

InMotion HFC

InBody New Year Challenge

Don't miss out on our New Year InBody Challenge! This 8-week health contest will motivate you to attack your goals and become stronger! Unlike other fitness challenges where participants are rewarded for losing weight, this competition rewards those who improve their body composition by increasing muscle mass while losing fat.

Members can purchase a \$30 InBody Challenge package at the front desk before January 8 at 12:00 pm (limited spots available). The package includes an InBody Analysis at the start and end of the challenge. Pre-analysis appointments will be offered January 9 and 10.

1st Place | \$250 credit to your account
2nd Place | \$100 credit to your account
3rd Place | \$50 credit to your account

For more information, contact Mallory Lefler at 501-450-9292, ext. 309. Some restrictions apply.

JANUARY 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, January 14,
at 2:00 pm.

Mind-Body Yoga with Lori Isom on
Sunday, January 28, at 2:00 pm.

Family 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.

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
- January 22 – February 14 or 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
- January 23 – February 15 or 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, January 22, and 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.

Whirlpool Age Restriction Update

The safety of our members is a priority at the HFC, and this aligns with our decision to increase the age limit for the whirlpool.

Effective January 2, children under 11 are not allowed in the whirlpool, steam room, or sauna.

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

We are gearing up for another great year of Youth Sports Performance Training under the direction of Erika Setzler, MS, ACSM-CPT, Human Performance Program Manager.

This program is offered for kids ages 8 – 13 to improve strength, conditioning, and athletic abilities.

Upcoming sessions include Tuesdays and Thursdays on:

- January 9 - February 1
- February 5 – 29

Ages 8 - 10 will meet from 4:00 - 4:45 pm and ages 11 - 13 from 5:00 - 5:45 pm. The cost is \$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 call Erika Setzler at 501-450-9292, ext. 305.

Member Reminders

Please make note of the reminders below to help us create a great experience for our members and guests:

- Members must exit the building, including the locker rooms, no later than the facility closing time daily
- Please do not park in handicap parking spaces without a handicap permit/tag
- Help us maximize our parking space by not double parking your vehicle
- Lock up your valuables in a locker
- Help us maintain our towel inventory by returning all used towels to a towel drop
- Please use our revolving door to enter and exit when possible. This helps better maintain the facility temperature in the cold winter months.

Extended Play Center Hours

After carefully considering your valuable feedback, we're excited to announce extended Play Center hours starting in 2024! We're thrilled to offer more flexibility and convenience for your enjoyment.

Effective Tuesday, January 2, the Play Center will operate with the following new hours:

Monday – Thursday

8:00 am – 1:00 pm

4:00 – 7:30 pm

Friday

8:00 am – 1:00 pm

4:00 – 6:30 pm

Saturday

8:30 am – 1:00 pm

Sunday

1:00 – 4:00 pm



Rock Steady Boxing Scholarships

Rock Steady Boxing is a program that gives hope to individuals with Parkinson's or Parkinsonism disease by improving their quality of life through a non-contact boxing-based fitness curriculum. The HFC began offering RSB in 2021 under the direction of Mallory Lefler, RSB Affiliate Coach and Fitness Manager.

Thanks to the Conway Regional Health Foundation, we now offer scholarships to qualifying participants. The RSB scholarship is designed to assist individuals who would not otherwise be able to participate due to financial hardships. Funds are limited, affecting the number of scholarships awarded on an ongoing basis. The application is available on our website and can be downloaded at <https://crhs.healthcare/47nRJfG>.

No boxing experience is necessary, and all ages are welcome to participate. To learn more about Rock Steady Boxing, contact Mallory Lefler at 501-450-9292, ext. 309.

Sip & Cycle at The Rogue Roundabout

Conway Regional Health & Fitness Center is teaming up with The Rogue Roundabout to host a Sip & Cycle, an indoor cycling class with a laid-back, social atmosphere.

Sip & Cycle will be held on Sunday, January 21, at 3:00 pm as a special 45-minute indoor cycling class taught by Amanda Castillo for all levels. Your ticket will also include an exclusive insulated cup and one draft beverage from The Rogue Roundabout's selection of unique craft brews to enjoy during the ride or after! This ride will be fun, with many opportunities to laugh, sing, and sweat.

Tickets are available to purchase via Eventbrite: <https://crhs.healthcare/3v5e6s2>.

**Must be 21+ to register and attend. Non-alcoholic options are available. Bikes are compatible with SPD clips, Delta clips, and regular tennis shoes.*



Group Exercise Changes

We have a few changes to the January group exercise schedule!

Mondays

Fine Tuning with Audrey Taylor will have a new start time of 9:10 am. In addition, Mindful Pilates will be added to the lineup at 10:00 am.

Wednesdays

Rebecca Petersen will offer Core at 8:30 am and Step at 9:05 am.

Zumba® with Caitlyn Cook will move to Wednesdays at 6:45 pm.

Saturdays

Effective January 6, our Saturday group exercise lineup will include:

8:35 – 9:20 am Cycle | 45-minute format

9:30 – 10:15 am 360 Strength | 45-minute format

10:30 – 11:15 am Zumba | 45-minute format

View the complete schedule of classes on our website at conwayregionalhfc.org.



Namaste at the Rogue Roundabout: A Beer Yoga Series

Check our website and social media for upcoming dates!