

InMotion HFC

October Check-In Challenge

This October, showing up for your workouts could win you more than just better health. Every time you check in at the Health and Fitness Center between October 1 – 31, you will move closer to one of our giveaway drawings. The more you check in, the better chances to win.

Here's how it works

- 15 check ins: Entry to win a Chick-fil-A gift card (two winners)
- 20 check ins: Entry to win a Stanley forty ounce tumbler and Liquid IV packs (two winners)
- 25 or more check ins: Entry into the grand prize drawing for Beats Studio Buds (two winners)

Snap a gym selfie and tag us on social media to earn one extra point per post. You can earn up to five bonus points total.

Make October your strongest month yet!

Biketoberfest

Conway Regional Health System's Biketoberfest is a month long celebration of cycling in Conway, with rides for every style including road, mountain, gravel, community, and indoors.

We're excited to once again host free indoor cycling sessions led by Amanda Castillo:

- Kickoff Ride on Sunday, October 5 at 2:00 pm at the HFC
- Meadows Tech Park Ride on Sunday, October 19 at 3:00 pm at 355 LedgeLawn Dr

Participants can secure their spot for the rides via Eventbrite by scanning the QR code.

To see all Biketoberfest rides, visit [Conwaybiketoberfest.org](https://conwaybiketoberfest.org).

OCTOBER 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.



**Secure your
spot here!**

Biketoberfest
CONWAY • ARKANSAS

Approved EFA/LEARNS Act Approved Vendor

Conway Regional Health & Fitness Center is now an approved service provider through the Arkansas EFA/LEARNS Act. Qualifying families can get reimbursed by the state for select youth programs, including:

- Private, partner, and small group swim lessons
- Level 1 & 2 Group Swim, Tadpoles, Cuppies & Dolphins
- Private, partner, and small group personal training
- Level Up Sports Performance Camps
- Youth Fitness Co-Op Series

Families must apply and be approved through the state to access EFA funds. Parents pay the fitness center directly, then submit receipts online for reimbursement.



New: Youth Fitness Co-Op Series

Our new Youth Fitness Co-Op series was created to build strength, energy, and confidence!

Designed for homeschool kids, age 7 and up, this 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

- October 6 – 22, November 3 – 19, and December 1 – 17
- 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.

Halloween Play Center Hours & Trick-or-Treat

The Play Center will offer trick-or-treating on Friday, October 31, from 9:00 – 11:30 am. Attendants will take all children checked in at the Play Center around different areas of the HFC, so be sure to have them in costume!

Please note the Play Center will be closed for the afternoon/evening shift on October 31 for Halloween.



Parents' Night Out – Friday, October 17

Parents, this one's for you! Whether it's a date night, crossing off your to-do list, or simply enjoying some peace and quiet, 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!

Silver Pop-Up Classes

Strides & Strength with Kristen: October 9 and 23 at 1:00 pm

Move to the Beat with Rebecca: October 7, 14, and 21 at 11:00 am

Chair Yoga with Lori: October 28 at 11:00 am

These pop-ups are designed to complement our Monday, Wednesday, and Friday Silver Strong schedule, giving you more opportunities to join in the fun or fit fitness into your schedule.



Sunday Pop-Up Classes

Make your Sundays extra fun this October with special group exercise classes led by your favorite instructors. All Sunday pop-up classes begin at 2:00 pm. Each week brings something new!

Biketoberfest Kickoff with Amanda on October 5 **Registration required via Eventbrite*

Zumba Toning with Rachel on October 12

Cardio Kickboxing with Bethany on October 19

Yoga with Lori October 26



Group Exercise Class Updates

Mondays at 9:05 am
High/Lo will change to Zumba with Dena

Fridays at 5:10 am
Cycle & Strength with Danielle is back!