerings of this program beginning soon:

### 🎃 THANKSGIVING HOLIDAY 2-DAY CAMP

Monday, November 20 and Tuesday, November 21  
Ages 8 - 10 | 1:00 - 2:00 pm and Ages 11 - 13 | 2:15 - 3:15 pm  
\$30 for members and \$35 for non-members

### 👉 4-WEEK PROGRAM

November 28 – December 21 | Tuesdays and Thursdays  
Ages 8 - 10 | 4:00 - 4:45 pm and Ages 11 - 13 | 5:00 - 5:45 pm  
\$100 for members and \$125 for non-members

Registration is available via the front desk, or members can utilize the Health & Fitness Center mobile app. A maximum of 15 participants will be accepted into segmented age groups. If you would like more information, please contact Erika Setzler at 501-450-9292, ext. 305.



## Private Swim Lessons

At the HFC, we offer private swim lessons for people of all ages. Contact Kyle Shunkey, Aquatics Coordinator at 501-450-9292, ext.308 for more information.

## Kids on the Move

Kids on the Move will be offered every Tuesday at 3:45 pm through December 5. KOTM is a free and fun fitness class for members ages 6-10. The 30-minute class is led by Mary Prestipino, a certified personal trainer and fitness specialist. No registration is required for KOTM. The group will meet in the Group Exercise Studio or outside when the weather allows. KOTM will resume in the New Year. For more information, contact Mallory Lefler at 501-450-9292, ext. 309.

## New Roles for HFC Staff

We are excited to announce the advancement of two of our HFC employees! Natalie Woody has accepted the full-time position as a Fitness Specialist. She will continue personal training, while focusing on specialized programming including Script to Fit.

Michaela Haney has served as the interim play center supervisor for the past three months, in addition to being a play center attendant over the years. She has done a fantastic job and will assume the role of play center supervisor in November.

Congratulations to Natalie and Michaela!



## CAPCA Food Drive

Conway Regional Health & Fitness Center is excited to offer our annual food drive to benefit CAPCA (Community Action Program for Central Arkansas). From November 1-15, we will collect items specifically for the CAPCA Emergency Overnight Shelter and Student Market. This will include ready-to-eat foods and snacks such as pop-top canned goods, cereal, cereal bars, peanut butter crackers, canned meats, macaroni cups, small individual peanut butter, and other snacks. With your donation, you'll be entered into a drawing to win a \$100 credit to your account! The food drive incentive is open to members only, but non-members are invited to donate. Please check all expiration dates before donating, and your account must be in good standing to receive the \$100 credit. For more information, call Amanda Castillo at 501-450-9292, ext. 306.

## Facility Rental

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





## Namaste at The Rogue Roundabout

We're teaming up with The Rogue Roundabout to offer beer yoga classes. This will be a series of three, each offering special extras from The Rogue Roundabout.

The series will offer a 60-minute, all-levels flow yoga taught by Amanda Castillo, YogaFit instructor and Member Experience Manager.

Bring a mat, water, and a hand towel.

Purchase your tickets at [crhs.healthcare/RogueRoundabout](https://crhs.healthcare/RogueRoundabout). Limited to 30 spots per event.

**Saturday, November 18 | 9:30 am | Flight and Flexibility**  
\$20.00

Join us for yoga and a flight at The Rogue! You are invited to pick a flight from the unique craft brews to enjoy during or after! Please arrive no earlier than 9:00 am to set up and select your flight. Yoga will begin at 9:30 am.

**Monday, December 4 | 5:30 pm | Pint & Practice**  
\$25.00

This beer yoga event includes your first draft beverage from the selection of unique craft brews to enjoy during or after! This event also includes a to-go charcuterie box. Please arrive no earlier than 5:00 pm to set up. Yoga will begin at 5:30 pm.

**Sunday, January 7 | 9:30 am | Yoga & Brunch**  
\$45.00

Join us for a yoga and experience brunch at The Rogue. This beer yoga event includes brunch and a draft beverage or mimosa to enjoy during or after! Please arrive no earlier than 9:00 am to setup. Yoga will begin at 9:30 am.

## Sunday Mind-Body Pop-Up Classes

Join Lori Isom for Mind-Body Yoga on Sunday, November 5 and 12 at 2:00 pm.



## Group Exercise Changes

There will be a few changes to the November Group Exercise schedule:

**Mondays | Instructor + Format Change**

- Kristen will take over 9:00 am Cycle
- Rebecca will offer 9:05 am Step

**Wednesdays | Instructor + Format Change**

- Kristen will offer 9:05 am Step Strength

**Fridays | Instructor + Format Change + Time Change**

- Rebecca will offer 8:30 am Core, followed by 9:05 am Power Push
- Rebecca will take over 10:00 am Unwind Yoga

