

InMotion HFC

Holiday Hours and Special Fitness Offerings

The HFC will be open from 5:00 am to 1:00 pm on Wednesday, December 24. The Play Center will be closed, and no group exercise or aquatic classes will be offered.

The HFC will be closed on Thursday, December 25, in observance of Christmas.

On Friday, December 26, we will resume regular business hours, and the Play Center will be open with normal hours. Enjoy a special holiday class lineup:

- 9:00 am Power Pump with Danielle
- 10:00 am Boot Camp with Bethany
- 11:00 am Holiday Restore Yoga with Amanda
- **All other classes are canceled.*

On Wednesday, December 31, the HFC will be open 5:00 am to 1:00 pm, and the Play Center will operate from 8:00 am to 12:45 pm. All regularly scheduled morning classes will be offered.

The HFC will be closed on New Year's Day, but we can't wait to support your health and wellness journey in 2026! We'll resume normal business hours and regular class schedules on Friday, January 2.



December Weekend Pop-Up Classes

Get into the holiday spirit with our lineup of Sunday Pop-Up Classes this December! Each week brings a fun new way to move, sweat, and celebrate the season:

- Zumba with Amy on December 7
- Cardio Kickboxing with Bethany on December 14
- Power Pump with Danielle on December 21
- 80's Step Dance Party with Rebecca on December 28

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

Silver pop-up classes will return in January!

DEC 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.

Play Center Christmas Party

The Play Center Christmas Party will be held on Thursday, December 18, from 5:30 to 7:00 pm. All members aged six weeks to 10 years are invited to join the holiday fun!

You won't want to miss this fun night of Christmas crafts, treats, and, of course, a visit from Santa! The party will take place in the classroom.

Youth Fitness Co-Op Series

The Youth Fitness Co-Op Series is for ages 7 – 11+ to build strength, energy, and confidence.

Designed specifically for homeschool kids, this structured program focuses on age-appropriate fitness through circuits, bodyweight exercises, light resistance, and movement drills that keep kids active, engaged, and having fun.

Upcoming 3-Week Camps:

- December 1 – 17
- January 5 – 21
- Mondays & Wednesdays
- Ages 7 – 10 from 1:00 – 1:45 pm
- Ages 11+ from 2:00 – 2:45 pm
- \$60 for members
- \$75 for non-members
- EFA/LEARNS Act reimbursable

Register online, in the HFC app, or at the front desk.



Swim Lessons & Dolphins Return in February

Swim lessons and Dolphins are gearing up for a new session! Whether your child is getting comfortable in the water or ready to level up their skills, we've got a spot for them.

Learn more online, or call Kyle Shunkey at 501-450-9292, ext. 308.

Play Center Policy Update

We want to remind you of an upcoming update to Play Center time limits and new behavior guidelines.

Beginning January 1, 2026, the two-hour time limit will apply only to children ages 18 months and older. Children younger than 18 months will continue to have a maximum stay of 70 minutes.

In addition, we have introduced updated behavior guidelines to help ensure a safe, positive, and enjoyable environment for all children in our care. We encourage parents to review these expectations prior to using the Play Center.

View the updated behavior guidelines by visiting our website.

Parents' Night Out – December 19

Parents, this one's for you! Whether you're finishing up last-minute shopping, wrapping gifts, or sneaking in a date night, our Play Center crew has the fun covered.

Event Details:

- 6:30 – 9:00 pm
- \$20 per child
- Ages 2 – 12
- Members only

Your kids will enjoy games, activities, and snacks while you take care of everything Santa-style.

Register on our website, in the HFC app, or at the front desk. Spots fill fast!



Member Reminders

We want to remind members of our fitness floor area guidelines:

- Under 11 not allowed
- Shoes are required at all times
- No outside training/coaching/instructing
- Lower weights, do not drop
- Headphones required for personal audio
- Share equipment and space
- HFC staff instruction must be followed

Script to Fit

The Script to Fit program at Conway Regional Health & Fitness Center provides participants with exercise and educational programming to help them better manage their chronic health conditions. Anyone managing a chronic medical condition or individuals transitioning from a rehabilitation program would benefit from one of the five Script to Fit program tracks. Our degreed and certified medical fitness team will work with you and your physician to create a program to set you on a healthier lifestyle through behavior change.

- 8-week program with the ability to start any time
- Pre-and post-program fitness assessment reported to physician
- InBody analysis to track your progress
- Small group training sessions three times a week
- Constant education throughout the program
- Waived membership enrollment fee to our fitness center any time during your program

For more information, or to get started with Script to Fit, please contact Mallory Lefler at 501-450-9292 ext. 309 or email mlefler@conwayregional.org.

Kickstart 2026 with an InBody Challenge

The InBody Challenge is back, and this year, we're leveling up with new prizes and incentives for our members!

From January 13 to March 4, join our 8-week transformation challenge designed to help you build muscle, lose fat, and stay consistent.

What's Included:

- InBody Analysis at the start and end of the challenge
- Special Offer: Add three individual personal training sessions (30 min each) for only \$99 **Available exclusively for participants*
- Accountability and motivation from our expert team

There are two ways to win this year, as we are celebrating more than body composition; we are celebrating commitment!

1. Transformational Change

Top overall improvements in InBody results (muscle gained + fat lost)

2. Consistency King/Queen

Highest check-ins during the challenge — because showing up matters!

Members can sign up at the front desk beginning Friday, December 26. Pre-InBody Analysis will be offered on January 13 and 14. The deadline to register is Sunday, January 11.

For questions, contact Mallory Lefler at 501-450-9292, ext. 309.

Let's make 2026 the year of project you, where progress, purpose, and consistency come together.

