

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! | 45 or 60 min format.

Barre | This class combines yoga, Pilates, strength training & ballet in specific sequencing patterns and isometric movements that target distinct muscle groups. | 45 min format.

Bike then Barre | Experience a 40 minute challenging ride, followed by a 10 minute Barre finisher series for your lower body using the bike as your barre! | 50 min format.

Cardio Barre | Non-stop body sculpting with a dose of heart pumping cardio! A total body experience with choreographed strength & cardio sections. Bodyweight & dumbbells will be used. | 45 min format.

Core | 25 minutes of core work (abdominals, low back and high glutes)

Cycle | Looking for a high-energy, low-impact cardio class? You'll climb, sprint, and train to incredible music! | 45 min format.

Fine Tuning | Fine-tune every muscle group in your body with endurance-based strength work using body weight, light weights, gliding discs and versa loops! You will leave this class fully fine-tuned and feeling good! Geared towards intermediate to advanced fitness levels | 45 min format.

HIGH Fitness | This format brings aerobics back in a hip and unique way! HIGH takes Old School Aerobics and transforms it into a modern, heart pounding, fun, and effective workout. Take it HIGH or take it low! | 45 min format.

HIIT the Floor! | 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! | 30 min format. *HIIT + Stretch | 45 min format.

Pilates | This class is designed to strengthen & tone the core of the body while also improving flexibility | 45 min format.

PiYo | This class offers a total-body workout combining the practices of Pilates and yoga in a fast moving flow. | 45 min format.

Power Push | Work up a sweat with this effective calorie-burning combo utilizing dumbbells & bodyweight! A 30 minute fast-paced class designed to engage all muscle groups. Minimal rest, all out effort. | 30 min format.

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. | 45 min format.

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. | 45 min format.

The Grind | Anything goes in this class geared for intermediate to advanced fitness levels | 45 min format.

Unwind Yoga | Come ready to unwind your mind, body and spirit in this gentle, restorative style yoga format. All levels. | 45 min format.

Yoga for Everyone | Improve strength, balance & flexibility. All levels are welcome. | 30 or 45 min format.

Zumba® | This class fuses Latin rhythms & easy to follow moves to create a dynamic fitness program that will get you moving! | Zumba Gold® is a lower impact version of the class. | 45 min format.



November Group Exercise Schedule

🕒 Changes for November

- Wednesday 5:45 pm Cardio Sculp with Dena will now be Cardio Barre
- Friday 5:10 am PiYo® is cancelled

📍 **Pop-up Classes** | We are excited to offer several upcoming pop-up classes, so mark your calendars!

🧘 **Yoga with Lori** | Sunday, November 13 & 20 | 2:00 pm
The 45-60 minute class will offer a combination of traditional yoga flow, full body stretching/flexibility, and guided relaxation.

🧘 **Mindful Pilates with Audrey** | Wednesday, November 2, 16 & 30 | 10:00 am
This 45-minute matwork Pilates class is a core centered, feel-good stretch format that includes relaxation, flexibility, and mind-body balance.

On **Wednesday, November 23** we will close at 8:00 pm and we will not offer Group Exercise or Aquatic classes after 12:00 pm.

The HFC will be closed on **Thursday, November 24** in observance of Thanksgiving.

We will offer a **special lineup of Group Exercise classes** on **Friday, November 25**.

🛏️ **Sleep in, or shop till you drop and then come get in a workout!**

9:00 am Cycle | 45-50 minute format

10:00 am Full Body Sweat | 45-minute format that offers a combination of strength with bursts of HIIT

11:00 am | Unwind Yoga | 45-minute format

MOVE MORE. LIVE BETTER.

