

InMotion HFC

Green Goes Red!

Celebrating American Heart Month

Our identity is rooted in green. However, in honor of American Heart Month, Conway Regional is diving into the vibrant world of red. Join us as we embark on a journey to champion heart health awareness and promote healthier hearts across Arkansas.

Let's make this American Heart Month unforgettable by significantly raising awareness about heart health.

You can help raise awareness by wearing red, and we encourage you to share at least one healthy habit you prioritize with a friend, neighbor, or co-worker.

Please tag @conwayregionalhfc, and use the hashtag #GreenGoesRed in any Instagram or Facebook posts as we celebrate American Heart Month!



InBody New Year Challenge

The New Year InBody Challenge is underway, with 90 members participating! This 8-week health transformation contest rewards those who improve their body composition by increasing muscle mass while losing fat. Post InBody analyses are scheduled for all registered participants on February 27 and 28. We can't wait to share the final results and announce our winners!

To learn more about the InBody or to schedule an analysis, contact Mallory Lefler at 501-450-9292, ext. 309.

FEBRUARY 2024

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Weekend Hours of Operation

**7:00 am to 6:00 pm
on Saturdays &
12:00 – 6:00 pm on
Sundays.**



Sunday Pop-Up Classes

High Fitness with Dena
Meriweather on Sunday,
February 4 at 2:00 pm.

Mind-Body Yoga with Lori Isom
on Sunday, February 11 and 25 at
2:00 pm.

Lifeguard Training

Conway Regional Health & Fitness Center and the Hendrix Aquatic Center will offer American Red Cross Lifeguard training on April 13 from 9:00 am to 6:00 pm and April 14 from 10:00 am to 6:00 pm. Participants must be at least 15 years of age, and the cost is \$275.

Registration is available in person. For more information, contact Kyle Shunkey at 501-450-9292, ext. 308.



Private Swim Package Special

Purchase any 8-pack of private swim lessons (individual, partner, or group) and receive one session free in February!

**All sessions expire on April 30, 2024, and are limited to one package per individual.*

Swim Lessons and Dolphins

Registration is open for our Spring sessions of tadpoles & guppies, group swim, and dolphins.

Group Swim Lessons | Level 1

This class is recommended for children ages 4 – 11. Children will learn water safety skills, basic swimming strokes, floating, and how to submerge their heads underwater.

- Mondays & Wednesdays
- February 19 - March 13
- 6:00 - 6:45 pm
- The cost is \$80 for members and \$100 for non-members.

Dolphins Swim Program

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

- Tuesdays & Thursdays
- February 20 – March 14
- 6:30 – 7:30 pm
- The cost is \$45 for members and \$65 for non-members.

Registration requirements for Dolphins include prior participation in Crocs or a swim test completion. Swim tests will be offered on Monday, February 19, from 5:00 - 6:00 pm. Email Kyle Shunkey to schedule your child's swim test at 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.

Tadpoles & Guppies

These programs are available for children ages six months to four years and their parents. Parents will be in the water with their children as they are guided through various pre-swimming fundamentals.

- Tadpoles | 6 – 18 months | Saturdays | 9:30 – 10:15 am
- Guppies | 18 months up to four years | Saturdays | 10:15 – 11:00 am
- February 17 – March 9, March 30 – April 20, or May 4 - 25

The cost is \$60 for members and \$80 for non-members. Registration will be available via the front desk, or members can utilize the Health & Fitness Center mobile app. We also offer private swim lessons for individuals of all ages. For more information, contact Kyle Shunkey, Aquatics Coordinator, at 501-450-9292, ext. 308.

Youth Sports Performance Training

Youth Sports Performance Training is offered for kids ages 8 – 13 to improve strength, conditioning, and athletic abilities under Erika Setzler, MS, ACSM-CPT, Human Performance Program Manager.

Upcoming 4-week sessions include:

- February 5 - 29
- March 5 - April 4 *the group will not meet on March 19 and 21

Ages 8 - 10 will train from 4:00 - 4:45 pm, and ages 11 - 13 will train from 5:00 - 5:45 pm on Tuesdays and Thursdays. The cost is \$100 for members and \$125 for non-members.

