

SEPTEMBER 2025

Newsletter

SPORTS & FITNESS CENTER

🎉👤♂ **Happy 14th Birthday to the
Conway Sports & Fitness Center!** 🏀🎂

**We're celebrating 14 incredible years of
fitness, fun, & community! 💪**

**From early mornings in the weight room
to evening games on the courts,
YOU, our amazing members, have made
every moment special.**

**Here's to 14 years of healthy living,
teamwork, and friendships that last a
lifetime. Thank you for being part of our
journey! We couldn't have done it
without you! ❤️**



CSFC

HAPPY

BIRTHDAY



September Observance & Awareness Days



Labor Day : (Sept. 1st)

National Bacon Day : (Sept. 6th)

National Literacy Day: (Sept. 8th)

Positive Thinking Day: (Sept. 13th)

International Day Of Peace: (Sept. 21st)

First Day Of Fall: (Sept. 22nd)

National Waffle Week (Sept. 1st-8th)

National Yoga Month (Sept. 1st-30th)



THINK POSITIVE!



SWIM



CONWAY PARKS AND RECREATION
September Swim Lessons
Session Dates (Tuesdays and Thursdays):
Registration begins online September 2nd @ 8:00am
Tuesday, September 9th – Thursday, September 25th
Residents: \$45
Non-Residents: \$55

Parent-Toddler
4:00pm-4:30pm (6 MOS-3 YRS) With a parent or guardian in the pool, children will develop the skills needed to become comfortable in water environments. The instructor will work with your toddler on blowing bubbles, submerging head/face in water and rolling from front float to back float with assistance.

Preschool
4:30pm-5:00pm (3-5 YRS) With no parent in the pool, preschoolers will develop independence in the water and learn new swim skills, such as freestyle, elementary backstroke. The instructor will work with your toddler on performing combined arm and leg motions for backstroke, streamline flutter kicks on their back, streamline flutter kicks on their front while blowing bubbles, and front float/back float.

Beginner
5:00pm-5:30pm OR 5:30-6:00 (5-14 YRS) This is for swimmers who are comfortable in the water but want to push their swim skills to the next level. Children will learn how to tread water, swim longer distances, refine freestyle and backstroke, and float without assistance.

For questions please contact:
kpardes@conwaysc.gov

GLOW PARTY
The Oasis at
Smith Jones Park
Celebrate the end of summer
September 5th, 2025
6:00pm - 9:00pm

Free pizza, drinks, music, open to ALL ages, glow sticks while supplies last.
Swim suits are required to enter the water

1710 Smith Jones St.
Conway SC, 29526

\$5.00 per person

Wellness OPPORTUNITIES


925 Weight Loss Challenge

Fall Into Fitness

Oct. 1st–Nov. 19th

*Registration for CSFC Members @
WWW.CONWAYPARKSANDRECREATION.NET
Mon Aug. 25th \$25/Person

Weekly Weigh-Ins, Challenges, Accountability, and More!



THE CITY OF CONWAY
SFC
SPORTS & FITNESS CENTER

Where:
Conway Sports & Fitness Center Lobby
1515 Mill Pond Road Conway, SC 29924

When: Wednesday October 8th: 9am–11am
Wednesday October 22nd: 11am–2pm

GET YOUR FLU SHOT!

Protect Yourself and Your Loved Ones!

Flu season is here. Don't wait get vaccinated! Our clinic offers \$25 Flu Shots, Medicare/State Health Plan is accepted. Walk-ins welcome!



THE CITY OF CONWAY
SFC
SPORTS & FITNESS CENTER

For More Information Contact:
843-488-1950

7TH ANNUAL
UNDER THE LIGHTS

5k/Run/Walk

WEDNESDAY, DECEMBER
10TH

6:00PM

COSTUME CONTEST, VISITS WITH SANTA, AGE GROUP AWARDS, FINISHER MEDALS, & MUCH MORE!