conwayregionalhfc.org

Conway Regional Health & Fitness Center | Group Exercise Schedule | November

MONDAY

5:10 am	Cycle 45 min	Karl	Spin Studio		
5:10 am	360 Strength 45 min	Rebecca	Group X Studio	BYOM Bring your own mat	
8:30 am	Core 25 min	Rebecca	Group X Studio	BYOM Bring your own mat	✓
9:00 am	Cycle 50 min	Amanda	Spin Studio		✓
10:00 am	Fine Tuning 45 min	Amanda	Group X Studio	BYOM Bring your own mat	
11:00 am	Silver Strong 45 min	Audrey	Group X Studio		
12:00 pm	The GRIND 45 min	Erika	Court/Turf	BYOM Bring your own mat	✓
4:30 pm	Power Push 30 min	Lori	Group X Studio	BYOM Bring your own mat	✓
5:05 pm	Yoga for Everyone 30 min	Lori	Group X Studio	BYOM Bring your own mat	✓
5:45 pm	360 Strength 60 min	Audrey	Group X Studio	BYOM Bring your own mat	✓
7:00 pm	Zumba® 45 min	Amy	Group x Studio		

TUESDAY

5:10 am	The GRIND 45 min	Erika	Court/Turf	BYOM Bring your own mat	
6:05 am	Yoga for Everyone 45 min	Rebecca	Group X Studio	BYOM Bring your own mat	
8:45 am	360 Strength 60 min	Audrey/Rebecca	Group X Studio	BYOM Bring your own mat	
4:30 pm	Pilates 45 min	Elizabeth	Group X Studio	BYOM Bring your own mat	✓
5:45 pm	Cycle 45 min	Lori	Spin Studio		✓
5:45 pm	High Fitness 45 min	Dena	Group X Studio	BYOM Bring your own mat	✓

WEDNESDAY

5:10 am	Cycle 45 min	Karl	Spin Studio		
5:10 am	HIIT + Stretch 45 min	Rebecca	Group X Studio	BYOM Bring your own mat!	
8:30 am	HIIT the Floor! 30 min	Rebecca	Group X Studio	BYOM Bring your own mat!	
9:00 am	Bike then Barre 50 min	Amanda	Spin Studio	BYOM Bring your own mat	✓
9:05 am	Step 45 min	Rebecca	Group X Studio		✓
11:00 am	Silver Strong 45 min	Audrey	Group X Studio		
4:30 pm	Power Push 30 min	Audrey	Group X Studio	BYOM Bring your own mat	✓
5:05 pm	Yoga for Everyone 30 min	Dena	Group X Studio	BYOM Bring your own mat	✓
5:45 pm	Cardio Barre 45 min	Dena	Group X Studio	BYOM Bring your own mat	✓

THURSDAY

5:10 am	360 Strength 45 min	Megan	Group X Studio	BYOM Bring your own mat	
8:45 am	360 Strength 60 min	Emily	Group X Studio	BYOM Bring your own mat	✓
4:30 pm	Pilates 45 min	Elizabeth	Group X Studio	BYOM Bring your own mat	✓
5:45 pm	Cycle 45 min	Lori	Spin Studio		✓
5:45 pm	Zumba® 45 min	Dena	Group X Studio		✓

FRIDAY

5:10 am	Cycle 45 min	Megan	Spin Studio		
8:15 am	Power Push 30 min	Rebecca	Group x Studio	BYOM Bring your own mat	✓
9:00 am	Barre 45 min	Rebecca	Group X Studio	BYOM Bring your own mat	✓
9:00 am	Cycle + Top it Off! 50 min	Amanda	Spin Studio	BYOM Bring your own mat	✓
10:00 am	Unwind Yoga 45 min	Amanda	Group X Studio	BYOM Bring your own mat	✓
11:00 am	Silver Strong 45 min	Deanna	Group X Studio		✓
12:00 pm	The GRIND 45 min	Erika	Court/Turf	BYOM Bring your own mat	

SATURDAY

8:15 am	Cycle 45 min	Megan Rebecca Karl Natalie	Spin Studio		✓
9:15 am	360 Strength 60 min	Megan Rebecca Audrey Natalie	Group X Studio	BYOM Bring your own mat	✓
10:30 am	Zumba® 45 min	Dena/Amy	Group X Studio		✓

✓ Kids age 12-14 may attend with parent

*The schedule is subject to change monthly based on attendance & instructor availability.