

InMotion HFC

17th Annual Kids Run Arkansas®

The 17th annual Kids Run Arkansas® was a success, thanks to Conway Regional Health & Fitness Center staff and title sponsor Groovy Smiles Pediatric Dentistry. This year's event featured two exciting race options: the traditional 3-mile run/walk and the new ½-mile Reggie's Rush for younger runners.

Kids Run Arkansas® supports local schools by awarding scholarships to those with the highest participation to help fund their PE programs.

St. Joe | 1st Place | \$3,080

Woodrow Cummins | 2nd Place | \$2,615

Jim Stone | 3rd Place | \$1,900

Conway Christian | 4th Place | \$1,190

Theodore Jones | 5th Place | \$715

Thank you to our sponsors, volunteers, schools, and families—we couldn't do it without you. See you next year!



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.

MAY 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.**

Memorial Day Closure

We will be closed on Monday, May 26 in observance of Memorial Day.

Silver Pop Up Classes

Join Kristen Suter for Joint Efforts on May 13 and 20 at 11:00 am! This 45-minute class offers a mostly chair-based format with gentle exercises that will focus on joint flexibility, range of motion, and maintaining strength.

Swim Lessons

The HFC offers swim classes for children as young as six months old! Whether your child is learning to float or ready to perfect their strokes, we have a swim class for every age and skill level.

We offer:

- Safe & supportive environment
- Fun, engaging lessons for all ages
- Skilled, certified Instructors

Sign up today to reserve your child's spot on our website or at the front desk.

We also offer private swim lessons for people of all ages. For more information, contact Kyle Shunkey, Aquatics Coordinator at 501-450-9292, ext. 308

Conway Crocs Swim Team

Registration is open for the 2025 Conway Crocs Swim Team! Sign up by May 12 to avoid a \$25 late fee.

Led by Coach Chris Brynell, the Crocs welcome swimmers ages 5 – 18 to stay active, sharpen their swim skills, and learn the value of teamwork and sportsmanship. The team will compete against other swim teams throughout central Arkansas this summer.

Enrollment Options:

- Members | \$140 Premium Enrollment (with swimsuit) or \$90 Standard Enrollment
- Non-members | \$185 Premium Enrollment (with swimsuit) or \$135 Standard Enrollment

Both the premium and standard enrollment fees include a swim cap if registered before the deadline. Premium enrollment is required for all new Crocs participants. We also offer a family discount of \$10 for each additional child registered.

A parent meeting will be held on Monday, May 12, at 6:00 pm in the HFC classroom, and swim team practice will begin Tuesday, May 27.



Pool Schedule Notice

Please note that the Conway Crocs Swim Team practice will begin on Tuesday, May 27, and take place during the following times:

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

We appreciate your support of our young athletes and thank you for your understanding during these scheduled practice times!

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.

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.



Corporate Games

Corporate Games will be held Friday, May 16, from 8:00 am – 1:00 pm at the HFC!

Members will have access to all facility areas, except for the functional space on Fitness Floor Level 1 and the pool from 8:00 am – 1:00 pm. Please note that noise levels will be high, with additional individuals in the building competing and cheering during the various games.

All group exercise and aquatic classes will be canceled between 8:30 am and 12:00 pm.

We appreciate your patience during this event!

Parent's Night Out – May 16

Join the HFC for another Parent's Night Out on Friday, May 16, exclusively for members. Let us entertain your kids while you enjoy a well-earned evening to yourself!

Details:

- Ages: 2 – 12 (children must be active members – no guests)
- 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.

Spots are limited, so don't wait—reserve your child's spot today!

New Group Exercise Instructors

We're thrilled to welcome three new instructors to the Conway Regional Health & Fitness Center Group Exercise team!

Rachel Sidney joins us with impressive experience and certifications, including ACE Group Fitness, NASM Behavior Change Specialist, Schwinn Power Cycle, Vinyasa Yoga, Zumba, and more!

Cristin Rogers is back at the HFC and ready to cycle! She is a certified Schwinn Cycling instructor who brings her passion for fitness and motivation to every class. She is excited to help members crush their goals with upbeat, high-energy sessions.

Bethany MacAlmon is joining the team as a certified indoor cycling and group fitness through NETA. Bethany's classes are full of positivity, power, and great playlists.

Find our group exercise schedule on our website and app!



Sunday Pop-Up Classes

Sunday, May 11 at 2:00 pm

Feel the beat and burn at Zumba! Rachel Sidney is bringing the energy for a dance party you won't want to miss.

Sunday, May 18 at 2:00 pm

Step into the energy with Bethany MacAlmon! Don't miss her fun cardio workout using choreographed moves on and off the step. Great music and fun vibes.

Sunday, May 25 at 2:00 pm

Join Dena Meriweather for a high/low celebration! Get ready to move to your favorite tunes with a fun mix of cardio and toning.