REGISTRATION BEGINS JULY 1ST

[HTTPS://RUNSIGNUP.COM/RACE/SC/CONWAY/CITYOFCONWAYUNDERTHELIGHTS5KRUNWALK](https://runsignup.com/race/sc/conway/cityofconwayunderthelights5krunwalk)



VOLUNTEERS NEEDED!

Our upcoming 5K Run/Walk is right around the corner, and we need YOUR help to make it a success! 🧑🏻♂️🧑🏻♀️

We're looking for enthusiastic volunteers to assist with:

- ✓ Registration & check-in
- ✓ Water stations
- ✓ Course guides/cheer squads
- ✓ Finish line support

This is a great way to get involved, support our community, & cheer on participants as they cross the finish line!

If Interested Please Contact
Jessica Stalvey @ jstalvey@conwaysc.gov

Adjusted Court Availability

Attention Members & Guests Please Be Aware
Of The Following Adjustments Regarding
Court Availability :

We have tryouts September 2nd and 3rd on
court 2.

Volley Ball Practices will begin on
Monday, September 8th on both courts.

Holiday Closing :

LABOR
★ DAY ★

Please Be Aware That CSFC Will Be Closed Monday
Sept. 1st In Observance Of Labor Day!

yoga FUN!

I think when I
tell people I
do yoga they
just think I'm
a poser.

How can one
look at things
from a different
perspective?

By doing poses
in yoga.

Healthy recipe!



Ingredients

Quinoa flour
1 3/4 cups
Currants
1 cup
Chopped pecans
1/2 cup
Baking soda
1/2 tsp
Alum-free baking powder
1/2 tsp
Salt
1/2 tsp
Ground cloves
1/2 tsp
Sweet butter, unsalted
1/2 cup
Sucanat sugar or maple sugar
1 cup
Large organic egg
1 ea
Unsweetened, organic applesauce
2 cups

QUINOA APPLESAUCE Cake!

Directions

Preheat oven to 350 degrees F.

Sprinkle 1/4 cup of the flour over the currants and nuts and set aside.

Blend the baking soda, baking powder, salt and cloves with the remaining quinoa flour.

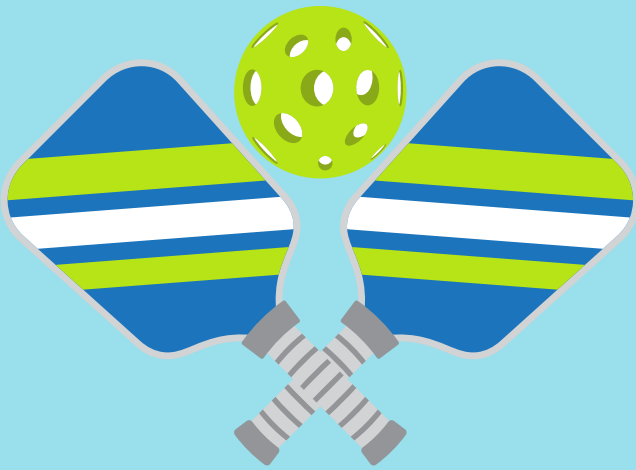
Separately mix together butter, sugar and egg.

Combine all ingredients, adding the fruit and nuts at the end.

Spoon into an oiled 8 x 8 – inch cake pan and bake for 40 to 45 minutes or until the cake tester inserted in the center comes out clean.

PICKLEBALL HAPPENINGS!

