A Monthly Publication of Conway Regional Health & Fitness Center ■ **November 2026**

InMotion

Renovations Update

We are continuing to develop our new reformer Pilates, group cycle, and multipurpose studios, along with instructor training.

Remaining work includes ceiling, electrical, acoustic, and flooring updates as we prepare these spaces for use.

Stay tuned for more updates on our progress and opening plans!

Thank you for your continued patience as we work through these improvements.



November 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.

Holiday Hours

Wednesday, November 25: The HFC will close at 7:00 pm. Group exercise and aquatic classes will end after The Grind at 12:05 pm. The play center will be open from 8:00 am to 1:00 pm.

Thursday, November 26: The HFC will be closed in observance of Thanksgiving.

Friday, November 27: We will offer a special lineup of group exercise and aquatic classes.

- **8:00 am:** The After Party Ride with Amanda
- **9:00 am:** Post-Thanksgiving Strut, Strength, & Stretch with Bethany
- **10:30 am:** Aqua AMP (Instructor to be announced)
- **12:00 pm:** The GRIND with Erika

*All other classes will be canceled



November Weekend Pop-Up Classes

Saturday 7:30 am Pop-Up Classes

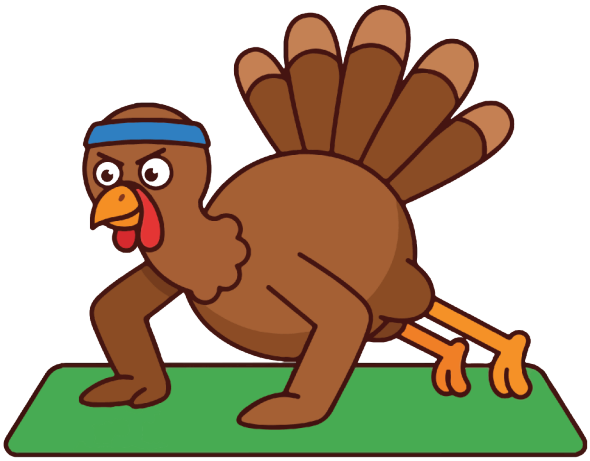
November 7: Barre with Cathy

November 14: Step with Kathryn

November 21: Barre with Cathy

November 21: Cycle with Karl

November 28: Cycle with Rebecca



Sunday 2:00 pm Pop-Up Classes

November 1: Zumba with Amy

November 8: Cardio Kickboxing with Bethany

November 15: Yoga with Lori

November 22: Line Dancing with Dena

November 29: Step with Kathryn

HFC Canned Food Drive: Earn Free Guest Passes!

Join us in stocking the pantry shelves at the Conway Regional Food Pantry.

The Conway Regional Food Pantry provides immediate support to those who struggle to access nutritious meals. Since January 2026, approximately 700 food boxes have been distributed to members of our community, providing an estimated 2,000 meals.

November 1-15
Bring non-perishable food items to the HFC front desk. Suggested donations include **canned vegetables and fruit, tuna, chicken, peanut butter, cereal, granola bars, pasta, and rice**.

Please check expiration dates before donating. The HFC is unable to accept expired items.



Members who donate five or more qualifying items will receive two free guest passes added to their account.

Level Up this Thanksgiving Break!

During Thanksgiving Break, young athletes will have the opportunity to stay active and train in speed, agility, strength, and recovery techniques designed to build fitness and boost performance. This 2-day camp led by Erica Setzler is designed to be fun and productive.

November 23-24

- Ages 7-10 1:00 - 2:30 pm
- Ages 11-18 3:00 - 4:30 pm
- $30 members, $45 non-members

Space is limited. Register early to reserve your spot!







Parents' Night Out- Friday, November 13

With the holiday season upon us, take a Friday night off while our play center team keeps the kids engaged with games, activities, snacks, and plenty of 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 or stop by the front desk to reserve your child's spot. Spots fill quickly!



November After Dark Continues

We have three more After Dark pop-ups in November. Designed for those that can't make the 5:30 class, these 45-minute evening classes will be held from 6:30-7:15 pm!

November 5: Cardio Sculpt After Dark with Amanda
November 12: Rhythm Ride After Dark with Bethany
November 19: Barre Burn After Dark with Dena

Swim Lessons Available



The HFC offers programs 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.
For more information, contact Aquatics Coordinator Kyle Shunkey at 501-450-9292, ext. 308.

Dates and registration details for our 2027 Tadpoles & Guppies and Dolphins programs will be announced soon. Additional information will be shared as it becomes available.

New Membership Portal

Starting November 5, we're introducing **Empower ME**, our new online member portal! Access your check-in bar code, view upcoming programs, update personal and billing information, review payments, and more. Watch for a text from the HFC beginning November 5 with your Member ID and instructions on how to set up your account.

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