

InMotion HFC

Summer Check-In Challenge

Every time you check in at the HFC from June 1 – 30, you'll earn a point toward awesome prizes!

The more you check-in, the more chances you have to win:

- **15** check-ins: Enter to win one of two Tropical Smoothie gift cards
- **20** check-ins: Enter to win one of two Stanley 40 oz tumblers and a Liquid IV pack
- **25** or more check-ins: Enter the grand prize drawing for one of two pairs of Beats Studio Buds

Bonus: Post a gym selfie and tag us on Instagram or Facebook for an extra point to earn up to 5 bonus points total.

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:

June 24 – 26
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!

JUNE 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.



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 make learning a safe, supportive, and fun 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.



Facility Rental

Host your next party or corporate event at the HFC! Enjoy our 5-lane pool and conference room, with customizable packages and dedicated staff support. Rentals are available Saturdays and Sundays after hours. For more information visit conwayregionalhfc.org or contact Kim Duarte at kimberly.duarte@conwayregional.org.

Pool Schedule Notice

Please note that the Conway Crocs Swim Team practice will take place during the following times:

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.

Practice continues through Friday, July 25 as the team prepares for the Meet of Champs. Thank you for supporting our young athletes and understanding during these times!

Parent's Night Out – Summer Dates

Let us entertain the kids while you enjoy a well-deserved break! Our summer dates for Parent's Night Out will be **June 13, July 18, and August 22**.

- Ages: 2 – 12 (children must be active members)
- Time: 6:30 – 9:00 pm
- Cost: \$20 per child
- Snacks provided (Please make sure your child eats beforehand)
- Reservations required

Register on our website, through our mobile app, or at the front desk.

Registration for Youth Fitness Camp

Our Youth Fitness Camp for kids ages 6 – 10 is back! We are offering three sessions, but August 4 – 7 is already full.

Spots are still available for June 9 – 12 and July 7 – 10.

From sports to health education, they'll challenge themselves and make memories. The camp will occur daily from 8:30 to 11:00 am during each session. Children can be dropped off during the camp.

Cost: \$90 for members and \$110 for non-members.

Secure your child's spot today by signing up on our website or in person at the HFC.

YFC



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

Want more prep? Join our Triathlon Training Team for extra endurance and technique work.

Team Dates: June 17 – July 24 on Tuesdays and Thursdays from 7:00 – 8:30 AM

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

Register online or at the HFC!

Group Exercise Class Changes

Starting Friday, June 6 at 9:30 am, Power Push will become Step & Strength with Bethany and Danielle! This high-energy, 45-minute class blends classic step cardio with strength training for a full-body workout. You'll alternate between fun, rhythmic step combinations and targeted strength moves using weights. Join us for a fresh format that keeps you moving and motivated.

Friday 5:10 am Power Cycle is canceled.



Weekend Pop-Up Classes

Sunday, June 8 at 1:10 pm
Aqua Zumba with Amy Jordan

Saturday, June 14 at 7:30 am
Barre with Cathy Jellenik

Sunday, June 15 at 2:00 pm
Strong Nation with Rachel Sidney

Sunday, June 22 at 2:00 pm
Step with Bethany MacAlmon

Sunday, June 29 at 2:00 pm
Barre with Dena Merriweather

Silver Pop-Up Classes

Join Kristen Suter on Tuesday, June 3 and 17 at 11:00 am for Joint Efforts!

This 45-minute format offers a mostly chair-based class with gentle exercises that will focus on increasing joint flexibility, range of motion, and maintaining strength

Summer Passes Available

Conway Regional Health & Fitness Center is offering 3-month summer passes for individuals, couples, and families, with no enrollment fee!

Passes are only available for purchase from May 1 through June 10. For pricing and details, stop by the front desk or call 501-450-9292, ext. 300.

Some restrictions apply. Summer passes are non-refundable.