CLINICS/TOURNAMENTS



*Beginner's
Pickleball*

TUESDAY & THURSDAYS
BEGINNING SEPT. 9TH-NOV. 20TH
12:30PM-1:30PM

COLLIN'S KIDS COURT #2

*Looking For A Chance To Learn The Fundamentals Of
Pickleball? Join Us Each Week To Discover Basic Skills
Sure To Get You Playing On The Courts !*

 For more information Contact
Coach Nick Bucholtz @ 843-488-4279 



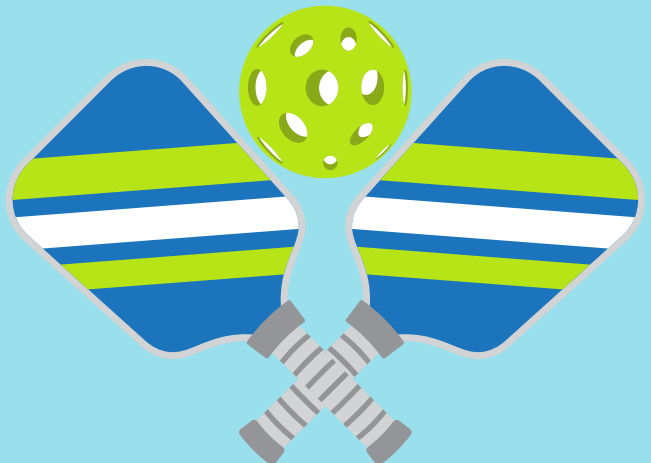
**MIXED DOUBLES
PICKLEBALL
TOURNAMENT**

Doubles-Format - All Skill Levels Welcome
Members - \$30 Non-Members - \$35

 **Saturday, September 13**
9:00 am - 4:00 pm

 **Conway Rec. Center -**
1515 Mill Pond Rd.

 To Register 
www.conwayparksandrecreation.net



Fitness Class

SPOTLIGHT

NATIONAL YOGA AWARENESS MONTH



Increased Muscle Strength

Increased Flexibility

Improved Posture

Improved Balance

Improved Heart Health

Improved Breathing

Improved Bone Health

Stress Relief

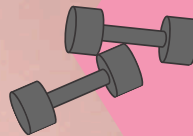
Improved Sleep

Improved Mood
**TRY A CLASS
TODAY!**



EQUIPMENT ORIENTATION

MONDAY 8TH & 15TH
12:30PM-1:30PM



COME DROP IN AND
FAMILIZARIZE YOURSELF
WITH OUR MACHINES
AND EQUIPMENT!

RUCK CLASS

Join Us for a Fun-Filled Ruck walk!

WEDNESDAY
SEPTEMBER 17TH
STARTS 6:15PM AT LADY BUG PARK

Lace up your sneakers and join us for an introduction to Rucks! Looking for a fun, low-impact way to get moving, meet new people, and give back to your community? Come ruck with us!

Conway RUCKcreation is all about community engagement and exercise—combining fitness with purpose.

CALL: 843-488-7682
WWW.CONWAYPARKSANDRECREATION.NET

PLEASE NOTE THAT COLLIN'S KIDS COURT# 1 & COURT#2 WILL BE BE CLOSED FOR OPEN PLAY SATURDAY SEPTEMBER 13TH DUE TO SCHEDULED TOURNAMENT.

ALSO GYM SPACE WILL BE LIMITED STARTING SEPTEMBER 2ND. DUE TO INDOOR YOUTH SPORTS!



CITY OF CONWAY Parks & Recreation

WACCAMAW SHRINE CLUB PRESENTS

4TH Annual

ON THE WACCAMAW BARBECUE FESTIVAL

FRIDAY, OCTOBER 10TH & SATURDAY, OCTOBER 11TH
 6PM-10PM | OLD TENNIS CENTER LOT (7 Elm St) 9AM-4PM | OLD TENNIS CENTER LOT (7 Elm St)

BOOTH VENDORS!!!

TRU SOL BAND
Friday, 7PM-10PM

35 KNOTZ BAND
Saturday 12PM-1:30PM

DOWNBEAT BAND
Saturday 2PM-3:30PM

VENDOR APPLICATIONS ARE NOW AVAILABLE ONLINE OR @ THE CONWAY SPORTS & FITNESS CENTER

SBN
Southern BBQ Network

SOUP COOK-OFF
FRIDAY NIGHT PUBLIC VOTES
\$200 PER VOTE

JUDGED BY SBN
\$5,000 IN PAYOUTS

FOR MORE INFORMATION PLEASE CALL JIMMY DRY (843) 458-7752

FALL YOUTH SPORTS

CITY RESIDENTS: \$30 NON-CITY RESIDENTS: \$75

REGISTRATION OPENS JULY 1, 2025-AUGUST 23, 2025. ONLINE OR AT THE CSFC.

