

InMotion

July Group X Updates

Keep your summer workouts going strong with exciting updates to our group exercise schedule this July!

Tuesdays at 11:00 am- New! Zumba Gold with Kathryn
Zumba Gold features easy-to-follow dance moves and a fun, energetic atmosphere with gentler, low-impact choreography that's easy on the joints and suitable for all fitness levels.

Wednesdays at 5:10 am- New! Power Push + Stretch with Rebecca
HIIT + Stretch becomes Power Push + Stretch combining a fast-paced strength workout with a refreshing cooldown. Complete three exercises for 30 seconds each over three rounds, then finish with a relaxing stretch to start your day strong.

Wednesdays at 10:00 am- Fine Tuning with Amanda returns!

Welcome Back, Cathy! Cathy will resume teaching:

- **Wednesdays at 6:10 am- Barre beginning July 8**
- **Fridays at 5:10 am- Conditioning & Strength beginning July 10**

In the meantime-

- **Pilates Strength with Amanda will continue through July 1**
- **Step with Rebecca will continue through July 3**

July Weekend Pop-Up Classes

Saturday 7:30 am Pop-Up Classes

July 4: Closed

July 11: Cardio Kickboxing with Bethany

July 18: Pilates Strength with Danielle

July 25: Glute Camp with Kathryn

Sunday 2:00 pm Pop-Up Classes

July 5: Line Dancing with Dena

July 12: Step with Bethany

July 19: Line Dancing with Dena

July 26: Zumba with Amy



July 2026

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Weekend Hours of Operation

7:00 am to 6:00 pm

on Saturdays &

12:00 to 6:00 pm on

Sundays.

Independence Day Closure

The HFC will be closed in observance of Independence Day on Saturday, July 4.



Level Up Sports Performance Camp

Level Up Sports Performance Camp focuses on building speed, agility, strength, and overall athleticism through expert coaching and targeted training techniques. Athletes will also learn the importance of recovery and movement strategies that support long-term success in sports.

Camp Details:

- July 13 - August 6
Mondays, Wednesdays, & Thursdays
- Ages 7 - 10
1:00 - 2:30 pm
- Ages 11 - 18
3:00 - 4:30 pm
- \$200 Members & \$250 Non-Members

Register through the HFC app, online, or at the front desk.



Kids Triathlon Transition Camp

The countdown is on for the Conway Kids' Triathlon on July 25! For young athletes looking for a final tune-up before race day, our Kids Triathlon Transition Camp is the perfect opportunity to build confidence and sharpen skills. This camp is designed to help participants improve race-day performance by practicing transitions, refining technique, and preparing mentally and physically for competition.

Camp Details:

- July 13 - 22
- Mondays & Wednesdays
- 7:00 - 8:30 am
- Ages 6 - 15
- \$50 Members & \$65 Non-Members

Register through the HFC app, online, or at the front desk.



Parents' Night Out- Friday, July 10

Summer is here! Enjoy a night out while our Play Center team keeps the kids engaged with games, activities, and plenty of summer fun!

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!



Swim Lessons Available

The HFC offers swim lessons for all ages and skill levels. Whether your child is learning to float or perfecting their strokes, our experienced, certified instructors provide a safe, supportive, and fun learning experience.

Why Choose Our Swim Program?

- Safe, welcoming environment in an indoor pool
- Engaging lessons tailored to each age group
- Fun learning experience by certified instructors
- Progressive skill development
- Water safety focused curriculum

Register in person or online. For more information on private swim lessons, contact our Aquatics Coordinator Kyle Shunkey at 501-450-9292, ext. 308.



New Apparel Coming Soon!

New merchandise is arriving this month in limited quantities. Featuring premium Comfort Colors apparel in sage, ice blue, ivory, and pepper, this collection combines comfort with everyday style. Designed to transition seamlessly from your workout to the rest of your day, these pieces won't be available for long. Be sure to stop by and shop while supplies last.

Pool Schedule Notice- Conway Crocs

Please note that Conway Crocs Swim Team practice will continue through July 17 during the following times:

- Monday - Thursday at 6:45 - 8:45 pm
- Fridays at 6:15 - 7:45 pm

We appreciate your support of our young athletes and thank you for understanding during these scheduled practice times!



GO CROCS!

On July 18, the Conway Crocs Swim Team will compete in one of the season's premier events, the Meet of Champs. We are proud of each swimmer for the dedication, discipline, and hard work that have led to this moment. Trust your training, compete with confidence, and enjoy the experience.

Thank you to the coaches, families, and supporters for your unwavering encouragement throughout the season. Your commitment has played an important role in every swimmer's journey.

Best of luck to the Conway Crocs as they compete at the Meet of Champs. We're cheering you on every step of the way!



HFC

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