

A photograph of a large, modern brick building with a prominent entrance featuring columns and a pediment. The words "SPORTS & FITNESS CENTER" are visible above the entrance. A person in a white jacket is walking away from the camera towards the entrance. The building is surrounded by greenery and palm trees.

SPORTS & FITNESS CENTER

Newsletter

*JUNE 2026*

*Beat The Heat!*

**TIPS ON HOW TO  
STAY HYDRATED  
THIS SUMMER:**

As temperatures rise, staying hydrated is one of the simplest ways to support your health and fitness goals.

Drink water throughout the day, not just when you feel thirsty

Carry a reusable water bottle, increase your fluid intake before and after exercise.

Choose water-rich foods such as watermelon, cucumbers, and oranges. During outdoor activities, take frequent water breaks.

Be mindful of signs of dehydration, including fatigue, dizziness, headaches, and muscle cramps.

Make hydration a daily habit and enjoy a safe, healthy, and active summer!

# June Awareness



June 1 – Global Day of Parents; National Say Something Nice Day

June 3 – World Bicycle Day

International

June 5 – World Environment Day

June 6 – National Trails Day (first Saturday in June)

Yoga Day

June 7 – National Cancer Survivors Day (first Sunday in June)

June 8 – World Oceans Day

June 14 – Flag Day (U.S.)

June 14 – World Blood Donor Day

June 15 – Nature Photography Day

June 19 – Juneteenth National Independence Day

June 21 – Father's Day (third Sunday in June)

June 21 – International Day of Yoga

June 21 – Summer Solstice (first day of summer)

June 23 – International Olympic Day



Summer

JUNE  
TEENTH



**Please Note The Following Court Closures:**

**Due To Summer Camp Court #2**

**Will Remain Closed**

**\*times are subject to change\***



CONWAY SPORTS & FITNESS CENTER  
CLOSED

JUNE 19TH

**JUNETEENTH**

FREEDOM DAY

**THE OASIS IS OPEN**  
**6/19 10:00AM-6:00PM**

# Healthy Recipe!

## COWBOY CAVIAR

- 2 (15-ounce) cans black beans drained and rinsed
  - 1 (15-ounce) can black-eyed peas drained and rinsed
    - 1 large red bell pepper seeded and diced
    - 1 large yellow bell pepper seeded and diced
    - 2 fresh jalapeños seeded and diced
  - 1 ½ cups frozen corn kernels thawed and drained
    - ½ cup finely diced red onion
    - ½ cup finely chopped fresh cilantro
  - 1 cup fresh seeded and diced tomato optional
  - 2 fresh avocados diced and added just before serving, optional
- For the dressing
- ¼ cup red wine vinegar
  - 2 heaping tablespoons honey
  - 1 fresh lime juiced
  - 1 tablespoon fine sea salt
- 2 chipotles in adobo plus 2 teaspoons sauce from the can
    - 1 cup avocado or vegetable oil
    - 1 teaspoons dried oregano
    - 1 teaspoons black pepper



In a large bowl, combine the beans, peppers, corn, onion, cilantro and tomatoes.

2 (15-ounce) cans black beans, 1 (15-ounce) can black-eyed peas, 1 large red bell pepper, 1 large yellow bell pepper, 2 fresh jalapeños, 1 ½ cups frozen corn kernels, ½ cup finely diced red onion, ½ cup finely chopped fresh cilantro, 1 cup fresh seeded and diced tomato

In a blender, add the red wine vinegar, honey, lime juice, salt, and the chipotles and sauce and blend until combined. With the blender running on low speed, slowly stream in the oil until the dressing is emulsified and thickened. Stir in the oregano and black pepper. Give the dressing a taste and adjust seasonings to your liking. ¼ cup red wine vinegar, 2 heaping tablespoons honey, 1 fresh lime, 1 tablespoon fine sea salt, 2 chipotles in adobo plus 2 teaspoons sauce from the can, 1 cup avocado or vegetable oil, 1 teaspoons dried oregano, 1 teaspoons black pepper

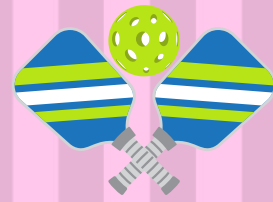
Pour half of the dressing over the beans and vegetables and stir to combine. Cover and refrigerate for at least 3 hours before serving.

