

# InMotion

## New Group X Classes in May

Based on feedback from our recent Group X Member Survey, we are introducing new classes, refreshed formats, and expanded options this May.

### New Saturday Options

- 7:30 am Rotating Pop-Up Classes
- 8:45 am 360 Strength or Aqua Zumba
- 9:45 am Mind-Body Mix (yoga, mobility, Pilates and more)
- 10:30 am Zumba

### New Class Offering: Cardio Sculpt

- Wednesday: 4:30 pm with Shanley
- Friday: 9:05 am with Danielle and Bethany

### Wednesday Night Refresh with Valerie

- 5:30 - 6:15 pm Build and Burn
- 6:25 - 7:00 pm Pilates

## May Weekend Pop-Up Classes

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

- May 2:** Pilates Strength with Danielle
- May 9:** Cardio Kickboxing with Bethany
- May 16:** Barre Glute Focus with Cathy
- May 23:** Barre Core Focus with Cathy
- May 30:** Good Day Yoga with Lori

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

- May 3:** Yoga with Lori
- May 10:** Pilates Strength with Danielle
- May 17:** Line Dancing with Dena
- May 31:** Zumba with Amy

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

- May 19 and 26:** Move to the Beat with Rebecca



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**Weekend Hours of Operation**  
**7:00 am to 6:00 pm**  
**on Saturdays & 12:00 – 6:00 pm on Sundays.**

**Memorial Day Closure**

The HFC will be closed in observance of Memorial Day on Monday, May 25.

**MEMORIAL DAY**  
IN HONOR OF OUR HEROES



## Conway Crocs Swim Team

The 2026 Conway Crocs season is almost here! The swim team is open to participants ages 5 - 18 and offers an excellent way for your child to stay active in the summer and learn the value of sportsmanship. Coach Chris Brynell leads Conway Crocs, and they will compete against other swim teams in central Arkansas.

- **Members:** \$140 premium enrollment (with swimsuit) or \$90 standard enrollment
- **Non-members:** \$185 premium enrollment (with swimsuit) or \$135 standard enrollment

Both the premium and standard enrollment fees include a swim cap if registered before the deadline, and premium enrollment is required for all NEW Crocs participants. We also offer a \$10 family discount for each additional child registered. Register your child by May 12 to avoid a \$25 late fee.

New participants must pass a swim test before registering for the team. Please email Chris Brynell, head coach, to schedule your child's swim test at [christopherbrynell@gmail.com](mailto:christopherbrynell@gmail.com).

**A parent meeting will be held Monday, May 11, at 6:00 pm in the HFC classroom.**

### Pool Schedule Notice: Conway Crocs Practice

Please note that Conway Crocs Swim Team practice will begin on Tuesday, May 26 and take place during the following times:

- Monday - Thursday: 6:45 - 8:45 pm
- Friday: 6:15 - 7:45 pm

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



## Family Recreation and Swim

Starting in May, family recreation and swim is now available on Mondays from 3:00 - 6:00 pm, giving families more flexibility during the week. This is dedicated pool time for families and children under age 11, focused on fun, connection, and active play.

### Family Swim Times

Monday: 3:00 - 6:00 pm (New)  
 Wednesday and Friday: 3:00 - 6:00 pm  
 Saturday and Sunday: 2:00 - 5:00 pm

**Bring the kids and enjoy time at the pool!**



## Spring Swim Programs

New sessions of swim lessons, Dolphins Swim Program, and Tadpoles & Guppies are now available with options for all ages and skill levels.

Whether your child is getting comfortable in the water, building foundational skills, or refining technique and endurance, our experienced instructors provide a safe and supportive environment every step of the way.

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

## Kids Run Arkansas®

The 18th Annual Conway Regional Kids Run Arkansas®, presented by Groovy Smiles Pediatric Dentistry, welcomed nearly **800** participants for an evening of energy and community. Runners chose between the 3-mile run/walk and Reggie's Rush, a half-mile event for younger participants, with a focus on fun and staying active.

Kids Run Arkansas® continues to give back by awarding scholarships to local schools for physical education programs. Thanks to the support of our sponsors and community, a record **\$11,418** was awarded this year. We look forward to seeing you next spring.



## Parents' Night Out – Friday, May 15

Whether you're planning a date night or running errands, 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!



## 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 only available for purchase May 1 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

Join us for the 2026 Conway Regional Health & Fitness Center Corporate Games. Registration is now open, and it's time to secure your team!

Grab your coworkers, build your team, and get ready for a day of competition, connection, and serious fun on Friday, June 5, from 8:00 am - 1:00 pm.

Register by May 18 to guarantee your event t-shirts. Spots are limited, so don't wait to sign up. Registration is available through our website, or you can contact Erika Setzler at 501-450-9292, ext. 305.



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