FLAG FOOTBALL
 Little Tykes: Boys & Girls ages 5&6
 Pee Wee: Boys & Girls ages 7&8

YOUTH TACKLE FOOTBALL
 Small Fry: Boys & Girls ages 9&10
 Mite: Boys & Girls ages 11&12

YOUTH SOCCER
 Little Tykes: Boys & Girls ages 5&6
 Pee Wee: Boys & Girls ages 7&8
 Small Fry: Boys & Girls ages 9&10
 Mite: Boys & Girls ages 11&12
 Junior: Boys & Girls ages 13-15
 Senior: Boys & Girls ages 16-17

VOLLEYBALL
 Pee Wee: Boys & Girls ages 7-9
 Mite: Ages 10-12
 Junior: Ages 13-15

CHEERLEADING
 Small Fry: Ages 5-8
 Mite: Ages 9-12

YOUTH BASEBALL
 6 & Under, 8 & Under, 10& Under, 12 & Under, 14 & Under

YOUTH SOFTBALL
 8 & Under, 10& Under, 12 & Under, 15 & Under

TINY TIGERS
AGES 3-5: \$30 CITY- RESIDENTS, \$35 NON-CITY RESIDENTS
SATURDAYS STARTING SEPT. 6TH RUNS FOR 4 WEEKS.
 Flag Football: session lasts for 45 mins (field 2) at 9:00am
 Soccer: session lasts for 45 mins (field 1) at 10:00am

Birth Certificates are required for NEW participants!

The child's age on 9/1/25 determines the division of play for all sports! \$10 late fee after 8/23/25.

Conway Sports & Fitness Center
 1515 Mill Pond Rd, Conway, SC, 29526
 843-488-1950
www.conwayparksandrecreation.net

THE CITY OF CONWAY

SFC
SPORTS & FITNESS CENTER

Social Skills Workshops

FREE
Limited Availability

Location:
Senior Center
1519 Millpond Rd
Conway, SC 29526

September 20th
Topic: Building and Making Connections

October 18th
Topic: Emotions

October 25th
Topic: Self-regulations

November 8th
Topic: Gratitude

November 22nd
Topic: Kindness

December 20th
Topic: Mindfulness and Stress Management

Grades: Pre-K to 5th

Registration for each session ends the day before the workshop date.

Sign up online or in-person

Social Skills workshop a valuable approach to help children improve their social behavior. Whether for adults or children, it focuses on teaching essentials for social interactions.

Email: vricardo@conwaysc.gov

Online: www.conwayparksandrecreation.net

CONWAY TIGERSHARKS

Tryouts:

Tuesday, Sept 30th 4:30-7:00pm

Swimmers can show up anytime during this time period.

Requirements:
 Swimmers must be able to swim 25m freestyle & backstroke.
 Swimmers will be placed into a group based on their skills.

Practice Times:
BEGINNER- MON&WED: 4:30-5:30
INTERMEDIATE- M,W: 5:30-6:30 T,TH: 4:30-5:30
ADVANCED- M,W: 6:30-7:30 T,TH: 5:30-7:30

