

InMotion HFC

January Brings New Energy

January is always an exciting time at the HFC, and we expect member traffic to increase as new and returning members kick off their fitness goals. Over the past several years, we have continued to invest in additional equipment and facility improvements to better accommodate our growing membership and support a great experience for everyone.

With that energy comes a great opportunity to show what makes our HFC community special. A friendly smile and a welcoming attitude in classes can go a long way in helping new members feel comfortable and confident. On the fitness floor, sharing equipment, allowing others to use it between sets, and being mindful of members waiting to use it help everyone enjoy their workout. The same courtesy applies in the locker rooms and parking lot as well, where things may feel a little more crowded at times.

Thank you for being part of a supportive and encouraging community. Together, we make the HFC a place where everyone feels welcome, no matter where they are starting their journey.

January Weekend Pop-Up Classes

Start the new year strong with our January Sunday Pop-Up Classes, all starting at 2:00 pm. Each week offers a fresh way to move, reset, and build momentum as you head into 2026.

- Cardio Kickboxing with Bethany on January 4
- Mind Body Yoga with Lori on January 11
- Barre with Dena on January 18
- Zumba with Amy on January 25

For a complete list of our classes, visit our website or app.

JANUARY 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.**



Swim Lessons and Dolphins Return in February

Swim Lessons and Dolphins are gearing up for new sessions in February! Whether your child is just getting comfortable in the water or ready to level up their skills, we've got a spot for them.

Learn more online, or call Kyle Shunkey at 501-450-9292, ext. 308.

Parents' Night Out – Friday, January 16

On January 16, Parents' Night Out will be from 6:30 to 9:00 pm for ages 2-12. This is for members only and is \$20 per child.

Kids will enjoy games, activities, and snacks in a safe, supervised environment while you enjoy a few hours to yourself.

Register online through the HFC app, at the Front Desk, or at the Play Center. Spots fill quickly!



Youth Fitness Co-Op Series

The Youth Fitness Co-Op Series was designed specifically for homeschool kids ages 7 to 11+ to build strength, energy, and confidence. 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 Camps:

- January 5 – 21
- February 2 – 18
- 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!

Silver Pop-Up Classes

Join us for a gentle, accessible movement option designed to support flexibility, balance, and relaxation.

Chair Yoga with Lori on Tuesday, January 13 and 27

Perfect for those looking for a low-impact way to stay active and refreshed.

Personal Training at the HFC

A new year is the perfect time to set goals, build momentum, and invest in your health. Whether you're new to training or ready to take your workouts to the next level, our personal training options provide the guidance and accountability you need to succeed.

We offer:

- **Individual Training:** One-on-one coaching customized to your goals, fitness level, and schedule
- **Partner Training:** Train alongside a friend or family member for added motivation and accountability
- **Group Training:** Small-group sessions that deliver expert coaching in a supportive, high-energy environment

Our certified trainers focus on safe, effective programming to help you create sustainable habits and real results in 2026.

Stop by the front desk today to fill out an intake form to get started!



Welcome, Julia King!

Welcome, Julia King to the HFC as a full-time Fitness Specialist and Personal Trainer. Julia graduated from the University of Central Arkansas with a bachelor's degree in Exercise & Sport Science and earned her NASM Personal Trainer Certification.

She will help lead Script to Fit and Rock Steady Boxing and is now accepting new personal training clients just in time for the New Year.

Be sure to say hello and congratulate Julia the next time you're at the HFC!



Registration Now Open: Project YOU - InBody Challenge

As we begin the new year, it's the perfect time to refocus on your goals and build healthy momentum. One of the best ways to start strong is with the return of our Project YOU: InBody Challenge. From January 13 to March 4, commit to eight weeks of progress, consistency, and measurable results. This year's challenge features new incentives, exciting prizes, and two ways to win.

What's Included:

- InBody scans at the start and end of the challenge
- Exclusive participant offer: Add three 30-minute personal training sessions for \$99
- Accountability, motivation, and support from our expert staff

Important Dates:

- Registration is now open at the Front Desk
- \$30 for members
- Pre-InBody analysis dates: January 13 and 14
- Registration deadline: January 11 (or until spots are filled)

Two Ways to Win:

Transformational Change: Awarded for the greatest overall improvement in InBody results

Consistency King/Queen: Awarded for the highest number of check-ins throughout the challenge

Stay tuned for prizes for each winner!

For questions or additional information, please contact Mallory Lefler at 501-450-9292, ext. 309.

NEW YEAR. STRONGER YOU.