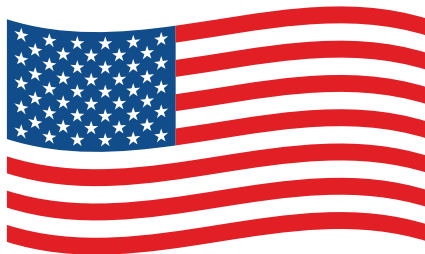


InMotion HFC

Independence Day

In observance of Independence Day, the HFC will be closed on Friday, July 4. We hope you have a safe and happy holiday celebrating with family and friends!



Join us for a morning of fun, sweat, and community with a special class lineup on July 5.

- Star Spangled Cycle with Bethany at 9:00 am
- Freedom Flex with Bethany at 9:45 am
- Red, White & MOVE Zumba with Dena at 10:30 am

Grab your friends, rock your red, white, and blue, and come ready to move! Please note that regularly scheduled classes, including Aqua Zumba, will not be offered.

Enjoy Safely: Sauna & Whirlpool Limits

The HFC offers relaxing amenities, including a sauna, steam room, and whirlpool, to help you unwind. However, these heated environments can stress your body if used too long.

To keep everyone safe, **please limit your time to no more than 10 minutes per session**, following the guidelines of the American College of Sports Medicine. This helps prevent dehydration, overheating, dizziness, and heat illness.

To stay safe:

- Stick to the 10-minute limit
- Wait at least 10 minutes after exercise before using
- Listen to your body; leave immediately if you feel lightheaded or unwell
- Stay hydrated before and after use
- Check with your doctor before use, and avoid these amenities if you are pregnant or have certain medical conditions

Your health is our priority. Thank you for helping keep these spaces safe and enjoyable. If you have any questions or need guidance, please don't hesitate to ask our staff.

JULY 2025

INSIDE THIS ISSUE:

Page 2: Parent's Night Out

Page 2: Swim Lessons

Page 3: Kid's Triathlon

Training

Page 3: Level Up

Page 4: Weekend Pop-Up
Classes

Weekend Hours of Operation

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

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.

Pool Schedule Notice

The Conway Crocs Swim Team will continue to practice until Friday, July 25, as the team prepares for the Meet of Champs.

Monday – Thursday:
6:45 – 8:45 pm
Friday: 6:15 – 7:45 pm

The pool will be closed during practice, but the whirlpool, sauna, and steam room will remain open for use.



Looking for a night to yourself? We've got you covered! Parent's 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.

- **Summer Dates:** July 18 and August 22
- **Time:** 6:30 – 9:00 pm
- **Cost:** \$20 per child



Snacks are provided, but please feed your child before arrival. Children attending Parent's 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.

Level Up: Youth Sports Training Camps

Our Youth Sports Training Program is designed for kids ages 7 and up who are ready to move, compete, and grow, whether they're just starting out or already seasoned athletes.



Led by Erika Setzler, Human Performance Program Manager, this dynamic training series focuses on speed, agility, strength, and overall performance. With age-specific instruction and expert guidance, your child will gain valuable tools for success on and off the field.

Dates:

July 15 – 17

August 5 – 7

Times:

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!



Kids Triathlon Training

Is your child participating in the Conway Kids Triathlon? Sign up for our Kids Triathlon Training Camp (ages 6 – 15) for hands-on instruction and transition practice!

Camp Dates: July 14, 16, 21, & 23 or July 15, 17, 22, & 24

Time: 9:30 – 11:00 AM

Cost: \$40 for members or \$50 for non-members

Register online or at the HFC to help your athlete cross the finish line with confidence!

Group Exercise Class Changes

Starting July 11 and continuing through the end of the month, we will offer the following group exercise classes on Friday mornings.

- Step at 5:10 am with Rebecca
- Cycle at 5:10 am with Karl



Weekend Pop-Up Classes

Sunday, July 6 at 2:00 pm
Step with Bethany

Sunday, July 13 at 2:00 pm
High/Low with Dena

Sunday, July 20 at 2:00 pm
Step with Bethany

Sunday, July 27 at 1:10 pm
Aqua Zumba with Amy

Silver Pop-Up Classes

Tuesday, July 15 at 11:00 am

Join Kristen for Joint Efforts, a 45-minute format that offers a mostly chair-based class with gentle exercises focusing on increasing joint flexibility, range of motion, and maintaining strength.