Pricing:
 (One time payment)
Novice: \$350
Novice Plus: \$400
Advanced: \$450

For Kids Ages 4-18

City of
CONWAY
Parks & Recreation

CONWAY SUPERSTAR

Junior Star ★ 12 & Under

Star ★ 13-17

Superstar ★ 18 & Up

SEPTEMBER 27TH, 2025

MCCOWN AUDITORIUM
805 MAIN ST. CONWAY, SC 29526

FOR MORE INFORMATION VISIT: WWW.CONWAYPARKSANDRECREATION.NET

**BE
COME
THE NEXT
CONWAY
SUPERSTAR**



DANCE



BEGINNER BALLET & JAZZ DANCE CLASS

FAIRY TALE FEET WITH A JAZZ BEAT
&
HIP HOP JAZZ WITH PIZAZZ

EVERY THURSDAY STARTING
SEPT. 25TH - OCT. 30TH

REGISTRATION FEE:
\$50/MEMBER
\$60/NON-MEMBER

DIVISION I: GIRLS AGES 8-8
THURS 4:30P-5:15P (BALLET/JAZZ)
DIVISION II: GIRLS 9-17
THURS 5:30P-6:15P (BALLET/JAZZ)

LEARN HOW TO PRANCE AND
DANCE LIKE A PRINCESS AND
FIND YOUR RHYTHM!

LOCATION: CONWAY
SENIOR CENTER

CONTACT:
SHARON O'BRIEN
518-229-8997

REGISTRATION OPENS MON AUGUST 4TH
WWW.CONWAYPARKSANDRECREATION.NET



Please Note that **ALL CLASSES** are subject to change based on **Location-Description-Instructor Availability-Class Participation!**