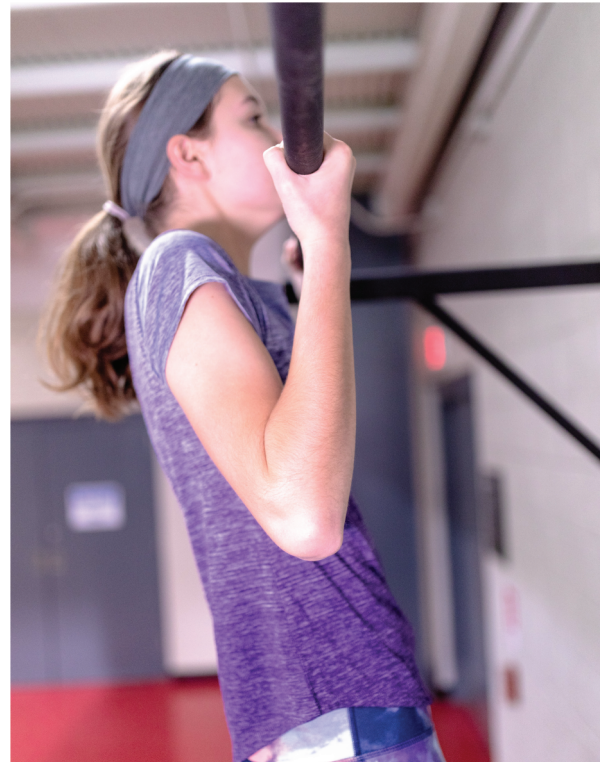
We are excited to announce a special offering during spring break! We will offer three one-day camps that will each focus on a different specialty:

- Monday, March 18 | Strength | Designed to improve overall conditioning, power, flexibility, and injury prevention
- Tuesday, March 19 | Speed | Designed to improve acceleration, deceleration, range of motion, and endurance
- Wednesday, March 20 | Designed to improve balance, coordination, reaction time, and cognitive performance

Ages 8 - 11 will train from 1:00 – 2:00 pm, and ages 12 - 15 will train from 2:30 – 3:30 pm. Each specialty costs \$20 for members and \$25 for non-members.

Registration is available via the front desk, or members can utilize the Health & Fitness Center mobile app. A limited number of participants will be accepted into segmented age groups for better-individualized instruction.

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



Play Center Reminders

As a reminder, children should be fed and adequately hydrated before they arrive at the Play Center. For the safety of all children, outside food (including candy and gum), drinks other than water bottles, and baby formula are discouraged. The Play Center is a nut-free environment, so peanut products are strictly forbidden.

Kids Run Arkansas® – Save the Date

Kids Run Arkansas® will be held Friday, April 19, at 6:00 pm and is presented by Conway Regional Health & Fitness Center and sponsored by Groovy Smiles Pediatric Dentistry.

This is a 1-mile and 3-mile run/walk for children and parents of all ages. This is not a timed race, as Kids Run Arkansas® strives to promote fun and fitness in youth and families. Each year, the schools with the highest percentage of participation are awarded scholarships for their physical education programs.

Registration will open in March! For more information, contact Mallory Lefler at 450-9292, ext. 309 or mlefler@conwayregional.org.

Member FAQ

Answers to your questions and concerns

Q: Can the steam room be set at a hotter temperature?

The American College of Sports Medicine publishes facility standards and guidelines for health and fitness centers, including the safe operation of steam rooms. We follow these guidelines to help ensure a safe environment for our members. Currently, these guidelines state that the maximum temperature in a steam room should be 110°F, and we set our steam generator accordingly. These temperatures are verified monthly using a calibrated temperature and humidity sensor.

Q: Why does the sauna and steam room close early?

The aquatic area closes 15 minutes prior to the facility because members must vacate the premises by our closing time. This 15-minute window is in place to allow members using the aquatic area amenities ample time to dry off and change clothes in the locker rooms so they can exit by the facility closing time.

Q: Why are parking spaces blocked off when there is ice and snow?

When accumulated ice and snow on our roof melts, it detaches and slides off in large sheets. This poses an unpredictable danger to members and patients who may walk in these areas. Since we cannot predict when this will happen, we block off the parking spaces and the adjacent sidewalk for your safety. Further, once it has fallen, the accumulations will present a walking hazard until we can clear the sidewalks.

Script to Fit

Exercise and behavior modification are crucial in managing chronic health conditions. Physicians can refer patients to our Script to Fit program, where patients learn exercise and educational programming to help them manage their chronic health conditions.

There are four track options to enroll in: arthritis, cardiovascular, diabetic, and reconditioning. Anyone managing a chronic medical condition or transitioning from a rehabilitation program would benefit from Script to Fit.

Our degreed and certified medical fitness team will work with you and your physician to create a program to get you working toward a healthier lifestyle.

For more information or to get started with Script to Fit, please get in touch with Mallory Lefler at 501-450-9292 ext. 309 or email mlefler@conwayregional.org on our website at conwayregionalhfc.org.



Namaste at the Rogue Roundabout: A Beer Yoga Series

Saturday, February 17 at 9:30 am | Flight & Flexibility

Saturday, March 9 at 9:30 am | Pint & Practice

Saturday, March 30 at 9:30 am | Featured Flight & Flow

Registration is available via Eventbrite:
<https://crhs.healthcare/3NTGqUS>.

**Must be 21+ to register and attend.
Non-alcoholic options are available.*