

Group Exercise July | 2025

In observance of Independence Day, the HFC will be closed on Friday, July 4.



Join us for a morning of fun, sweat, and community with a special class lineup the day after the 4th!

Star Spangled Cycle
with Bethany | 9:00 am (30-minutes)

Freedom Flex
with Bethany | 9:45 am (30-minutes)

Red, White & MOVE Zumba
with Dena | 10:30 am (45-minutes)

Grab your friends, rock your **red, white, and blue**, and come ready to MOVE! **Please note that regularly scheduled classes will not be offered, including Aqua Zumba.*

Weekend Pop-Up Classes

Sunday, July 6 | 2:00 pm
Step with Bethany

Sunday, July 13 | 2:00 pm
High/Low with Dena

Sunday, July 20 | 2:00 pm
Step with Bethany

Sunday, July 27 | 1:10 pm
Aqua Zumba with Amy

Silver Pop-Up Class
Tuesday, July 15 | 11:00 am
Joint Efforts with Kristen Suter

Start your Fridays strong! Rebecca will be leading a Step class every Friday at 5:10 am, starting July 11 and running through the month of July. And for our early risers who love to ride—Karl will also be offering a Cycle class at 5:10 am.

MONDAY

5:10 am	Cycle with Karl	45 min
5:10 am	360 Strength with Rebecca	45 min
8:30 am	Core with Rebecca	25 min
9:00 am	Cycle with Kristen	45 min
9:05 am	High/Low with Dena	45 min
10:00 am	Flow Yoga with Dena/Amanda	45 min
11:00 am	Silver Strong with Natalie	45 min
12:00 pm	The GRIND with Erika	45 min
4:30 pm	Full Body Sweat with Cristin	45 min
5:30 pm	Cycle with Rachel	50 min
5:30 pm	Pure Strength with Valerie	50 min
6:45 pm	Zumba® with Amy	45 min

TUESDAY

5:10 am	The GRIND with Erika	45 min
5:10 am	Power Intervals with Danielle	45 min
8:45 am	360 Strength with Bethany/Amanda	60 min
4:30 pm	Pilates with Elizabeth	45 min
5:30 pm	High/Low with Dena	50 min
6:30 pm	Yoga with Dena	30 min

WEDNESDAY

5:10 am	Cycle with Karl	45 min
5:10 am	HIIT + Stretch with Rebecca	45 min
8:00 am	Core with Kimberly	25 min
8:45 am	Step with Emily/Rebecca	45 min
8:45 am	Cycle + Top it Off with Kimberly	50 min
10:00 am	Fine Tuning with Amanda	45 min
11:00 am	Silver Strong with Natalie	45 min
4:30 pm	Power Push + Stretch with Rachel	45 min
5:30 pm	HIIT with Valerie	30 min
6:05 pm	Pure Strength Express with Valerie	30 min
6:45 pm	Express Pilates with Valerie	30 min

THURSDAY

5:10 am	Power Pump with Danielle	45 min
8:45 am	360 Strength with Emily	60 min
4:30 pm	Pilates with Elizabeth	45 min
5:30 pm	Cycle with Cristen	45 min
5:45 pm	Zumba® with Dena	45 min

FRIDAY

5:10 am	Cycle with Karl	45 min	●
5:10 am	Step with Rebecca	45 min	●
8:30 am	Core with Danielle/Bethany	25 min	
9:05 am	Step & Strength with Danielle/Bethany	45 min	
9:00 am	Cycle + Top it Off with Amanda	50 min	
10:00 am	Unwind with Rebecca	45 min	
11:00 am	Silver Strong with Kristen	45 min	
12:00 pm	The GRIND with Erika	45 min	

SATURDAY

8:35 am	Cycle with staff	45 min	
	*Special lineup Bethany Karl Rachel		
9:30 am	360 Strength with staff	45 min	
	*Special lineup Emily Valerie Rachel		
10:30 am	Zumba® with Dena/Amy	45 min	

KEY

- NEW INSTRUCTOR
- NEW CLASS/FORMAT
- NEW DAY/TIME
- NEW TIME

Conway Regional Health & Fitness Center

Group Exercise Schedule | Class Descriptions

Core | 25 minutes of core work (abdominals, low back and high glute strengthening moves.)

360 Strength | Challenge your entire body in this effective, safe & comprehensive strength workout. Dumbbells, bodyweight & more will be used to move your body in all planes of fitness. Get ready to become stronger & test your limits with strength, cardio bursts and core work!

Conditioning & Strength | Look forward to conditioning and sculpting your whole body in this energizing and fun class based on movement! Three circuits designed to raise your heart rate and strengthen your muscles. Weights, bands, gliders, steps, and the like—the class never gets boring!

Cycle | Come ready to climb, sprint, and train to incredible music – all while on stationary bike!

Flow Yoga | Flow Yoga is a dynamic, seamless practice that links breath with movement. This class guides you through a series of flowing postures, building strength, flexibility, and mindfulness.

Fine Tuning | Fine Tuning is a dynamic and focused class that blends yoga, Pilates, core strengthening, and endurance training into a seamless workout.

Full Body Sweat | This 45-minute format offers a combination of strength with bursts of HIIT (high intensity interval training.)

HIGH Fitness | Choreographed interval training with intense cardio peaks and toning tracks pushes your heart rate and greatly improves your strength. Come jam out to songs you know and love, while taking your overall fitness to the next level! *High/Low fitness offers a modern twist on low-impact aerobics that mixes cardio & toning!

HIIT + Stretch | This format offers high intensity interval training to challenge your strength, speed, power and agility! Be ready to hit the floor and push yourself to the max, then stay for a 15-minute stretch.

Pilates | Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement.

Power Intervals | This format offers timed intervals of cardio and strength.

Power Pump | This format offers a mix of cardio and strength to the beat of the music.

Power Push | Work up a sweat with this effective calorie-burning combo utilizing dumbbells & bodyweight! A fast-paced class designed to engage all muscle groups. Minimal rest, all-out effort.

Pure Strength | Challenge your entire body in this effective, safe & comprehensive strength workout.

Silver Strong | Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living.

Step | Step is a great cardio option that tones your glutes and legs while building stamina & endurance! This energizing workout uses a step and risers.

Step & Strength | This high-energy, 45-minute class blends classic step cardio with strength training for a full-body workout. You'll alternate between fun, rhythmic step combinations and targeted strength moves using weights.

The Grind | Anything goes in this class geared for intermediate to advanced fitness levels.

Unwind Yoga | Come ready to unwind your mind, body and spirit in this gentle, restorative style yoga format. All levels.

Yoga | Classes will include building strength in the core, balance in the body, as well as increasing flexibility and range of motion. Calm your mind, feel alive and revived.

Zumba® | Let's dance! A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class!

- All cycle classes will be held in the spin studio on level 1
- The GRIND will be held on the multifunctional area on level 1
- All other classes will be held in the group exercise studio on level 1
- Kids age 11-13 may attend classes with parent
- The schedule is subject to change monthly based on attendance & instructor availability