September

Fitness Class Schedule Sept. 1st-Sept. 27th

FALL INTO FITNESS

Monday

6:00am-6:45am
H.I.C.T. Boot Camp
Randy -
No Class 9/1
2nd Level

7:00am-7:45am
Strong by Zumba
Pam
No Class 9/1
Fitness Room

8:00am-8:45am
Z-Fusion
Joy
No Class 9/1
Court #1

9:00am-9:45am
Strength & Core
Daniel
No Class 9/1
Court #1

10:00am-11:00am
Cardio Dance Combo
Tina
No Class 9/1
Court #1

11:00am-12:00pm
Tai Chi
Ben
No Class 9/1
Fitness Room

11:15am-12:00pm
Chair Aerobics
Brigette
No Class 9/1
Court #1

FALL INTO FITNESS

5:15pm-6:00pm
Strength & Core
Amy -
No Class 9/1
Fitness Room

Tuesday

6:00 am - 6:45 am
Cardio Kick & Abs
Amy -
Court #1

7:00 am-7:45 am
Functional Strength
Nick
Fitness Room

8:00 am-8:45 am
Functional Strength
June -
Court #1

8:00 am-8:45 am
Indoor Cycle
Daniel -
2nd Level
Cycle Room

9:00 am-9:45 am
Beginner's Cycle
June - Cycle Room

9:00am-9:45am
Hi-Low Step
Jessica -
Fitness Room

9:00am-9:45am
Cardio Dance Combo
Linda D.
Court #1

10:00am-11:00am
Line Dancing
Roger
Court #1

10:05am-11:00am
Silver Sneakers Classic
Brigette -
Fitness Room

11:10am-12:00pm
Chair Yoga
Brigette -
Fitness Room

4:30 pm-5:10 pm
Step & Sculpt
June
No Class On 9/9
Fitness Room

5:15pm-5:45pm
Kettlebell Total Body
June
No Class On 9/9
Fitness Room

5:35 pm-6:30 pm
Indoor Cycle
Tina Y -
2nd Level
Cycle Room

6:10 pm-7:10 pm
Zumba
Pam 9/2 & 9/16
Keri 9/9 & 9/23
Fitness Room

Wednesday

6:00am-6:45am
Strength & Core
Amy - Court #1

7:00 am-7:45 am
Indoor Cycle
Tina Y -
2nd Level Cycle Room

7:00am-7:45am
Strength & Core
Amy -
Court #1

8:00am-8:45am
Strong By Zumba
Pam - Court #1

9:05am-9:35am
Circuit Abs
Daniel -
Fitness Room

9:00am-9:45am
Zumba
Pam -
Court #1

10:00am-10:45am
Strength & Core
Tina C -
Court #1

10:00am-10:45am
Indoor Cycle
June -
2nd Level Cycle Room

11:00am-12:00pm
Tai Chi
Ben -
Fitness Room

11:15am-12:00pm
Chair Aerobics
June -
Court #1

6:35pm-7:05pm
Circuit Abs
Kassidi
Fitness Room

Jessica Stalvey:
Fitness Coordinator
jstalvey@comwaysc.gov
843-488-7685

Thursday

6:00 am - 6:45 am
Step & Sculpt
Amy - Fitness Room

7:00am-7:45am
Functional Strength
Nick -
Fitness Room

8:00am-8:45am
Instructor Choice
Daniel -
Court #1

9:00am-9:45am
Zumba
Keri
Court #1

9:00am-9:45am
H-Low Step
Tina C -
Fitness Room

10:00am-11:00am
Line Dancing
Roger -
Court #1

10:05am-11:00am
Silver Sneakers
Circuit
Brigette -
Fitness Room

11:10am-12:00pm
Chair Yoga
Brigette
Fitness Room

FALL INTO FITNESS

5:30pm-6:30pm
Functional Strength
June
Weight Room

5:30pm-6:30pm
Beginners Line Dancing
Roger -
Fitness Room

6:35pm-7:30pm
Zumba
Nil
Fitness Room

Friday

6:00am-6:45am
H.I.C.T. Boot Camp
Randy -

6:45am-7:15am
Body Blast
Morgan - Fitness Room
7:15am-7:50am
Step & Sculpt
Autumn - Fitness Room
Fitness Room

8:15am-8:50am
Cardio Kick & Abs
Jessica -
Court #1

9:00am-9:45am
Strength & Core
Autumn/Jessica/Tina
Court #1

9:00am-9:45am
Pop-Up Class Schedule
10th & 20th : Bame
Autumn Fitness Room

10:00am-10:50am
Cardio Dance Combo
Tina - Fitness Room

10:00am-10:45am
Cycle Circuit
Autumn - 2nd level Cycle Room

10:00am-11:00am
Zumba
Pam -
Court #1

11:15am-12:00pm
Chair Aerobics
Nadine - Court #1

Saturday

Circuit Abs
8:45am-9:20am
Fitness Room
Kassidi
6th & 27th

Step & Sculpt
8:30am-9:15am
Fitness Room
Amy - 13th & 27th

Indoor Cycle
9:30am-10:15am
Cycle Room
June - 6th-13th-20th-27th
9:30am-10:30am
Zumba - Fitness Room
Keri - 6th & 20th
Joy - 13th & 27th



