

# InMotion HFC

## **National Women's Health & Fitness Day** *Wednesday, September 24*



Celebrate the power of women prioritizing health and wellness together. Join us at the HFC for movement, education, and community:

- Wear Pink throughout the day in support of women's health.
- Women's Health and Wellness Pledge Wall. Stop by and make your commitment.
- Rise & Align Yoga at 6:05 am Join Amanda Castillo for a beginner-friendly class to start your day centered and energized.
- The Power Hour: Enjoy a conversation on women's health on hormones, strength, and nutrition with
  - Amanda Castillo
  - Keitha Holland, MD
  - Ashley Robb, MS, RDN, LD

Join us in celebrating women's health by wearing pink, adding your voice to the pledge wall, starting your morning with yoga, and attending the Power Hour.

For details or to RSVP, contact Amanda Castillo at 501-450-9292 ext. 306.

## **SEPTEMBER 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.**



### **Labor Day**

The HFC will be closed Monday, September 1 in observance of Labor Day.

## Swim Programs

Registration is open for our fall sessions of group swim lessons and Dolphins!

**Group swim lessons** are recommended for ages 4 – 11, depending on skill level

- Mondays and Wednesdays
- Level 1 & Level 2 from 6:00 – 6:45 pm
- September 29 – October 22
- The cost is \$80 for members and \$100 for non-members

**Dolphins** is a stroke development swimming program designed for kids ages 5 – 18 to help improve their technique.

- Tuesdays and Thursdays from 6:30 – 7:30 pm
- September 23 – October 16
- The cost is \$45 for members and \$65 for non-members

For requirements to join Dolphins and to complete a swim test on Monday, September 22, from 5:00 - 6:00 pm, please contact Kyle Shunkey, Aquatics Coordinator at 501-450-9292, ext. 308.

We also offer private swim lessons for people of all ages. For more information, contact Kyle Shunkey.



## Silver Pop-Up Classes

Silver pop-up classes are designed to complement our Monday, Wednesday, and Friday Silver Strong sessions, giving you even more opportunities to stay active and fit fitness into your week.

September 9 at 11:00 am – Chair Yoga with Lori

September 11 at 1:00 pm – Strides & Strength with Kristen

September 16 at 11:00 am – Joint Efforts with Kristen

September 23 at 11:00 am – Joint Efforts with Kristen

September 25 at 1:00 pm – Strides & Strength with Kristen

September 30 at 11:00 am – Chair Yoga with Lori



## Sunday Pop-Up Classes

Enjoy a different class and instructor each week to keep things fresh and fun!

September 7 at 2:00 pm

**Step with Bethany**

September 14 at 2:00 pm

**Zumba Toning with Rachel**

September 21 at 2:00 pm

**Yoga with Lori**

September 28 at 2:00 pm

**Barre with Dena**



## Play Center Updates

### Parent Presence

The Play Center is not a licensed daycare, so parents are required to stay inside the facility while children are checked in.

If you'd like to be outdoors, please:

- Use the athletic field/track or Tucker Creek walking trail
- Carry your phone and stay within 10 minutes of the Play Center
- Let staff know before you head outside

Running errands off-site isn't allowed and may result in loss of privileges.

### Time Limit Adjustment Coming in 2026

Beginning January 1, 2026, Play Center time limits will be:

- Children under 18 months – 70 minutes maximum
- Children 18 months & older – up to 2 hours

We're sharing this early so families can plan ahead. Our staff will be here to help make the transition easy.



## New Yoga Series: Elements of Gratitude

Slow down, ground deeply, and reconnect through a 4-week yoga series inspired by the five basic elements: earth, water, fire, air, and space with Lori Isom.

Each session will be on Tuesday at 5:30 pm from September 9 through 30. This series will offer a unique blend of movement, reflection, and release.

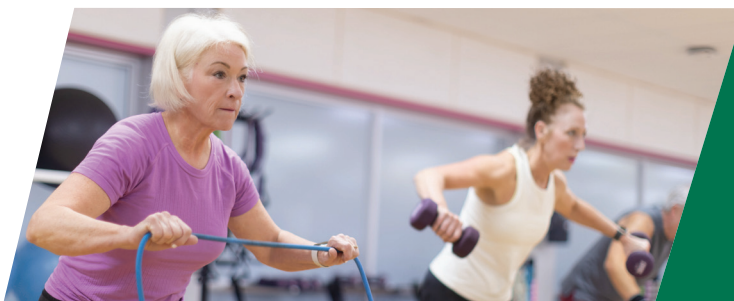
The series will be held in the HFC classroom and is open to all levels. 60+ minute format. Please bring your own mat.



## Biketoberfest

Conway Regional Health System Biketoberfest is a month-long celebration that promotes Conway's cycling amenities and routes, offering rides in four different formats: road, mountain, gravel, and community. The city of Conway offers numerous opportunities for cycling.

Conway Regional Health & Fitness Center is excited to host two 50-minute cycling rides, including the Kick-Off Ride on Sunday, October 5, at 2:00 pm at the HFC and the Meadows Tech Park Ride on Sunday, October 19, at 3:00 pm, where we will bring our retired fleet of bikes outdoors to create a fun experience for all riders!



## Group Exercise Class Updates

5:10 am HIIT + Stretch will be led by Cathy Jellenik throughout September

Friday 5:10 am Cycle will be canceled