

InMotion



Conway Regional Health System Biketoberfest

Conway Regional Biketoberfest celebrates Conway's vibrant cycling community! The city of Conway has many opportunities for cycling—and Conway Regional Health & Fitness Center is proud to offer a large indoor cycling area and will provide free community rides. Amanda Castillo, ACE Certified Personal Trainer, and Schwinn® Indoor Cycling instructor, will lead the rides.

Registration is now open and accessible to the community. Visit crhs.healthcare/biketoberfest2023 to secure your spot in any ride or join the waitlist. We hope you can celebrate Biketoberfest with us!

- 🚴 Intro to Cycling Ride | September 30 | 2:00 pm
- 🚴 Biketoberfest Kick-Off Ride | October 1 | 2:00 pm
- 🚴👩 All Women's Ride + Yoga | October 8 | 1:00 pm
- 🚴🌮 Taco Ride | October 25 | 5:00 pm

Trick-or-Treat at the HFC!

Make plans to have your kiddos trick-or-treat to different departments at the HFC on Tuesday, October 31! Play Center attendants will take members and guests ages six weeks to 10 years around the HFC during the morning.

The Play Center also has many fun Halloween crafts planned for the morning and evening shifts. Contact Michaela Haney, Interim Play Center Supervisor, at 501-450-9292, ext. 316, to learn more.

OCTOBER 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

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 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 simultaneously, and children under 11 may lap swim but only during family recreation/swim.



Lane Closure

Our Dolphins swim program is offered on Tuesdays and Thursdays from 7:00 - 8:00 pm. All lanes may be reserved depending on registrants. Please view the pool availability schedule for details.

Dolphins

Registration is now open for the fall session of our Dolphins swim program!

Dolphins is a stroke development swimming program designed for kids ages 5 - 18 to help improve their technique. This class is fun and challenging, and helps build your child's endurance and skills.

To register, individuals must have prior participation in Crocs or pass a swim test. Children must be able to swim one length of the pool (25 yards) unassisted and be competent in the freestyle and backstroke. A swim test will be offered on Friday, October 6, from 5:00 - 6:00 pm. Email Kyle Shunkey to schedule your child's swim test: kyle.shunkey@conwayregional.org. Once your child passes the swim test, a form will be initialed and presented to you. This form is required to register your child at the front desk.

The next session will be held October 10 – November 7. The class meets on Tuesdays and Thursdays from 7:00 – 8:00 pm. 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.



Group Swim Lessons

Level 1 swim lessons are recommended for children ages 4–11 but depends on the child's skill level. Children will learn water safety skills, basic swimming strokes, floating, and how to submerge their head.

Upcoming group session:

- October 9 - November 1
- Mondays and Wednesdays
- 6:00 - 6:45 pm

Cost is \$80 for members and \$100 for non-members.

Private Swim Package Special

Purchase any 8-pack of private swim lessons (individual, partner, or group) and receive one session free in October! *All sessions expire on January 31, 2024, and limit to one package per individual.

Youth Sports Performance Training

We will continue to offer Youth Sports Performance Training for kids ages 8 - 13 in the fall. This program is led by Erika Setzler, MS, ACSM-CPT, Human Performance Program Manager, and former collegiate runner/USA Triathlete team member.

Registration is now open for the upcoming session:

Tuesdays and Thursdays

🏃 October 17 - November 9

The 4-week sessions will be offered to kids ages 8 – 13:

🏃 Ages 8-10 | 4:00 – 4:45 pm

🏃 Ages 11 – 13 | 5:00 – 5:45 pm

A maximum of 15 participants will be accepted into each age group. The cost is \$100 for members and \$125 for non-members. Individuals may register at the front desk, or members can utilize the Health & Fitness Center mobile app.

For more information, call Erika Setzler at 501-450-9292, ext. 305.



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 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 will be offered every Tuesday in October at 3:45 pm. 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. For more information, contact Mallory Lefler at 501-450-9292, ext. 309.

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.

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 participates, remember to pack a water bottle for them during class!



Sunday Pop-Up Classes

We are excited to offer another great lineup of Sunday pop-up classes!

October 1 at 2:00 pm | Mind-Body Yoga
with Lori Isom

October 8 at 2:00 pm | Mind-Body Yoga
with Lori Isom

October 15 at 2:00 pm | Mind-Body Yoga
with Lori Isom

Yoga is beneficial for our overall health. It can help with stress relief, improve mental health, increase your strength, and improves balance.



Join us on October 29 at 2:00 pm for our Halloween class! Dena Meriweather will lead this High Fitness Halloween Party.

High Fitness is choreographed interval training with intense cardio peaks and toning tracks that push your heart rate and greatly improve your strength.



Get Moving Arkansas

All group exercise and aquatic classes offered after 8:00 am are cancelled on Friday, October 6. Staff will be leading stations at Get Moving Arkansas, an event offered to all 4th grade students throughout Conway to introduce them to various types of fitness – and to show them fitness can be fun!

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

