

InMotion HFC



Parents' Night Out

Looking for a night to yourself? We've got you covered! Parents' Night Out is exclusively for HFC members who deserve a well-earned break. For children aged 2 to 12, our Play Center team will deliver an evening filled with fun and games.

- Friday, August 22
- 6:30 to 9:00 pm
- \$20 per child

Snacks are provided, but please feed your child before arrival. Children attending Parents' Night Out cannot be checked into the Play Center during the same afternoon.

Reserve your spot! Register online, on the HFC app, or at the front desk.

Fitness Center Etiquette Reminder

As the HFC continues to stay busy, we've noticed that more members unintentionally occupy equipment between sets, often while using phones or listening to music, without realizing that others are waiting. While rest is important, please be mindful of your surroundings and limit downtime on equipment.

If you're waiting for a machine or bench, feel free to politely ask to work in. We encourage everyone to communicate respectfully and share the space so we can all get the most out of our workouts.

Thank you for helping keep the gym a respectful and efficient space for everyone!

AUGUST 2025

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Weekend Hours of Operation

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

Whirlpool Maintenance

Please be advised that our whirlpool will be closed from **August 25 to September 2** for essential sanding, repainting, and repairs. We apologize for any inconvenience this may cause and appreciate your understanding as we work to improve your experience.

Swim Lessons

The HFC offers swim lessons for all ages and skill levels. Whether your child is learning to float or perfecting their strokes, our experienced, certified instructors provide a safe, supportive, and fun learning experience.

Why Choose Our Swim Program?

- Safe, welcoming environment
- Engaging lessons tailored to each age group
- Skilled instructors who make learning enjoyable

Register in person or online today. For more information on private swim lessons, contact Aquatics Coordinator Kyle Shunkey at 501-450-9292, ext. 308.



Conway Crocs Wrap Up a Great Season!

The Conway Crocs have officially wrapped up their summer swim season, and what a fantastic season it was! We're proud of our swimmers for their hard work, determination, and sportsmanship in the pool. Congratulations to every athlete, coach, and parent who contributed to making this season a success.

With the season complete, the HFC pool schedule has returned to normal. All lanes and open swim times are now fully available during regular hours.

Thank you for supporting our Crocs and sharing the pool with our amazing youth athletes. We're already looking forward to next summer.

For up-to-date pool availability, please check the HFC app or visit the front desk.

Level Up: Last Chance!

Don't miss our final Level Up camp of the season! Designed for kids ages 7 and older who want to stay active, sharpen their skills, and boost their confidence on and off the field.



Led by Erika Setzler, Human Performance Program Manager, this dynamic camp focuses on speed, agility, strength, and overall athletic performance with expert, age-appropriate coaching.

Date:

August 5 - 7

Time:

Ages 7 – 10 from 1:00 to 2:30 pm

Ages 11+ from 3:00 to 4:30 pm

Cost:

\$50 for members

\$65 for non-members

Camp sessions include access to advanced equipment, such as the VertiMax Training Platform, Blazepods, AssaultRunner Elite, and more. Additionally, built-in recovery time is provided through massage guns and NormaTec compression sleeves, supporting performance and injury prevention.

Space is limited. Register on our website or at the front desk to reserve your spot!



Group Exercise Class Changes

Cathy Jellenik returns on Fridays at 5:10 am with Conditioning & Strength. Get ready to energize your morning with a full-body workout designed to build strength and boost endurance. This fun, movement-based class features dynamic circuits that combine cardio and resistance training using a variety of equipment, including weights, bands, gliders, steps, and more.

Silver Pop-Up Classes

Our Silver Strong classes have been full of great energy and attendance. To help everyone stay active and feel their best, we're adding a series of pop-up classes in August. These sessions offer extra opportunities to move, stretch, and enjoy a fun workout with your favorite instructors.

All August Silver Pop-Up Classes will start at 11:00 am

August 5: Joint Efforts with Kristen

August 12: Chair Yoga with Lori

August 14: Step with Rebecca

August 19: Joint Efforts with Kristen

August 28: Silver Stretch with Rebecca

These pop-up classes are a great way to mix up your routine and complement our regular Silver Strong schedule on Mondays, Wednesdays, and Fridays. Join us for more chances to stay active, have fun, and feel your best.

Weekend Pop-Up Classes

Make the most of your Sundays with our pop-up group fitness classes. Each week features a different class and instructor to keep things fresh, fun, and full of energy.

All classes will begin at 2:00 pm

August 3: Step with Bethany

August 10: Back to School Zumba Party with Amy & Dena

August 17: Yoga with Lori

August 24: Step with Cristin

August 31: Step with Rebecca

Pop-up classes are included with all memberships!

