

# InMotion



# HFC



## Celebrating American Heart Month

Join the Health & Fitness Center as we celebrate National Wear Red Day® and American Heart Month. While Conway Regional is known for green, February is all about going red to raise awareness for heart health and encourage heart-healthy habits across our community.

Wear red and join us on Friday, February 6 for an energizing day of fitness and community at the HFC!

Two ways to support your heart this month:

### InBody Composition Analysis

Take advantage of the InBody test, a quick, non-invasive way to better understand your body composition, including visceral fat levels. Higher visceral fat is linked to increased risk for high blood pressure and cardiovascular disease, making awareness an important step toward better heart health. Talk to a HFC staff member today to schedule yours!

### Heart & Health Wellness Checks

Preventive care and early detection play a key role in long-term wellness. Conway Regional Heart & Health Wellness Checks offer a convenient and affordable way to screen for heart disease and take a proactive approach to your health. These will be offered every Friday during February. Call 501-450-2244 to schedule your appointment.

## FEBRUARY 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.**

### February Weekend Pop-Up Classes

Our Sunday Pop-Up Classes start at 2:00 pm and offer a fun, fresh workout each week to keep you moving all winter.

- Cardio Kickboxing with Bethany on Sunday, February 8
- Barre with Dena on Sunday, February 15
- HIIT + Stretch with Rachel on Sunday, February 22

## Spring Swim Programs

Swim lessons, the Dolphins Swim Program, and Tadpoles & Guppies have new sessions beginning in February and March, with options available for swimmers at every stage.

These programs are designed to support children as they build comfort, learn foundational skills, and progress to more advanced group lessons, all led by experienced instructors in a safe environment.

Learn more and view available sessions online, or contact Kyle Shunkey at 501-450-9292, ext. 308 for additional information.



### Conway Crocs Open Enrollment

Get ready for a summer filled with fun, fitness, and sportsmanship! Conway Crocs Swim Team open enrollment begins in April as the team celebrates its 17th season. The Crocs are open to swimmers ages 5 – 18 and are led by Coach Chris Brynell.

Swimmers will have the opportunity to compete with teams across central Arkansas while building confidence, teamwork, and skills both in and out of the pool.

Stay tuned for more details and the official enrollment date coming soon.

## Kids Run Arkansas® Save the Date!

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.

This inclusive event is open to children of all ages and their families and emphasizes participation rather than competition.

### Event highlights include:

- A 3-mile run/walk
- Reggie's Rush, a 1/2 mile race designed specifically for younger children
- No chip-timing, just movement, encouragement, and fun

For more than 17 years, Kids Run Arkansas® has supported health and wellness in our community, awarding nearly \$90,000 in scholarships to local school physical education programs based on participation.

Registration opens in March. Mark your calendar and plan to join us for this special community event!



## Level Up Sports Performance Spring Break Camp

Train smarter, move faster, and take your game to the next level at our Level Up Sports Performance Spring Break Camp. This program focuses on speed, agility, and strength training led by expert coaches, with added recovery work to help young athletes perform at their best.

### Camp Details:

- March 23 – 25
- Ages 7 – 10 will train from 1:00 – 2:30 pm
- Ages 11+ with train from 3:00 – 4:30 pm
- Cost: \$50 for members and \$65 non-members

Registration is available online, through the HFC app, or in person at the Front Desk.

## Breath of Winter Yoga Series

Slow down, breathe deeply, and reset this winter with Breath of Winter Yoga, a special three-week yoga series led by Lori Isom.

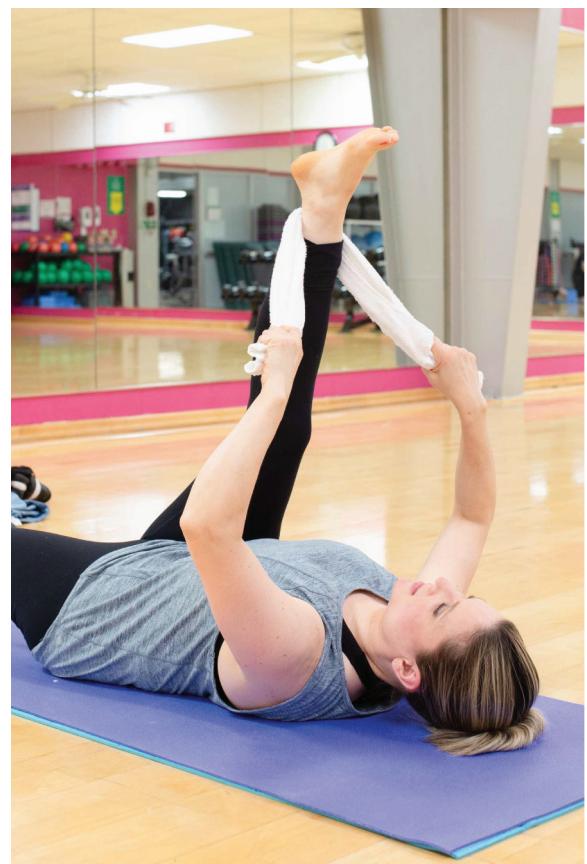
Designed to promote relaxation and renewal, this gentle, mindful practice blends guided meditation, breath-led reflective movement, and a variety of stress-reducing breathing and mindfulness techniques. Each session offers space to quiet the mind, release tension, and reconnect with your breath during the winter season.

**Dates:** February 3, 10, and 17

**Time:** 5:30 – 6:30 pm

**Location:** HFC Classroom

Whether you're looking to manage stress, improve mindfulness, or simply carve out time to recharge, this series offers a restorative way to support both body and mind.



## Parents' Night Out – Friday, February 20

Parents, this one's for you. Whether you're planning a date night, running errands, or simply enjoying a little quiet time, 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, or at the Play Center. Spots fill quickly!

