

# InMotion



## International Women's Day

Join the Health & Fitness Center as we celebrate International Women's Day on Sunday, March 8. This weekend honors the strength, resilience, and impact of women throughout our community.

The HFC supports daily strength through early morning sessions, injury recovery, hitting milestones, and community networking.

We are celebrating all weekend with a focus on connection, confidence, and community.

### Special Events:

- Fine Tuning with Amanda on Saturday, March 7, at 7:30 am
- Barre with Dena on Sunday, March 8, at 2:00 pm

Enjoy empowering playlists in Group Exercise classes throughout the weekend and add your own inspiration to our "Why I Move" board. Take a class, snap a photo with friends, and help us celebrate the incredible women of the HFC.

## MARCH 2026

### INSIDE THIS ISSUE:

Spring Swim Programs: Pg 2

Kids Run Arkansas: Pg 3

Level Up Spring Break  
Camp: Pg 3

Lifeguard Certification: Pg 4

### Weekend Hours of Operation

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

### March Weekend Pop-Up Classes

Enjoy a fun, fresh workout with our pop-up classes.

- Fine Tuning with Amanda on Saturday, March 7 at 7:30 am
- Barre with Dena on Sunday, March 8 at 2:00 pm
- Cycle & Strength with Bethany on Sunday, March 15 at 2:00 pm
- Power Pump with Danielle on Sunday, March 29 at 2:00 pm

## Spring Swim Programs

Swim lessons, Dolphins, and Tadpoles & Guppies have new sessions beginning in 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® – Registration Opens March 2!

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:

- 3-mile run/walk
- Reggie's Rush, a 1/2 mile race for young children
- No chip-timing, just 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.

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+ will train from 3:00 – 4:30 pm
- \$50 for members and \$65 non-members

Registration is available online, through the HFC app, or in person at the front desk.

## American Red Cross Lifeguard Certification

Become a certified lifeguard through our partnership with Hendrix Aquatic Center. This American Red Cross course includes Lifeguarding, CPR/AED, and First Aid for the Professional Rescuer.

### Course Information:

- April 18 – 19
- 9:00 am – 5:00 pm
- Hendrix Aquatic Center
- \$250 per person
- Must be at least 15 years old

Participants will complete required swim evaluations, rescue scenarios, and a written exam. Successful completion results in full American Red Cross Lifeguard Certification.

Register in person at the Health & Fitness Center by April 16. For more information, contact Kyle Shunkey at 501-450-9292 ext. 308.



## Parents' Night Out - Friday, March 13

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!

