

# InMotion HFC

## Member Check-in Challenge Reminder

As part of our 30th anniversary celebration, we are offering a member check-in challenge! Members who check in 30 days during October and November will be entered into a drawing for great prizes, including Beats by Dr. Dre Wireless headphones, Apple Watch SE, Garmin Forerunner GPS running watch, Ninja CREAMi Deluxe, Lululemon gift card, Academy Sports + Outdoors gift card, and DICK'S Sporting Goods gift card!

**You still have time to get those check-ins!**

*\*Only one check-in per day will be counted towards the total.*



## Get 30 Promotion

We are launching a Get 30 promotion as part of the 30th anniversary celebration! In November, when you purchase an 8-pack of private swim lessons, you will get one free 30-minute session!

*\*This applies to individual packages only. This promotion is open to both members and non-members.*

## NOVEMBER 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.**



### Extended Hours Reminder

Don't forget about the new extended hours for the HFC and play center!

HFC is open Monday through Thursday until 10:00 pm.

Play Center is open until 8:00 pm Monday – Thursday and 2:00 pm on Saturdays.

## Group Exercise Schedule Changes

### Monday at 9:05 am | Format & Instructor Change

High/Low Fitness with Dena begins November 4.

This format offers a fun, steady-state cardio workout. Come experience a modern twist on low-impact aerobics that mixes cardio and toning!

### Tuesday at 5:10 am | New Format & Class Offering

Power Intervals with Danielle begins November 5.

This format offers timed intervals of cardio and strength!

### Thursday at 5:30 pm | New Format & Instructor Change

Step & Strength with Krystal begins November 7.

This format offers a mix of high-energy steps and strength work!

### Thursday at 6:45 pm | New Time

Zumba with Dena will move to a new time beginning November 7.

### Friday at 8:30 am and 9:05 am | Instructor Change

Effective November 1, Audrey will instruct 8:30 am Core and 9:05 am Power Push.

For a complete schedule of classes, visit our website or app!



## Aquatic Update

Our Dolphins swim program will continue Tuesdays and Thursdays from 6:30 - 7:30 pm through November 19. All lanes may be reserved depending on registrants. Please view the pool availability schedule for details.

As regularly scheduled, family recreation/swim will be offered from 3:00 – 6:00 pm on Friday, November 28.

## Thanksgiving Holiday Hours and Day After Thanksgiving Special Lineup

On Wednesday, November 27, 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 28, in observance of Thanksgiving.**

We will offer a special lineup of Group Exercise and Aquatic Classes on Friday, November 29:

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

Family recreation/swim will be offered from 3:00 – 6:00 pm on Friday, November 29, as regularly scheduled.



### Sunday Pop-Up Classes

#### **Sunday, November 3 | 2:00 pm**

Plan to relax with Lori Isom in a restorative yoga class. This format will offer a gentle entire body flow focus, with short, interleaved crystal bowl and chime sound bath segments for each region, followed by guided relaxation and yoga Nidra.

#### **Sunday, November 10 | 2:00 pm**

Don't miss an opportunity to experience Danielle Creswell's high-energy Power Pump class! This format offers a mix of cardio and strength to the beat of the music.

#### **Sunday, November 17 | 2:00 pm**

Experience High/Low, a modern twist on low-impact aerobics that mixes cardio and toning with Dena Meriweather!



## New Equipment

As we celebrate the 30th Anniversary of the HFC, we hope you're also enjoying the new equipment we've added! Here's a recap:

- Six new MATRIX Performance Ellipticals equipped with WiFi-enabled, 16" touch screen consoles, offering an intuitive, app-based interface.
- Six new premium MATRIX Performance ClimbMills replaced our previous fleet, and we added two more for peak times
- The entire line of selectorized strength equipment has been replaced with top-of-the-line MATRIX. We replaced all the machines and added new exercise movements to expand workout options, while also doubling up on six of the most popular machines to reduce wait times
- An entire fleet of Schwinn Z Bikes



**MORE THAN 40 GROUP  
FITNESS CLASSES OFFERED  
EACH WEEK**

See the complete schedule at  
[ConwayRegionalHFC.org](http://ConwayRegionalHFC.org)