

## GROUP EXERCISE

May | 2025

The HFC will be closed on  
Monday, May 26 in honor  
of Memorial Day.

### Saturday Early AM Pop-Up

Join Amanda Castillo on Saturday,  
May 10 for Full Body Sweat at 7:30 am!

### Sunday Pop-Up Classes

Sunday, May 11 | 2:00 pm  
Zumba with Rachel Sidney

Sunday, May 18 | 2:00 pm  
Step with Bethany MacAlmon

Sunday, May 25 | 2:00 pm  
High/Lo with Dena Meriweather

### Silver Pop-Up Classes

Tuesday, May 13 & 20 | 11:00 am  
Joint Efforts with Kristen Suter

The Conway Regional Corpo-  
rate Games will be held Friday,  
May 16 from 8:00 am - 1:00 pm.

During this time, members will still  
have full access to the facility, except  
for: functional training space on Fit-  
ness Floor Level 1 and the pool area.

Please note: Noise levels may be ele-  
vated due to event activities, includ-  
ing cheering and competitions  
throughout the building.

The following Friday classes will be  
cancelled for the event: 8:30 am Aqua  
Core, 8:30 am Core, 9:00 am Cycle,  
9:05 am Power Push, 10:00 am Un-  
wind Yoga, 10:30 am Aqua Amp, 11:00  
am Silver Strong and 12:00 pm Grind.

We appreciate your understanding  
and support as we host this exciting  
event!

### 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 Amanda/Dena	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 Amanda	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/Cathy	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 Kisten/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	Power Cycle with Danielle	45 min
5:10 am	Conditioning & Strength with Cathy	45 min
8:30 am	Core with Danielle/Bethany	25 min
9:05 am	Power Push with Danielle/Bethany	30 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
	Cristin   Amanda   Bethany   Karl   Bethany	
9:30 am	360 Strength with staff	45 min
	Cathy   Emily   Rachel   Valerie   Bethany	
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 & Mindful 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 Cycle** | This format offers periods of strength work off the bike.

**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 offers a mix of high-energy step and strength work!

**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