



## Group Exercise

October 2025

### 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	Zumba with Dena	45 min
10:00 am	Flow Yoga with Dena/Amanda	45 min
11:00 am	Silver Strong with Kristen	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 Amanda/Bethany	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 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 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	Conditioning & Strength with Cathy	45 min
5:10 am	Cycle & Strength with Danielle	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 Natalie	45 min
12:00 pm	The GRIND with Erika	45 min

### SATURDAY

8:35 am	Cycle with staff	45 min
	Rachel   Bethany   Rebecca   Bethany	
9:30 am	360 Strength with staff	45 min
	Cristin   Cristin   Cristin   Valerie	
10:30 am	Zumba® with Dena/Amy	45 min

#### October Check-In Challenge

From October 1–31, every visit to the HFC gets you closer to winning amazing prizes. The more you check in, the better your chances to win!

Here's how it works:

- ☒ 15 check-ins = Entry to win a Chick-fil-A gift card
- ☒ 20 check-ins = Entry to win a Stanley 40 oz tumbler + Liquid I.V. packs
- ☒ 25+ check-ins = Entry into the GRAND PRIZE drawing for Beats Studio Buds

**Bonus Round!** Snap a gym selfie and tag us to earn one extra point per post—up to five bonus points total!

Let's make October your strongest month yet. Show up, check in, and win!

#### Schedule Changes

Mondays | 9:05 am

High/Low will change to Zumba with Dena

Fridays | 5:10 am

Cycle & Strength with Danielle is back!

#### Weekend Pop-Ups —All at 2:00 pm:

Oct. 5 | Biketoberfest Kickoff with Amanda  
*\*Registration required via Eventbrite*

Oct. 12 | Zumba Toning with Rachel

Oct. 19 | Cardio Kickboxing with Bethany

Oct. 26 | Yoga with Lori

#### Silver Pop-Ups

Oct. 9 & 23 at 1:00 pm – Strides & Strength with Kristen

Oct. 7, 14 & 21 at 11:00 am – Move to the Beat with Rebecca

Oct. 28 at 11:00 am – Chair Yoga with Lori





#### Halloween PC Hours & Trick-or-Treat

The Play Center will offer trick-or-treating for members on Friday, October 31, from 9:00 – 11:30 am.

Please note that the Play Center will be closed for the afternoon/evening shift on Halloween.

For more information, reach out to Amanda Castillo at 501-450-9292, ext. 306.

#### 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
- 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. Example: Silver Strong – chairs | Step – steps | Cycle – bikes