

InMotion

Celebrate National Women's Health & Fitness Day- September 30



STRONG LOOKS GOOD ON YOU.

Every woman's strength is unique. On September 30, celebrate National Women's Health and Fitness Day by finding special ways to celebrate, connect and prioritize your health at the HFC.

HFC Confidence Wall

Share and take a photo!

Empowerment Card Station

Encourage other women who inspire you!

12 Group X and 2 Aquatic Classes

14 ways to show up and move. Choose which one empowers you!

HFC Limited Addition Apparel

New merchandise available in September

September Group X Updates

Cardio Sculpt will continue on Tuesdays in September at 12:05 pm!

This total body workout blends cardio bursts, strength and functional movement. Bethany, Amanda and Kathryn will lead throughout the month.

The GRIND

Mondays, Wednesdays, and Fridays with Erika

Cardio Sculpt

Tuesdays with Bethany, Amanda, and Kathryn

Fine Tuning Amplified

Thursdays with Amanda

Don't forget that you can fit a Group X class into your lunch break Monday-Friday!

September 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.

The HFC will be closed Monday, September 7 in observance of Labor Day.



September Weekend Pop-Up Classes

Saturday 7:30 am Pop-Up Classes

September 5: Barre Sculpt with Cathy

September 12: Step with Kathryn

September 19: Pilates Strength with Dena

September 26: Glute Camp with Kathryn and Cycle with Karl

Sunday 2:00 pm Pop-Up Classes

September 6: Cardio Sculpt with Bethany

September 13: Line Dancing with Dena

September 20: Step with Kathryn

September 27: Mind-Body Yoga with Lori

Parents' Night Out- Friday, September 11

With school back in session, 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!



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!



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. The Health and Fitness Center will host two special events to celebrate.

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.

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 Both 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!

Registration links will be available soon on the HFC website, Facebook, or Instagram.



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
- September 22 - October 15 & 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.



Thursday After Dark Classes at 6:30 pm

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!

September 3: Cardio Sculpt After Dark with Amanda

September 17: Glute Camp After Dark with Kathryn

More After Dark classes coming in October!

Future classes will be based on attendance and feedback.



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