

2025

DECEMBER NEWSLETTER



"Winter Blues"

Seasonal Affective Disorder (SAD)

Seasonal depression, also known as seasonal affective disorder (SAD) occurs in the changing seasons, notably during winter when daylight diminishes. With daylight hours decreasing, the lack of natural light can disrupt the body's internal clock and lead to feelings of sadness and lethargy.

Symptoms

Symptoms that are typically more common in seasonal depression than in other forms of depression are carbohydrate craving, increased appetite, excessive sleepiness, and weight gain

Prevention

Since seasonal depression has a predictable pattern of recurrence, preventative measures may help to reduce symptoms. Some forms of prevention that can help include beginning light therapy in the early fall before the onset of symptoms, exercising more, increasing the amount of light at home, meditation and other stress management techniques, spending more time outside, and visiting climates that have more sun.

SEASONAL DEPRESSION



What is it?

Seasonal depression is a type of depression correlated with changes in seasons.



Estimates suggest that about 5% of adults in the U.S. experience SAD with symptoms lasting about 40% of the year. It's more prevalent in northern regions where winter days are shorter.

Reduced sunlight can disrupt your body's internal clock, or circadian rhythm, leading to feelings of depression.

The decrease in sunlight can cause a drop in serotonin and can also affect the balance of melatonin, which plays a role in sleep patterns and mood.

How Long Does it Last?

Symptoms begin in the fall and continue into the winter months; mood and energy improves in spring and summer.

Toasted Gruyere and Cranberry Cups



Ingredients

One 10-ounce bag frozen or fresh cranberries
1/4 cup sugar

1/2 teaspoon orange zest plus 1/4 cup orange juice
4 ounces cream cheese, at room temperature
1 cup grated Gruyere cheese

48 frozen prebaked phyllo cups or hors d'oeuvre cups
2 tablespoons chopped chives

Wellness

COMMUNITY WELLNESS OPPORTUNITIES
PRESENTED BY CONWAY MEDICAL CENTER
GET A JUMP START ON THE NEW YEAR! DISCOVER YOUR NUMBERS!

Electronic health risk assessments including
recipes, exercise, blood pressure,
Height Weight / BMI

Comprehensive metabolic panel (liver, kidney,
electrolytes, immune function),
Lipid panel (cholesterol, good and bad cholesterol,
triglyceride level and Tc/hdl ratio,
Thyroid stimulating hormone & a complete blood count
Cost : \$47.00/ Payment Due Day Of Screening
Check/ Cash/ Credit/ Debit Card Accepted By CMC

Additional Tests & Associated Fees
HgbA1C- \$20.00
PSA- \$20.00
C-Reactive Protein- \$20.00
Vitamin B12- \$20.00
Ferritin- \$20.00
Vitamin D- \$30.00
Uric Acid- \$15.00
Covid Antibody- \$75.00

DECEMBER 17, 2025
7AM-9AM
CALL 843-488-7685 TO PRE-REGISTER
FOR APPOINTMENT TIMES

CMC
CONWAY MEDICAL CENTER

SEC
SPORTS & FITNESS CENTER

Directions

Preheat the oven to 450 degrees F.

Line a rimmed baking sheet with parchment.
Mix the cranberries, sugar and orange zest and
juice in a small saucepan.

Place over medium heat and cook until the
cranberries soften and start to burst, 8 to 10
minutes. Set aside.

Combine the cream cheese and Gruyere in a
large bowl with a wooden spoon or rubber
spatula until smooth.

Place the phyllo cups on the parchment-lined
baking sheet.

Spoon about 1 teaspoon of the cranberry sauce
into each cup.

Spoon about 1 teaspoon of the cheese mixture
on top of the cranberry sauce.

Bake until the cups are crisp and the cheese is
melted and bubbling, 10 to 12 minutes.

Sprinkle with chives before serving.



Fall Into Fitness Halloween Demo



EQUIPMENT ORIENTATION

MONDAY DECEMBER 1ST & 8TH
12:30PM-1:30PM

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



BEG DEC-MARCH
COURTS 1 & 2 WILL BE CLOSED FROM:
MON-FRI: 4:30PM-CLOSING
SAT: 8AM-1PM



TURKEY Burn





THE CITY OF CONWAY
SFC
SPORTS & FITNESS CENTER

Holiday Facility Hours

Wednesday Dec. 24 th	CLOSED
Thursday Dec. 25 th	CLOSED
Friday Dec 26 th	CLOSED
Wednesday Dec. 31 st	Open Until 5pm
Thursday Jan. 1 st	CLOSED

2025

FACILITY CLOSURE

The Conway Sports and Fitness Center will close at 5:00pm on **Tuesday, December 9th** for our annual City of Conway Employee Christmas Party. *The pool will close at 4:30pm*