Just before serving, give the cowboy caviar a stir and add a little more dressing if desired. If using fresh avocado, you can stir it in just before serving. Any remaining dressing can be stored in the refrigerator for a few days; it also makes a great marinade.

2 fresh avocados

Serve with tortilla chips or as a delicious topping for tacos.

# PICKLEBALL & SPORTS HAPPENINGS!



Pickleball



Summer Open Play

Collin's Kids Court #1

MONDAY 12:15PM - 2:30PM

TUESDAY 12:15PM - 2:30PM

WEDNESDAY 12:15PM - 2:30PM

THURSDAY 12:15PM - 2:30PM

FRIDAY 12:15PM - 2:30PM

SATURDAY 8:30AM - 1:30PM

Saturday play will be on Collins Court #2

Summer Open Play Hours will begin Monday, June 8th

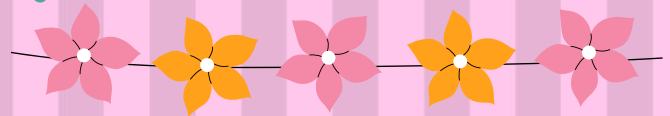
Please Note That All Scheduled Times Are Subject To Change Due To Athletic Events/Holiday Closures/Youth Camps.

No Indoor PickleBall Play Event & Holiday Closings:

Friday, June 19<sup>th</sup> & Friday & Saturday, July 3<sup>rd</sup> & 4<sup>th</sup>

Outdoor Courts Are Available For Daily Play At Collin's Park

## OPEN PLAY



## 2026 SUMMER SPORTS CAMP



**Camp Days & Times**  
Monday - Thursday  
9:00am - 12:00pm  
For ages 6-13

**Cost:**  
\$65 per camp  
(includes camp t-shirt)  
**PRE-REGISTRATION REQUIRED**  
Deadline to register is each Friday before camp

Camps will be held at the Conway Sports & Fitness Center or Conway High School

Participants should bring their own snacks, water, sunscreen if outdoors & equipment (gloves, bats, etc.) Participants should also dress appropriately for the sport of interest

**Baseball/Softball**  
June 8th-11th  
BB- Billy Gardner Complex  
SB- Conway HS Softball Field

**Volleyball**  
June 15th-18th  
Conway High School Gym

**Basketball**  
July 6th-9th  
Conway High School Gym

**Disc Golf**  
July 13th-16th  
Smith Jones Park

**Challenger Soccer Camp**  
July 20th-24th  
Pete Wilkes Fields

Register at [Challengersports.com](http://Challengersports.com)

For more info, please call Conway Sports & Fitness Center at 843-248-1740, or visit our website at [www.ConwayParksandRecreation.net](http://www.ConwayParksandRecreation.net)



# Fitness Humor

Orange you glad  
it's summer?



WHY DID THE LETTUCE  
GO TO THE GYM?



... TO GET SHREDDED!

## EQUIPMENT ORIENTATION

**DROP-IN  
FAMILIARIZE YOURSELF  
WITH OUR MACHINES  
& WEIGHT EQUIPMENT !**

**MONDAYS WITH CIANA  
12:30PM-1:30PM 2<sup>ND</sup> LEVEL  
FREE FOR MEMBERS**



**8<sup>TH</sup> ANNUAL UNDER THE LIGHTS 5K**

Presented By : The Conway Sports & Fitness Center & Conway Medical Center

**December 9, 2026**

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

EVENT BEGINS AT 06:00PM

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

**4<sup>TH</sup> ELM STREET. CONWAY SC 29526**

MORE INFO:  
CONTACT JESSICA STALVEY  
[@JSTALVEY@CONWAYSC.GOV](mailto:JSTALVEY@CONWAYSC.GOV)

# LET THE TRAINING BEGIN



## COUCH TO 5K



SUN	Walk/run for 15-25 minutes
MON	Rest
TUE	Walk/run for 10-25 minutes
WED	Rest or cross-train
THU	Walk/run for 15-25 minutes
FRI	Rest or cross-train
SAT	Run for 1 to 3 miles



