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

InMotion

Coming Soon: More Ways to Move, Connect, & Thrive



The mockups above are for illustrative purposes only. Final construction, materials, and design elements will vary.

For more than 30 years, Conway Regional Health & Fitness Center has evolved alongside our members. This fall, we're investing in new spaces to support our growing community and enhance our membership.

What's Coming?

- **Reformer Pilates studio** in the current personal training studio
- **Dedicated group cycling studio** in one of the current racquetball courts
- **Multipurpose studio** for group fitness, youth programs, camps, Rock Steady Boxing and more
- **Expanded first-floor training space** with additional equipment

These updates reflect member feedback, program participation, membership growth, and how our spaces are being used. Repurposing the racquetball courts allows us to better serve today's members with more dedicated programming and training space.

Project Timeline

- **October 5:** Phase 1 begins in personal training studio
- **October 18:** Final day for racquetball court use
- **October 19:** Racquetball court renovations tentatively begin
- Group cycling classes are expected to stay on schedule

Stay Updated

We'll share updates by email and on social media as the project progresses.

Our spaces have changed over the past 30 years, but **our members remain at the center of our plans for the future**. Thank you for being part of the Health & Fitness Center community as we continue investing in your health and well-being.

October 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.

Have a Happy Halloween!



October Weekend Pop-Up Classes



Saturday 7:30 am Pop-Up Classes

October 3: Barre with Cathy

October 10: Pilates Strength with Danielle

October 17: Barre with Cathy

October 24: Cardio Sculpt with Bethany

October 31: BOO-TY Camp with Kathryn and Cycle with Karl

Sunday 2:00 pm Pop-Up Classes

October 4: Biketoberfest Kickoff Ride with Amanda (3:00 pm)

October 11: Mind-Body Yoga with Lori

October 18: Step with Bethany

October 18: Biketoberfest Ride with Rachel (3:00 pm)

October 25: Halloween High Fitness with Dena

Thursday After Dark Classes in October

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!

October 1: Cardio Sculpt After Dark with Amanda

October 8: Glute Camp After Dark with Kathryn

October 15: Lift After Dark with Cristin

October 22: Rhythm Ride After Dark with Bethany

October 29: Halloween Glow Up with Dena

October Group X Updates

Strength & Stretch
This new class is for all fitness levels to help improve strength, mobility, and flexibility. Mondays at 10:00 am with Shanley.

Flow Yoga
This is a 45-minute class offered twice a week on Tuesdays & Thursdays at 10:00 am with Shanley.

Yoga Evening Classes
Now a 45-minute class, join us after work on Tuesdays at 6:30 pm with Lori Isom.

Parents' Night Out- Friday, October 9

Enjoy some free time 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!



Conway Regional Health System

Biketoberfest
CONWAY • ARKANSAS

Biketoberfest 2026

Conway Regional Health System Biketoberfest is back this October for a month-long celebration of Conway's cycling amenities and routes, with rides offered in four formats: road, mountain, gravel and community.

Biketoberfest Kickoff Ride- STRONG LOOKS GOOD ON YOU- October 4

In recognition of Breast Cancer Awareness Month, join us on Sunday, October 4 by riding in pink! Conway Regional Health and Fitness Center will host two rides, an Indoor Kickoff Ride or an Outdoor Community Ride, both starting at 3:00 pm.

Indoor Cycling Ride- October 18

Join for a free indoor cycling ride as part of Biketoberfest! This is a fun, high-energy ride designed for a range of experience levels. Whether you're a regular in the cycling studio or trying indoor cycling for the first time, grab a bike and enjoy the ride alongside fellow cyclists.

Taco Ride- October 28

Join our retired fleet of bikes for a stationary sunset ride Wednesday, October 28 at 5:30 pm, located at Caldwell Toyota, followed by tacos catered by El Fuego! We'll kick things off with a group photo at 5:30 pm, then ride and refuel. An outdoor ride option will also be available.

Details for All Events

- Free and open to ages 18+
- Space is limited
- Eventbrite reservation required for the indoor ride and the stationary sunset ride
- First-time riders are welcome!

Scan the QR code to register for these events!

Level Up Sports Performance Camp

This fall break, young athletes will have the opportunity to train in speed, agility, strength, and recovery techniques designed to build fitness and boost performance.

October 20 - October 22

- Ages 7-10 1:00 - 2:30 pm
- Ages 11-18 3:00 - 4:30 pm
- $50 members, $65 non-members

Space is limited. Register early to reserve your spot!






Halloween Play Center Hours & Trick-or-Treat

The Play Center will offer trick-or-treating on Friday, October 30, from 9:00 – 11:30 am. Attendants will take all children checked in at the Play Center around different areas of the HFC, so be sure to make plans to have them in costume!



Fall Swim Programs 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.

Dolphins Stroke Development

- Ages 5-18
- October 20 - November 11
- Tuesdays & Thursdays
- 6:30 - 7:30 pm
- $45 Members, $65 Non-Members
- Swim test and in-person registration is required.



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

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