Aquatics Schedule

September 2025

hello
fall

Monday	Tuesday	Wednesday	Thursday	Friday
6:00 am – 7:00 am Aynor Swim Team 2 Lanes	8:00 am – 8:45 am Aqua Aerobics- <i>Donna</i>	6:00 am – 7:00 am Aynor Swim Team 2 Lanes	6:00 am – 7:00 am Aynor Swim Team 2 Lanes	6:00 am – 7:00 am Conway Swim Team 2 Lanes
9:00 am – 9:45 am Aqua Zumba –Pam H.	9:00 am – 9:45 am Deep Water – <i>Brigittee</i>	8:00 am – 8:45 am Aqua Aerobics- <i>Beverley</i>	8:00 am – 8:45 am Aqua Aerobics- <i>Beverley</i>	8:00 am – 8:45 am <i>Turbulence- Barbara</i>
10:00 am – 10:45 am Arthritis R.O.M/Strength- <i>Brigittee</i>	10:00 am – 12:00 pm Water Volleyball	9:00 am – 9:45 am Aqua Yoga –Pam R.	9:00 am – 9:45 am Stick Mobility/Aerobics- <i>Brigittee</i>	9:00 am – 9:45 am Aqua Zumba –Pam H.
11:00 am – 11:45 am Aqua Aerobics - <i>June</i>	12:15 pm – 1:00 pm Arthritis R.O.M.- <i>Brigittee</i>	10:00 am – 10:45 am Aqua Zumba –Pam H.	10:00 am – 12:00 pm Water Volleyball	10:00 am – 12:00 pm Water Volleyball
12:15 pm – 1:00 pm Cardio Core - <i>Brigittee</i>	4:00 pm – 6:00 pm Group Swim Lessons	11:00 am – 11:45 am Stick Mobility/Aerobics- <i>Brigittee</i>	12:15 pm – 1:00 pm Deep Water - <i>Brigittee</i>	4:30 pm – 5:30 pm Aynor Swim Team 2 Lanes
4:30 pm – 6:00 pm Carolina Forest Swim Team 4 Lanes	4:30 pm – 5:30 pm Aynor Swim Team 2 Lanes	12:00 pm – 1:00 pm Cardio Core – <i>Brigittee</i>	4:00 pm – 6:00 pm Group Swim Lessons	5:30 pm – 7:30 pm Party Rental
6:00 pm – 7:30 pm Conway Swim Team 2 Lanes	6:00 pm – 7:30 pm Conway Swim Team 2 Lanes	4:30 pm – 6:00 pm Carolina Forest Swim Team 4 Lanes	3:30 pm – 5:00 pm Conway Swim Team 2 Lanes	CSFC POOL HOURS <u>Monday- Friday :</u> 6:00am – 7:30pm <u>Saturday :</u> 8:30am – 5:30pm Sunday: Closed
Regina Stevens- Aquatics Coordinator Kaithyn Pardes- Assistant Aquatics Coordinator 843-488-7686 or kpardes@conwaysc.gov		6:00 pm – 7:30 pm Conway Swim Team 2 Lanes	5:15 pm – 6:45 pm Carolina Forest Swim Team 4 Lanes	

Aquatic Class Descriptions:

Cardio Core w/Aqua Noodles: Cardio Core w/Aqua Noodles is a 45-minute pool workout which incorporates cardio exercises with water resistances rotating between blocks of cardio movements and core exercises. Use of aqua noodles increases resistance and burns more calories using long and short noodles.

Deep Water: This class is designed to burn fat and increase cardiovascular fitness, range of motion and muscle tone. This class is taught in the 5 ft depth but can be accommodated in the shallow end.

Stick Mobility/Aerobics: This class focuses on improving mobility, allowing you to move more freely while adding a strength component to stretches. As you pull or push the stick through the water, you engage muscles, promoting strength development alongside flexibility with increased cardio stamina.

Arthritis Range of Motion (R.O.M)/Strength: Developed especially for people with arthritis, this program helps you stay fit while reducing arthritis pain. Take control of your arthritis and minimize your pain with our low impact stretches. Movements improve strength for daily living tasks.

Aqua Aerobics: This is a class focused on helping you take a step towards an energetic day! Different style workouts offered variety of exercises and intervals, all in one class!

Aqua Yoga: Aqua Yoga is a low-impact aquatic exercise, performing Yoga poses in water. The goal is to provide strength, balance, and range of motion. Yoga in the pool is an amazing place to experience the many benefits of yoga. The feeling of weightlessness in the water takes the stress out of challenged joints.

Aqua Zumba: This is a class focused on helping you take a step towards an energetic day! Different style workouts offered variety of exercises and intervals, all in one class!

Water Volleyball: We have a floating net, Noodle-formed "back lines", and a beach ball (for better reaction time)! Come and bring your "A" game! (Game played in average depth of 4 ft., no swimming skills needed)

Aqua Turbulence: Harness the natural properties of water to enhance your workout! Perform a series of cardiovascular & strength-building exercises, utilizing the resistance of water, creating a challenging yet low impact workout Suitable for all fitness levels, modifications provided.