# Aquatics Happenings

**THE OASIS AT SMITH JONES PARK**

**PRE-SEASON HOURS**  
 MAY 22ND (OPENING DAY!): 4PM-8PM  
 MAY 23RD - JUNE 4TH: 10AM-6PM

**REGULAR SEASON HOURS:**

**Monday's:** 10AM - 8PM - PUBLIC SWIM

**Tuesday's:** 10AM - 8PM - PUBLIC SWIM

**Wednesday's:** 1PM TO 8PM - PUBLIC SWIM

**Thursday's:** 10AM - 8PM - PUBLIC SWIM

**Friday's:** 1PM - 6PM - PUBLIC SWIM  
 6:30PM - 8:30PM - RESERVED PARTY

**Saturday's:** 10AM - 12PM - RESERVED PARTY  
 1PM - 6PM - PUBLIC SWIM  
 6:30PM - 8:30PM - RESERVED PARTY

**Sunday's:** 10AM - 12PM - RESERVED PARTY  
 1PM TO 6PM - PUBLIC SWIM  
 6:30PM TO 8:30PM - RESERVED PARTY

**\$2/PER PERSON CASH OR CARD**

719 SMITH JONES ST., CONWAY, SC 29527  
[WWW.CONWAYPARKSANDRECREATION.NET](http://WWW.CONWAYPARKSANDRECREATION.NET)

**July**

**SWIMMING LESSONS** *Free!*

The Oasis at Smith Jones Park  
 719 Smith Jones St., Conway, SC 29527

**Tuesdays & Thursdays**

**Parent-Toddler:**  
 Toddlers build water confidence with guided skills & parent support.  
 4:00pm - 4:30pm

**Preschool:**  
 Kids will build independence, learning freestyle, backstroke, & basic swim skills.  
 4:30pm - 5:00pm

**Beginner:**  
 Kids will improve endurance, strokes, treading, & independent floating skills.  
 5:00pm - 5:30pm

Must register online at:  
[www.conwayparksandrecreation.net](http://www.conwayparksandrecreation.net)

Registration online opens **July 2nd**

Classes begin on **7/7/2026** through **7/23/2026**

843-488-7686

**August**

**SWIMMING LESSONS** *Free!*

The Oasis at Smith Jones Park  
 719 Smith Jones St., Conway, SC 29527

**Tuesdays & Thursdays**

**Parent-Toddler:**  
 Toddlers build water confidence with guided skills & parent support.  
 4:00pm - 4:30pm

**Preschool:**  
 Kids will build independence, learning freestyle, backstroke, & basic swim skills.  
 4:30pm - 5:00pm

**Beginner:**  
 Kids will improve endurance, strokes, treading, & independent floating skills.  
 5:00pm - 5:30pm

Must register online at:  
[www.conwayparksandrecreation.net](http://www.conwayparksandrecreation.net)

Registration online opens **7/31<sup>st</sup> @ 8am**  
 Classes begin on **8/4/2026** through **8/20/2026**

843-488-7686

# Program Happenings



City of  
**CONWAY**  
Parks, Recreation & Cultural Services



**MONDAYS**  
**12PM-2PM**

## Rec on the Go

### Dates & Locations:

June 8th- Collins Park  
June 15th- Smith-Jones  
June 22nd- Darden Terrace  
June 29th- Huckabee Heights

### Our Goal

To bring fun and movement to children in the community.

### VISION OF CONWAY PARKS, RECREATION AND CULTURAL SERVICES

Our places, programs, parks, and people create amazing experiences and lasting memories for the Conway community and its visitors.

[www.conwayparksandrecreation.net](http://www.conwayparksandrecreation.net)

