

InMotion

New Group X Classes in April

Based on feedback from our recent Group X Member Survey, we are introducing new classes, refreshed formats, and expanded options this April.

New Early Morning Options

- Fine Tuning Amplified with Amanda at 6:10 am on Mondays
- Barre with Cathy at 6:10 am on Wednesdays
- Pilates Strength with Danielle at 5:10 am on Tuesdays

New Lunchtime Classes: all starting at 12:05 pm

- Pilates Strength with Danielle on Tuesdays
- Grind with Erika on Wednesdays
- Fine Tuning Amplified with Amanda on Thursdays

Additional Evening Class Options

- Barre with Dena at 5:30 pm on Tuesdays
- Yoga with Dena at 6:20 pm on Tuesdays
- Power Circuit at 5:30 pm on Thursdays (Fitness Floor 1)
- Zumba at 5:30 pm on Thursdays (new time)



April Weekend Pop-Up Classes

April 12: Cardio Kickboxing with Bethany

April 19: Yoga with Lori

April 26: Line Dancing with Dena - all ages welcome!

APRIL 2026

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Weekend Hours of Operation

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

Easter Closure

The HFC will be closed in observance of Easter on Sunday, April 5.



Conway Crocs Swim Team

Enrollment for the 2026 Conway Crocs season will open on Tuesday, April 14! The swim team is open to participants ages 5 – 18 and offers an excellent way for your child to stay active in the summer and learn the value of sportsmanship. Coach Chris Brynell leads Conway Crocs, and they will compete against other swim teams in central Arkansas.

- **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, and premium enrollment is required for all NEW Crocs participants. We also offer a \$10 family discount for each additional child registered. Register your child by May 12 to avoid a \$25 late fee.

New participants must pass a swim test before registering for the team. Swim tests will be offered

- Wednesday, April 15 at 5:00 pm
- Monday, April 20 at 5:00 pm
- Tuesday, April 21 at 6:00 pm

Please email Chris Brynell, head coach, to schedule your child's swim test at christopherbrynell@gmail.com.



Spring Swim Programs

New sessions of swim lessons, Dolphins Swim Program, and Tadpoles & Guppies begin in April, with options for all ages and skill levels.

Whether your child is getting comfortable in the water, building foundational skills, or refining technique and endurance, our experienced instructors provide a safe and supportive environment every step of the way.

Explore available sessions online or contact Kyle Shunkey at 501-450-9292, ext. 308, for more information.

Kids Run Arkansas®

Kids Run Arkansas® is back on Friday, April 17, at 6:00 pm for an evening focused on fun, fitness, and family participation. The event is presented by Conway Regional Health & Fitness Center, with Groovy Smiles Pediatric Dentistry as the title sponsor.

Open to children of all ages, this event focuses on participation and encouragement.

- 3 mile run or walk
- Reggie's Rush half mile for young children
- No chip timing, just fun

Onsite registration is available. Event t-shirts are available while supplies last.

Packet pick up:

- April 16, 3:30 – 6:00 pm
- April 17, 10:00 am – 1:00 pm and 5:15 pm

For more information or any questions, reach out to Mallory Lefler at 501-450-9292, ext. 309, or via email at mlefler@conwayregional.org.



Parents' Night Out – Friday, April 10

Whether you're planning a date night or running errands, our Play Center team has the fun covered.

Event Details:

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

Kids will enjoy games, activities, and snacks in a safe and supervised environment. Register online through the HFC app, at the front desk,



Welcome, Shanley Barnett!

We are excited to welcome Shanley Barnett this to the HFC! She has five years of group fitness experience, RYS 200 training, and she will lead:

- Flow Yoga on Mondays at 10:00 am
- Express Mobility on Tuesdays and Thursdays at 10:00 am

You'll also see her in weekend and special classes soon!



Rock Steady Boxing

This April, in recognition of Parkinson's Awareness Month, we are proud to highlight Rock Steady Boxing, a program designed to help individuals with Parkinson's fight back and keep moving forward.

Through a non-contact, boxing-inspired approach, participants build strength, improve balance, and enhance quality of life in a supportive and encouraging environment.

Scholarships are available through the Conway Regional Health Foundation to help reduce financial barriers.

Learn more on our website or contact Mallory Lefler at 501-450-9292 ext. 309.



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