



MONDAY

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|----------|--------------------------------|--------|
| 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 ● |
| 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 | HIIT + Stretch - Rebecca | 45 min |
| 6:10 am | Pilates Strength - Amanda | 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 | Cardio Sculpt - Shanley | 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 | Step - Rebecca | 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 - Rebecca Bethany Valerie Kathryn |
| 9:45 am | Mind Body Mix - Valerie Shanley Rebecca Shanley |
| 10:30 am | Zumba® - Dena/Amy |

Corporate Games – Facility Update

Corporate Games will take place at the HFC on **Friday, June 5** from 8:00 am – 1:00 pm. Please note the following facility & schedule changes due to this event:
 - Members will have access to all areas of the facility *except* the Level 1 functional space/turf area and the aquatic area (including the sauna, steam room, and whirlpool) from 8:00 am – 1:00 pm.
 - All **group exercise** & aquatic classes will be **canceled** from 8:30 am – 12:45 pm.

Saturday 7:30 am Pop-Up Classes

June 6 | Pilates Strength with Danielle
 June 13 | Cardio Kickboxing with Bethany
 June 20 | Pilates Strength with Danielle
 June 27 | Roll & Restore with Kimberly
**Deep Core Training + foam roller recovery*

Sunday 2:00 pm Pop-Up Classes

June 7 | Pilates Strength with Danielle
 June 7 | Aqua Zumba with Amy at 1:10 pm*
 June 14 | Line Dancing with Dena
 June 28 | Cardio Sculpt with Bethany

11:00 am Silver Pop-Up Classes

June 2 | Silver Yoga with Lori
 June 9 | Zumba Gold with Kathryn

Schedule Changes:

Tuesdays | 10:00 am *June 2
 NEW: Mind-Body Express with Shanley

Wednesdays | 10:00 am *June 10
 NEW: Cardio Sculpt with Shanley

Rachel Returns!
 Mondays | 5:30 pm Cycle *June 8
 NEW: Wednesdays | 4:30 pm LIFT *June 10

While Cathy is in Paris:
 Wednesdays at 6:10 am *June 10
 Pilates Strength with Amanda

Fridays at 5:10 am *June 5
 Step with Rebecca

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.

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. Love Fine Tuning? Try Amplified.

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

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.

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 muscles with each movement.

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.

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 Yoga | 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