# FITNESS SCHEDULE

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



Fitness Class Schedule June 1<sup>st</sup> to June 27<sup>th</sup>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am-6:35am <b>Tac Fit</b> Randy 2 <sup>nd</sup> Level	5:35am-6:35am <b>Tac Fit</b> Randy 2 <sup>nd</sup> Level	5:35am-6:35am <b>Tac Fit</b> Randy 2 <sup>nd</sup> Level	5:35am-6:35am <b>Tac Fit</b> Randy 2 <sup>nd</sup> Level	5:35am-6:35am <b>Tac Fit</b> Randy 2 <sup>nd</sup> Level <b>No Class 6/19</b>	
7:00am-7:45am <b>Strong by Zumba</b> Pam - Fitness Room	6:00am - 6:45am <b>Cardio Kick &amp; Abs</b> Amy Fitness Room	6:00am-6:45am <b>Strength &amp; Core</b> Amy Fitness Room	6:00am - 6:45am <b>Step &amp; Sculpt</b> Amy Fitness Room	7:00am-7:45am <b>Step &amp; Sculpt</b> Autumn- Fitness Room <b>No Class 6/19</b>	
8:00am- 8:45am <b>Z-Fusion</b> Joy Court#1	7:00am-7:45am <b>Functional Strength</b> June Fitness Room	7:00am-7:30am <b>Instructor Choice</b> Amy Fitness Room	7:00am - 7:45am <b>Functional Strength</b> June Fitness Room	8:00am-8:45am <b>Barre</b> Autumn Court #1 <b>Class Only 6/26</b>	
9:00am - 9:45am <b>Strength &amp; Core</b> Ivy Court#1	8:00am-8:45am <b>Functional Strength</b> Joanne -Court#1	7:00am-7:45am <b>Indoor Cycle</b> Tina Y. 2 <sup>nd</sup> Level Cycle Room	8:00am-8:45am <b>Functional Strength</b> June Court#1	9:00am-9:45am <b>Strength &amp; Core</b> Tina- 6/12 Heather-6/5 & 6/26 Court #1 <b>No Class 6/19</b>	
10:00am-10:45am <b>Beginner's Cycle</b> June Cycle Room <b>No Class 6/1</b>	9:00am-9:45am <b>Beginner's Cycle</b> June Cycle Room	8:00am-8:45am <b>Strong By Zumba</b> Pam Court #1	8:00am-8:45am <b>Indoor Cycle</b> Tina Y. 2 <sup>nd</sup> Level Cycle Room <b>No Class 6/4</b>	10:00am - 10:50am <b>Cardio Dance Combo</b> Tina Fitness Room <b>No Class 6/19</b>	
10:00am - 10:45am <b>Cardio Dance Combo</b> Tina Court #1	9:00am-9:45am <b>Hi-Low Step</b> Joanne Fitness Room	9:00am-9:45am <b>Sculpt-N-Flow</b> Lisa Fitness Room	9:00am - 9:45am <b>H-Low Step</b> Tina C. Fitness Room	10:00am-11:00am <b>Zumba</b> Pam Court #1 <b>No Class 6/19</b>	
11:00am-12:00pm <b>Tai Chi</b> Ben Fitness Room	9:00am-9:45am <b>Cardio Dance Combo</b> Linda D. Court #1	9:00am - 9:45am <b>Zumba</b> Pam Court #1	9:00am-9:45am <b>Zumba</b> Kerri Court#1	11:15am-12:00pm <b>Chair Aerobics</b> June Court#1 <b>No Class 6/19</b>	
11:15am-12:00pm <b>Chair Aerobics</b> Brigette Court#1	10:00am-11:00am <b>Line Dancing</b> Roger Court #1	10:00am - 10:45am <b>Strength &amp; Core</b> Tina C. Court#1	10:00am-11:00am <b>Line Dancing</b> Roger Court#1	11:00am-11:45am <b>Strength &amp; Balance</b> Pam S. Fitness Room <b>No Class 6/19</b>	
12:30pm-1:30pm <b>Strength Machine Orientation</b> Clana - 2 <sup>nd</sup> Level	10:05am-11:00am <b>Silver Sneakers</b> Classic Brigette Fitness Room	10:00am-10:45am <b>Indoor Cycle</b> June 2 <sup>nd</sup> Level Cycle Room	10:05am-11:00am <b>Silver Sneakers</b> Circuit Brigette Fitness Room	<b>8:45am-9:20am</b> <b>Circuit Abs</b> <b>Fitness Room</b> Kassidi - 6/6, 6/13, 6/27 Olivia - 6/20	
4:30pm-5:10pm <b>Circuit Abs &amp; Lower Body</b> Olivia Fitness Room	11:10am-12:00pm <b>Chair Yoga</b> Brigette Fitness Room	11:00am-12:00pm <b>Tai Chi</b> Ben Fitness Room	11:10am-12:00pm <b>Chair Yoga</b> Brigette Fitness Room	<b>9:30am-10:15am</b> <b>Indoor Cycle</b> June <b>Cycle Room</b> <b>No Class 6/27</b>	
5:00pm-6:00pm <b>Tac Fit</b> Randy - 2 <sup>nd</sup> Level	12:15pm-1pm <b>Pop-Up Chair Aerobics</b> Brigette Fitness Room	11:15am-12:00pm <b>Chair Aerobics</b> June Court#1	12:15pm-1pm <b>Pop-Up Chair Aerobics</b> Brigette Fitness Room	<b>Cardio Kick &amp; Abs</b> Amy- 6/6 <b>Fit &amp; Strong</b> Kassidi - 6/13 <b>Fitness Room</b>	
5:15pm-6:00pm <b>Strength &amp; Core</b> Amy Fitness Room	4:30pm-5:15pm <b>Strength &amp; Cardio</b> June Fitness Room	5:00pm-6:00pm <b>Tac Fit</b> Randy 2 <sup>nd</sup> Level	5:30pm-6:30pm <b>Functional Strength</b> June 2 <sup>nd</sup> Level Weight Room	<b>9:30am-10:25am</b> <b>Zumba</b> - Kerri - 6/6 (Court #1) Kerri - 6/20 (Fitness Room) Joy - 6/27 (Fitness Room)	
	5:35pm-6:30pm <b>Indoor Cycle</b> Tina Y. 2 <sup>nd</sup> Level Cycle Room		6:30pm-6:30pm <b>Beginners Line Dancing</b> Roger Fitness Room		
	6:10pm-7:10pm <b>Zumba</b> Pam H. - 6/2 Ivy - 6/16 Kerri - 6/9 & 6/23 Fitness Room		6:35pm-7:30pm <b>Zumba</b> CJ - Fitness Room		
		Jessica Stalvey: Fitness Coordinator jstalvey@conwaysc.gov 843-488-7635			

