

# InMotion HFC

## National Women's Health and Fitness Day

National Women's Health and Fitness Day is a special day to promote the importance of health awareness and fitness for all women. Join us all day Wednesday, September 27, as we celebrate body positivity and women's health movement!

Historically, because of the false belief that specific physical exercises, such as weightlifting, would cause women to develop 'masculine' muscles, physical fitness wasn't encouraged among women. Thankfully, this sentiment has witnessed a shift!

All members are invited to bring a guest for free on Wednesday, September 27, to check out one of our group exercise classes, or just get in a workout. Come dressed in pink and ready to have fun! Check out the complete schedule at <https://crhs.healthcare/3YG4qiG>!

Additional ways to observe National Women's Health and Fitness Day include:

- Schedule a doctor's appointment. Routine medical checkups are crucial to taking care of you health.
- Make a commitment! Celebrating health and fitness in one day is great, but what would be even better is making a lifelong commitment to a healthier life – every day.

Follow our Instagram and Facebook pages as additional details will be released soon. \*Limit one guest per member.



## Sunday Pop-Up Classes

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

September 10 at 2:00 pm | Mind-Body Yoga with Lori Isom

September 17 at 2:00 pm | High Fitness with Dena Meriweather

September 24 at 2:00 pm | Mind-Body Yoga with Lori Isom

## SEPTEMBER 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.**



## Labor Day

The HFC will be closed Monday, September 4, in observance of Labor Day.

## Family Recreation/Swim

Effective September 1, families can enjoy the pool on Wednesdays and Fridays from 3:00 – 6:00 pm and on 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.



## Swim Lessons

Fall session dates for group swim lessons and our popular Tadpoles and Guppies will be announced soon!

## Dolphins

Registration is now open for the fall sessions 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, challenging, and helps build your child's endurance and skills.

To register, individuals must have prior participation in Crocs or pass a swim test. Participants must be able to swim one length of the pool (25 yards) unassisted and be competent in the freestyle and backstroke. Swim tests will be offered on Wednesday, September 6, and Friday, September 8, from 5:00 - 6:00 pm.

To schedule your child's swim test contact Kyle Shunkey at [kyle.shunkey@conwayregional.org](mailto: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 fall sessions will be held September 12 – October 5 and October 10 – November 7. The class meets on Tuesdays and Thursdays from 7:00 – 8:00 p.m. 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.



## Member Notice | Lane Closure for Dolphins

Our Dolphins swim program will return this fall and will be offered on Tuesdays and Thursdays from 7:00 - 8:00 pm beginning September 12. All lanes may be reserved depending on registrants. Please view the pool availability schedule for details.

## Youth Sports Performance Training

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

Registration is now open for two upcoming sessions:

Tuesdays and Thursdays

🏃 September 19 - October 12

🏃 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

Each age group will have a maximum of 15 participants. 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.

## HFC YOUTH SPORTS PERFORMANCE TRAINING

with Erika Setzler, MS, ACSM-CPT, Human Performance Program Manager and former collegiate runner/USA Triathlete team member



## Kids on the MOVE

Kids on the Move will return every Tuesday at 3:45 pm, beginning September 12! 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.

## Play Center

Our Play Center provides children with an engaging and nurturing environment while their parents pursue our health and fitness programs. Our positive and caring staff are all CPR certified, and we engage children through various educational and entertainment activities. Infants may stay in the Play Center for up to 70 minutes. Children walking or age two or older may stay in the Play Center for 120 minutes. Play Center hours can be found on our website.





## September Group Exercise Schedule Changes

We are excited to share the new September group exercise schedule with you! Checkout the changes to the evening lineup below, and the complete schedule at <https://crhs.healthcare/3YG4qiG>

### Monday PM Lineup

4:30 pm Power Zone with Lori Isom | 35 mintues  
5:15 pm Cycle with Lori Isom | 45 mintues  
6:45 pm Zumba® with Amy Jordan | 45 minutes

### Tuesday PM Lineup

4:30 pm Pilates with Elizabeth Hart | 45 minutes  
5:45 pm High Fitness with Dena Meriweather | 45 mintues  
6:45 pm Zumba® with Caitlyn Cook | 45 mintues

### Wednesday PM Lineup

4:30 pm Power Push with Audrey Taylor | 30 mintues  
5:10 pm Yoga with Dena Meriweather | 45 mintues

### Thursday PM Lineup

4:30 pm Pilates with Elizabeth Hart | 45 minutes  
5:15 pm Cycle with Kristen Suter | 45 minutes  
5:45 pm Zumba® with Dena Meriweather | 45 minutes

### NEW lunchtime class on Wednesdays

12:00 pm Fine Tuning with Audrey Taylor | 45 minutes

### NEW early morning class on Fridays

5:10 am Conditioning and Strength with Cathy Jellenik | 45 minutes  
5:10 am Cycle with Megan Ryan | 45 minutes



## Conway Regional Biketoberfest

Conway Regional Biketoberfest celebrates Conway's vibrant cycling community. Conway Regional Health & Fitness Center boasts a large indoor cycling area and will offer free community rides. Amanda Castillo, ACE Certified Trainer and Schwinn® Instructor, will guide 50-minute sessions. Registration will open on EventBrite in mid-September for events. More details can be found at [conwaybiketoberfest.org](http://conwaybiketoberfest.org).

