

# InMotion

## June Group X Updates

Get ready for an exciting June at the HFC, including new class formats and expanded instructor offerings. There are plenty of opportunities to try something new and stay moving this summer!

**Tuesdays at 10:00 am-** Mobility with Shanley becomes Mind-Body, blending yoga, mobility, and Pilates. *Thursdays will continue as Mobility.*

**Wednesdays at 10:00 am-** New! Cardio Sculpt with Shanley featuring cardio, strength, Pilates, and functional movement.

### Rachel Returns!

- Mondays at 5:30 pm - Cycle
- Wednesdays at 4:30 pm - NEW format: LIFT

LIFT focuses on strength training through varied workouts designed to build strength, improve movement, and challenge all fitness levels.

### While Cathy is in Paris:

- Wednesdays at 6:10 am - Pilates Strength with Amanda
- Fridays at 5:10 am - Step with Rebecca

## June Pop-Up Classes

### Saturday 7:30 am Pop-Up Classes

- June 6:** Pilates Strength with Danielle
- June 13:** Cardio Kickboxing with Bethany
- June 20:** Pilates Strength with Danielle
- June 27:** Roll & Restore with Kimberly

### Sunday 2:00 pm Pop-Up Classes

- June 7:** Pilates Strength with Danielle
- June 7:** Aqua Zumba with Amy at 1:10 pm
- June 14:** Line Dancing with Dena
- June 28:** Cardio Sculpt with Bethany

### 11:00 am Silver Pop-Up Classes

- June 2:** Silver Yoga with Lori
- June 9:** Zumba Gold with Kathryn

## June 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.

## First Day of Summer: Sunday, June 21!

## SUMMER 2026



LOADING...

## Welcome Our Newest Fitness Professionals!

We're excited to introduce two new additions to the our fitness team.

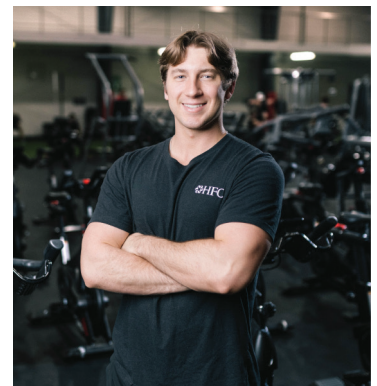
### Kathryn Childs, Group Exercise Instructor

Kathryn earned a bachelor's degree in nursing from Arkansas Tech and has been a labor and delivery nurse for nine years. She recently earned her ACE Group Fitness Instructor certification and she is passionate about helping individuals build strength, confidence, and overall wellness. She teaches Silver Strong, Step, 360 Strength, Core, and more.



### Rhett Thurman, Personal Trainer

Rhett played football at UCA and earned a bachelor's degree in Exercise Science. He holds a NASM Personal Training Certification and is currently pursuing a master's in Sports Management. Rhett has been part of the HFC team since 2024 and is now accepting personal training clients. He looks forward to helping members reach their fitness goals.



## Kids Triathlon Training is Back!

Get ready for the Conway Kids' Triathlon on July 25! The Kids' Triathlon Complete Race Prep Program runs June 2 through July 23, with twice-weekly training in swimming, biking, and running to build endurance, skills, and confidence.

For athletes wanting additional race-day preparation, our Transition Camp is now open for registration. This short, high-impact camp provides focused training to sharpen performance and boost confidence.

### Transition Camp Details:

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



Whether your child is joining us for the full season or the final stretch, both programs are designed to support growth, skill development, and a strong finish line moment on July 25.

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

## Summer Swim Programs

New sessions of swim lessons and Tadpoles & Guppies are now open for registration.

Whether your child is just becoming comfortable in the water, developing foundational skills in Tadpoles & Guppies, or ready to refine technique and endurance through group lessons, our experienced instructors provide a safe, supportive, and encouraging environment every step of the way.

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

## Pool Schedule Notice- Conway Crocs

Please note that Conway Crocs Swim Team practice will continue through July 17 and take place 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!



## Parents' Night Out- Friday, June 19

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!



## Summer Passes Available

Conway Regional Health & Fitness Center is offering 3-month summer passes for individuals, couples, and families, with no enrollment fee!

Passes are available for purchase through June 10. For pricing and details, stop by the front desk or give us a call at 501-450-9292, ext. 300.

Some restrictions apply. Summer passes are non-refundable.



## 2026 Corporate Games Facility Update

Our annual Corporate Games will take place at the HFC on Friday, June 5, from 8:00 am - 1:00 pm. Please note the following facility and schedule changes due to this event:

- Members will have access to all areas of the facility except the Level 1 functional space/turf area and the aquatic area (including the sauna, steam room, and whirlpool) from 8:00 am - 1:00 pm.
- All group exercise and aquatic classes will be canceled from 8:30 am - 12:45 pm.
- The north and south parking lots will be reserved for event and employee parking only.



We appreciate your understanding and patience as we host this important event, which helps strengthen connections and promote a culture of health and wellness within our local business community.

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