# AQUATIC SCHEDULE



## Aquatics Schedule June 2026



Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am - 8:45 am Aqua Aerobics - Pam S.	8:00 am - 8:45 am Aqua Aerobics - Deanna	8:00 am - 8:45 am Aqua Aerobics - Beverley	07:00 am - 7:45 am Aqua Aerobics - Pam S.	8:00 am - 8:45 am Stick Mobility/Aerobics - Brigette
9:00 am - 9:45 am Aqua Zumba - Pam H.	9:00 am - 9:45 am Deep Water - Brigette	9:00 am - 9:45 am Aqua Pilates - Pam R.	8:00 am - 8:45 am Aqua Aerobics - Beverley	9:00 am - 9:45 am Aqua Splash - Brigette
10:00 am - 10:45 am Arthritis R.O.M/Strength - Brigette	10:00 am - 12:00 pm Water Volleyball	10:00 am - 10:45 am Aqua Zumba - Pam H.	9:00 am - 9:45 am Aerobics - Pam S.	10:00 am - 12:00 pm Water Volleyball
11:00 am - 11:45 am Aqua Fit - Ivy	12:15 pm - 1:00 pm Aqua Blast - Olivia	11:00 am - 11:45 am Stick Mobility/Aerobics - Brigette	10:00 am - 12:00 pm Water Volleyball	12:15 pm - 1:00 pm Aqua Aerobics - Pam S.
12:00 pm - 12:45 pm Aerobics - Ivy	1:00pm - 3:00pm CSFC Summer Camp	12:00 pm - 1:00 pm Cardio Core - Brigette	12:15 pm - 1:00 pm Aqua Blast - Olivia	1:00 pm - 3:00 pm CSFC Summer Camp
1:00pm - 3:00pm CSFC Summer Camp		1:00pm - 3:00pm CSFC Summer Camp		5:30 pm - 7:30 pm Party Rental
4:30 pm - 7:30 pm 2 LANES Tigershark Practice		4:30 pm - 7:30 pm 2 LANES Tigershark Practice		



Regina Stevens - Aquatics/Membership Coordinator  
 Kaitlyn Pardes - Assistant Aquatics Coordinator  
 843-488-7686 or [kpardes@conwaysc.gov](mailto:kpardes@conwaysc.gov)  
 \*\*Schedule is subject to change\*\*