YOGA Schedule September

Sept. 1st - Sept. 27th

Please Join Us & Try A Class!
Yoga Classes Are Included in
Membership/\$5 Drop-In
Fee Non-Members

Jessica Stalvey, Fitness Coordinator
jstalvey@conwaysc.gov/843/488-7685



Monday

8:00am-9:00am
Somatic Stretch
Yoga
Pam R.
Class Only
No Class 9/1
Fitness Room

8:00am-9:00 am
Instructor Choice
Pam R.
Class Only
No Class 9/1
Fitness Room

10:00am-10:55am
Gentle Vinyasa
Flow Yoga
Pam R.
No Class 9/1
Fitness Room

6:15pm-6:55pm
Yoga Stretch
Amy
No Class 9/1
Fitness Room

Tuesday

8:00am-8:50am
Instructor Choice
Yoga
Janeen
Fitness Room

11:10am-12:00pm
Chair Yoga
Brigette
Fitness Room

Wednesday

8:00am-8:50am
Wednesday
Morning Gentle
Yoga
Linda C. -
9/ & 9/10
Kimberly: 9/17
Pam R. -9/24
Fitness Room

10:00am-10:50am
Gentle Vinyasa Flow
Yoga
Pam R.
Fitness Room

5:30pm-6:25pm
Slow Flow
Pam R.
Senior Center

6:35pm-7:35pm
Introduction To Yoga
Pam R.
Senior Center

Thursday

8:00am-8:50am
Gentle Yoga
Linda C. -
9/4 & 9/11
Pam R. 9/25
Fitness Room

8:00am-8:55am
Vigorous Yoga
Kimberly: 9/18
Fitness Room

11:10am-12:00pm
Chair Yoga
Brigette
Fitness Room

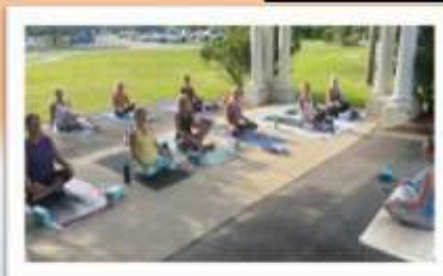
Friday

8:00am-9:00am
Yogalates
Autumn
Fitness Room

9:00am-9:50am
Intro To Yoga
Kimberly
Class Only 9/5 &
9/12

Saturday

10:35am-11:35am
Saturday Instructor
Choice Yoga
Fitness Room
Pam R. -
9/6, 9/13, 9/20, & 9/27



YOGALATES

WE THRIVE IN 2025

Kids Camp !



Ruck Classes / School Supply Collection



New Treadmills



Stay Updated...Stay Connected...



Conway Sports & Fitness Center

1515 Mill Pond Rd. | Conway, SC

Facility Hours:

Monday - Friday: 5:30am - 8:00pm

Saturday: 8:00am - 6:00pm

Sunday: Closed

{Hours Subject to Change}



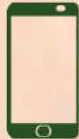
ONLINE

www.ConwayParksandRecreation.net



PHONE

(843)488.1950



EMAIL

recreation@cityofconway.com



MAIL/WALK

1515 Mill Pond Road
Conway, SC 29526



THIS NEWSLETTER
IS PUBLISHED BY
THE CITY OF
CONWAY PARKS
AND RECREATION
DEPARTMENT.

SOCIAL MEDIA

Conway Parks & Recreation is on social media and it is a quick way to stay connected with what's happening throughout our Parks and Facilities. We want to keep our Member sand Residents informed on important events happening throughout our community. Make sure to "Like", "Tweet", or "Follow" our Social Media pages on Facebook, Twitter, & Instagram.

DIRECTOR
Ashley Smith

ASSISTANT DIRECTORS
David Williams & Karen Johnson

MEMBERSHIPS & AQUATICS
Regina Stevens

FITNESS
Jessica Stalvey

ATHLETICS
Susan Becton

PROGRAMS
Janice Hopkins

LET'S CONNECT!

FOLLOW &
LIKE US!



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