



MONDAY

5:10 am	Cycle - Karl	45 min
5:10 am	360 Strength - Rebecca	45 min
6:10 am	Fine Tuning Amplified - Amanda	40 min
8:30 am	Core - Rebecca	25 min
9:00 am	Cycle - Kristen	45 min
9:05 am	Zumba - Dena	45 min
10:00 am	Flow Yoga - Shanley	45 min
11:00 am	Silver Strong - Kristen	45 min
12:05 pm	The GRIND - Erika	45 min
4:30 pm	Full Body Sweat - Cristin	45 min
5:30 pm	Cycle - Rachel	50 min
5:30 pm	Pure Strength - Valerie	50 min
6:45 pm	Zumba® - Amy	45 min

TUESDAY

5:10 am	The GRIND - Erika	45 min
5:10 am	Pilates Strength - Danielle	45 min
8:45 am	360 Strength - Bethany	60 min
10:00 am	Mind-Body Express - Shanley	30 min
11:00 am	Zumba Gold® - Kathryn	45 min ●
12:05 pm	Pilates Strength - Danielle	40 min
4:30 pm	Pilates - Elizabeth	45 min
5:30 pm	Barre - Dena	40 min
6:20 pm	Yoga - Dena	30 min

WEDNESDAY

5:10 am	Cycle - Karl	45 min
5:10 am	Power Push + Stretch - Rebecca	45 min ●
6:10 am	Barre - Cathy	40 min ●
8:00 am	Core - Kimberly	25 min
8:45 am	Step - Emily/Rebecca	45 min
8:45 am	Cycle + Top it Off - Kimberly	50 min
10:00 am	Fine Tuning - Amanda	45 min ●
11:00 am	Silver Strong - Samantha	45 min
12:05 pm	The GRIND - Erika	45 min
4:30 pm	LIFT - Rachel	45 min
5:30 pm	Build & Burn - Valerie	45 min
6:25 pm	Pilates - Valerie	35 min

THURSDAY

5:10 am	Power Pump - Danielle	45 min
8:45 am	360 Strength - Emily	60 min
10:00 am	Mobility Express - Shanley	30 min
12:05 pm	Fine Tuning Amplified - Amanda	40 min
4:30 pm	Pilates - Elizabeth	45 min
5:30 pm	Power Circuit - Cristin	45 min
5:30 pm	Zumba® - Dena	45 min

FRIDAY

5:10 am	Conditioning & Strength - Cathy	45 min ●
8:30 am	CoreLIIT - Bethany/Kathryn/Shanley	25 min
9:05 am	Cardio Sculpt-Bethany/Kathryn/Shanley	45 min
9:00 am	Cycle + Top it Off - Amanda	50 min
10:00 am	Unwind - Rebecca	45 min
11:00 am	Silver Strong - Samantha	45 min
12:05 pm	The GRIND - Erika	45 min

SATURDAY—NEW STACK!

PLUS: 7:30 am pop-up classes

8:45 am	360 Strength - Closed Bethany Cristin Rachel
9:45 am	Mind Body Mix - Closed Dena Kimberly Rachel
10:30 am	Zumba® - Dena/Amy

Independence Day

In observance of Independence Day, the HFC will be closed on Saturday, July 4. We hope you have a safe and happy holiday celebrating with family and friends!

Saturday 7:30 am Pop-Up Classes

July 11 | Cardio Kickboxing with Bethany
July 18 | Pilates Strength with Danielle
July 25 | Glute Camp with Kathryn

Sunday 2:00 pm Pop-Up Classes

July 5 | Line Dancing with Dena
July 12 | Step with Bethany
July 19 | Line Dancing with Dena
July 26 | Zumba with Amy

Schedule Changes

NEW: Zumba Gold with Kathryn

Tuesdays at 11:00 am

Low-impact dance fitness that's fun, easy to follow, and joint-friendly for all levels.

NEW FORMAT:

Power Push + Stretch with Rebecca

Wednesdays at 5:10 am

A fast-paced strength workout followed by a relaxing stretch.

RETURNING: Fine Tuning with Amanda

Wednesdays at 10:00 am

Welcome Back, Cathy!

Beginning July 8 & 10:

Barre | Wednesdays at 6:10 am and Conditioning & Strength | Fridays at 5:10 am

*Pilates Strength with Amanda continues through July 1

*Step with Rebecca continues through July 3

KEY

New Instructor ●

New Class/Format ●

New Time ●

Class Types

Strength = Green

Mind/Body = Blue

Cardio = Orange

Hybrid = Magenta

Conway Regional Health & Fitness Center Group Exercise Schedule | Class Descriptions

Barre | A low-impact, full-body workout that combines strength, endurance, and small, controlled movements to tone and sculpt.

Build & Burn | Strength meets intensity in this quick-hit format—build muscle, then finish strong with a high-energy cardio burst. This one and done format will keep you challenged!

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

CoreLIIT | This format blends Pilates-inspired movement with low-impact intervals for a workout that strengthens, lengthens, and energizes.

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!

Cardio Sculpt | A total-body workout blending cardio bursts, strength, Pilates, and functional movement—designed to build strength, improve mobility, and elevate your heart rate.

Conditioning & Strength | A total-body workout featuring three energizing circuits designed to boost cardio fitness and build strength using a variety of equipment. No two classes are the same!

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.

Fine Tuning Amplified | This format blends power yoga, Pilates-inspired core work, strength training, and endurance intervals. Expect intensity, controlled power, and movements that challenge both body and mindset.

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

LIFT | This format combines strength training and workout-of-the-day style programming with safe, progressive movement for all fitness levels.

Mobility Express | A quick, effective class focused on improving mobility, flexibility, and joint health to help you move and feel better.

Mind-Body Express | Offers a blend of yoga, mobility, and Pilates designed to help you move, recover, and reset.

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.

Pilates Strength | A low-impact, high-intensity workout that combines traditional Pilates principles with increased resistance to build muscular strength, endurance, and stability.

Power Circuit | Rotate through timed strength intervals and cardio pushes on bikes, rowers, and Assault equipment for a total-body burn. Strength, sweat, and serious energy—get ready to power up!

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

Power Push | Get ready for a fast-paced strength workout: 3 moves | 30 seconds each | 3 rounds. Then finish with a relaxing stretch to start your day right.

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!

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

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

Yoga | Build strength in the core, balance in the body, as well as increasing flexibility and range of motion.

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. Power Circuit will be held in open area behind spin 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
- **Class Size Limits:** For safety and to ensure enough equipment, some classes have limits. Ex: Silver Strong – chairs | Step – steps | Cycle – bikes