### Aquatic Class Descriptions:

- 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 Blast:** Join us for a blended class of aerobics, heart pumping cardio, and full body workout. Boost your strength and stamina while enjoying the buoyancy of the pool.
- Aqua Fit:** A fun, high-energy water workout combining aerobics and Zumba-inspired moves to boost cardio, strength, and endurance—all while being easy on the joints.
- Aqua Pilates:** Dive into our invigorating pool Pilates class, where you'll build core strength and flexibility through water-based movements in a refreshing, supportive environment.
- Aqua Turbulence:** Harness the resistance of water for a challenging, low-impact workout that builds strength and cardio fitness. Suitable for all levels with modifications provided.
- 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!
- Arthritis Range of Motion (R.O.M)/Strength:** Developed for people with arthritis, this low-impact program reduces pain while improving flexibility and strength for daily activities.
- Deep Water:** This class is designed to burn fat and increase cardiovascular fitness, range of motion and muscle tone. This class is taught in 5ft depth but can be accommodated in the shallow end.
- Stick Mobility/Aerobics:** A mobility-focused class that combines stretching with strength. Using a stick in the water engages muscles, boosts flexibility, and builds cardio stamina.
- 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)
- A mix of EVERYTHING!:** Participants can enjoy dancing, high-energy aerobic routines, and water resistance training, all while staying cool in the pool. Freestyle offers a refreshing twist on traditional workouts!

# YOGA FITNESS



## YOGA Schedule June

June 1<sup>st</sup> - June 27<sup>th</sup>

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	Tuesday	Wednesday	Thursday	Friday
<p><b>REGISTER</b> 8:00am-8:50am <u>Somatic Stretch</u> <u>Yoga</u> Pam R. - 6/1, 6/15 Fitness Room</p>	<p><b>REGISTER</b> 8:00am-8:50am <u>Sculpt-N-Flow Yoga</u> Lisa Fitness Room</p>	<p><b>REGISTER</b> 8:00am-8:50am <u>Wednesday</u> <u>Morning Gentle</u> <u>Yoga</u> Linda C. - 6/3 Kimberly - 6/17 Evita - 6/10, 6/24 Fitness Room</p>	<p><b>REGISTER</b> 8:00am-8:50am <u>Gentle Yoga</u> Linda C. - 6/4 Kimberly - 6/18 Fitness Room</p>	<p><b>REGISTER</b> 8:00am-8:50am <u>Instructor Choice</u> Kimberly Fitness Room <b>No Class 6/19</b></p>
<p><b>REGISTER</b> 8:00am-8:50 am <u>Yin Yoga</u> Pam R. - 6/8, 6/22 Fitness Room</p>	<p><b>REGISTER</b> 11:10am-12:00pm <u>Chair Yoga</u> Brigette Fitness Room</p>	<p><b>REGISTER</b> 10:00am-10:50am <u>Gentle Vinyasa Flow</u> <u>Yoga</u> Pam R. Fitness Room</p>	<p><b>REGISTER</b> 8:00am-8:50am <u>Vigorous Yoga</u> Evita - 6/11, 6/25 Fitness Room</p>	<p><b>REGISTER</b> 9:00am-9:50am <u>Yogalates</u> Autumn Pam R. - 6/5, 6/12 Fitness Room <b>No Class 6/19</b></p>
<p><b>REGISTER</b> 9:00am-9:45am <u>Mat Pilates</u> Pam R. Fitness Room</p>		<p>4:30pm-5:15pm <u>Beginner's Mat Pilates</u> Pam R. Fitness Room</p>	<p><b>REGISTER</b> 11:10am-12:00pm <u>Chair Yoga</u> Brigette Fitness Room</p>	<p><b>Saturday</b></p>
<p><b>REGISTER</b> 10:00am-10:55am <u>Gentle Vinyasa</u> <u>Flow Yoga</u> Pam R. Fitness Room</p>		<p>5:30pm-6:15pm <u>Slow Flow</u> Pam R. Fitness Room</p>		<p>10:35am-11:25am <u>Saturday Instructor</u> <u>Choice Yoga</u> Fitness Room Pam R.</p>
<p>6:15pm-6:55pm <u>Yoga Stretch</u> Amy Fitness Room Pam R. - 6/8, 6/15</p>		<p>6:25pm-7:00pm <u>Restorative</u> Pam R. Fitness Room</p>		<p><b>REGISTER</b> 11:30am- 12:10PM <u>Mat Pilates</u> Fitness Room Pam R.</p>



# 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](http://www.ConwayParksandRecreation.net)



### PHONE

(843)488.1950



### EMAIL

[recreation@cityofconway.com](mailto: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!



[@ConwayPRT](https://www.facebook.com/ConwayPRT)



[@conway\\_prt](https://www.instagram.com/conway_prt)



[@CofConway](https://twitter.com/CofConway)