

InMotion HFC

New Membership Discount

Encourage your friends or family to join Conway Regional Health & Fitness Center this November! When they sign up for a 12-month EFT membership (paid through automatic monthly drafts), they'll receive December dues free.

Offer ends November 30. See our membership team for details.

Some restrictions apply.

Help Stock the Food Pantry!

At Conway Regional, our care extends beyond medicine to encompass the whole person. One of the biggest challenges some of our patients face is food insecurity.

Thanks to the Conway Regional Food Pantry, our team can provide immediate support to patients and staff who struggle to access nutritious meals. Since January, the pantry has served more than 150 individuals and families.

Now you can help! From November 1 – 15, we invite our members to help restock the pantry shelves so we can continue to meet this need.

Bring non-perishable items to the HFC front desk to donate.

Examples include canned vegetables or fruit, tuna, chicken, peanut butter, cereal, granola bars, pasta, and rice. Please note that we cannot accept items that have expired.

As a thank-you, members who donate five or more qualifying items will receive two free guest passes added to their account.



NOVEMBER 2025

INSIDE THIS ISSUE:

Parents' Night Out: Pg. 2

Youth Fitness Co-Op: Pg. 2

Thanksgiving Hours: Pg. 3

Weekend Pop-Ups: Pg. 3

Fall Yoga Series: Pg. 4

Steam Room Reminder: Pg. 4

Weekend Hours of Operation

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



Silver Pop-Up Classes

Chair Yoga with Lori
November 11 at 11:00 am

Move to the Beat with Rebecca
November 18 at 11:00 am

Youth Fitness Co-Op Series

The Youth Fitness Co-Op Series was created for building strength, energy, and confidence in kids ages 7 to 11+.

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 Camp:

December 1 – 17

Mondays & Wednesdays

Ages 7 – 10 from 1:00 – 1:45 pm

Ages 11+ from 2:00 to 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.



Parents' Night Out: Friday, November 14

Parents, this one's for you! Whether it's a date night, crossing off your to-do list, or simply enjoying some alone time, our Play Center crew has the fun covered.

Details:

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

Kids will enjoy games, activities, and snacks while you take time to recharge.

Register online, in the HFC app,
or at the front desk. Spots fill fast!





Thanksgiving Holiday Hours and Day After Thanksgiving Special Lineup

On Wednesday, November 26, we will close at 7:00 pm and will not offer group exercise or aquatic classes after 12:00 pm. The Play Center will be open from 8:00 am – 1:00 pm.

The HFC will be closed on Thursday, November 27, in observance of Thanksgiving.

We will offer a special lineup of Group Exercise and Aquatic Classes on Friday, November 28:

- 8:30 am CoreLIIT with Bethany
- 9:05 am Step & Strength with Bethany
- 9:00 am Cycle + Top It Off with Amanda
- 10:00 am Unwind Yoga with Rebecca
- 10:30 am Aqua AMP with Kyle
- 2:00 pm Grind with Trey
- *All other classes will be canceled*

Family recreation/swim will be offered from 3:00 – 6:00 pm on Friday, November 28, as regularly scheduled.

Weekend Pop-Up Classes

Cardio Kickboxing

November 2 at 2:00 pm with Bethany

Cardio Barre

November 8 at 7:15 am with Cathy

Aqua Zumba

November 9 at 1:10 pm with Amy

Power Pump

November 9 at 2:00 pm with Danielle

Zumba Toning

November 16 at 2:00 pm with Rachel

Step

November 30 at 2:00 pm with Bethany



Group Exercise Update

New Format: CoreLIIT with Bethany and Danielle Fridays at 8:30 am

CoreLIIT is a 25-minute session that blends Pilates-inspired movement with low-impact intervals for a workout that strengthens, lengthens, and energizes.

Fall Yoga Series

Join Lori Isom for a 3-week yoga series designed to help you reflect, release, and renew before the holidays.

- Tuesdays on November 4, 11, and 18.
- 5:30 pm
- HFC Classroom.



**MORE THAN 40 GROUP
FITNESS CLASSES OFFERED
EACH WEEK**

See the complete schedule at
ConwayRegionalHFC.org

Steam Room Reminder

We appreciate your patience as we worked to troubleshoot and repair our steam generator. We sincerely apologize for the recent downtime and understand how important this amenity is to many of you.

After inspection, it was determined that the issue was likely caused by tampering, which resulted in damage to the temperature sensor. The steam room is designed to maintain a temperature of approximately 110°F, cycling on and off automatically to stay within that range. The sensor includes a tamper guard to prevent damage and ensure safe operation.

We kindly remind all members not to pour water on the sensor, cover it, or attempt to alter the environment in any way. Such actions can cause costly damage and lead to further extended closures.

To help us maintain the steam room in good working order for everyone's enjoyment, please report any misuse or tampering to a staff member immediately.

Thank you for your understanding and cooperation!