MERRY

Christmas

Pancakes



PRE-REGISTER

WWW.CONWAYPARKSANDRECREATION.NET

OR

CONWAY SPORTS AND FITNESS CENTER

Santa

\$5 Per Person

SATURDAY DECEMBER 13TH 7-9AM

Conway Sports And Fitness Center

1515 Mill Pond Road Conway, SC

PRE-REGISTRATION REQUIRED



City of
CONWAY
Parks & Recreation

Frozen Winter Dance

City of Conway Parks & Recreation

Sunday, December 7th 2025
1515 Mill Pond Rd Conway SC 29527
Time: 5PM - 7PM
Tickets: \$25/Couple
Additional person: \$15
Registration OPENS:
October 1st, 2025
ONLINE:
www.conwayparksandrecreation.net
OR IN-PERSON
Winter Dance is designed for people with exceptional abilities. (Ages 5 to Adults)
For more information email:
vrcardo@conwaysc.gov or pbaker@conwaysc.gov

Appearances by Santa and Mrs Claus

Dress code:
 *Holiday/Festive
 *Casual
 *Dressy/Casual

sosx care
 Autism & Intellectual Disability Services

Community Counts Charities

D&K
 party entertainment

CC Photography & EVENTS

CNB
 The Community Network

ADAPTIVE COOKING CLASS

This cooking class is designed for individual with developmental disabilities, physical limitations, and/or any neurodiversity

Date: Tuesday December 16, 2025
Time: 5:30 P.M. - 7:00 P.M.
Senior Center
1518 Mill Pond RD Conway SC 29526

\$5.00/per person
Limited Space

Open ages 3-21 Y.O
Boys & Girls

Please Register
<https://conwaysc.activityreg.com>
Any questions please call us at:
843-488-7869

Sensory Tree Lighting

CITY OF CONWAY PRESENTS

Sensory Friendly
MUSIC
GAMES
MEET SANTA

STARTS AT 6PM

Thursday, DECEMBER 11th

Riverfront Park
4 Elm Street Conway SC 29526

sosx care
 Autism & Intellectual Disability Services

There will be a sensory table: Noise reducing headphones and other items for children to borrow at the table.

YOGA CLASS

SFC
SPORTS & FITNESS CENTER
Sensory Friendly Storytelling

JOIN US ON DECEMBER 20th AT 12:00 PM
Senior Center
Registration Required
FREE-All ages
Parent/Guardian must be present

FOR MORE INFORMATION
VISIT: WWW.CONWAYPARKANDRECREATION.NET

CONWAY WEIGHT LOSS CHALLENGE

January 12th– March 13th 2026

"FOCUS ON FITNESS"

\$35 Fee Includes:

**Fitness Assessments,
Nutritional Tools, T-Shirts,
Group Fitness Classes
&
Weekly Weigh-Ins!**

On-Line Registration Begins
Registration Begins
Monday December 1, 2025

Join This 8 Week
competition to find
highest % of weight loss &
most inches lost!
Register at: conwaysc.activityreg.com

For Additional Info Contact :
Jessica Stalvey, Fitness Coordinator
@jstalvey@conwaysc.gov



**THANK YOU TO OUR
SPONSORS.....
7TH ANNUAL
UNDER THE LIGHTS 5K
PRESENTED BY
CONWAY MEDICAL CENTER**

Gold Sponsors:
Conway Medical Center/HTC

Silver Sponsors:
Atlantic Coast Spine & Pain Center /
Santee Cooper / Anderson Brothers Bank

Bronze:
Conway National Bank/Black Dog
Outfitters/Hunter Stokes State Farm/Aynor
Family Dental/Santino's Pizza /Horry Electric
Cooperative/Dr. Jen Orthodontics/
Conway Chiropractic

**DECEMBER 10, 2025
6PM MARINA DRIVE
[HTTPS://RUNSIGNUP.COM/RACE/EVENTS/SC/CONWAY/CITYOFCONWAY](https://runsignup.com/race/events/sc/conway/cityofconway)
UNDERTHELIGHTS5KRUNWALK**

THE CITY OF CONWAY
SFC
SPORTS & FITNESS CENTER

Beginner's Pickleball

**TUESDAY & THURSDAYS BEGINNING
JANUARY 27TH-MARCH 26TH
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

Pickleball

Open Play Hours

Collin's Kids Court #2

MONDAY	09:00AM-1:00PM
TUESDAY	09:00AM-12:30PM
WEDNESDAY	09:00AM-1:00PM
THURSDAY	09:00AM-12:30PM
FRIDAY	09:00AM-12:30AM
SATURDAY	NO SATURDAY PLAY

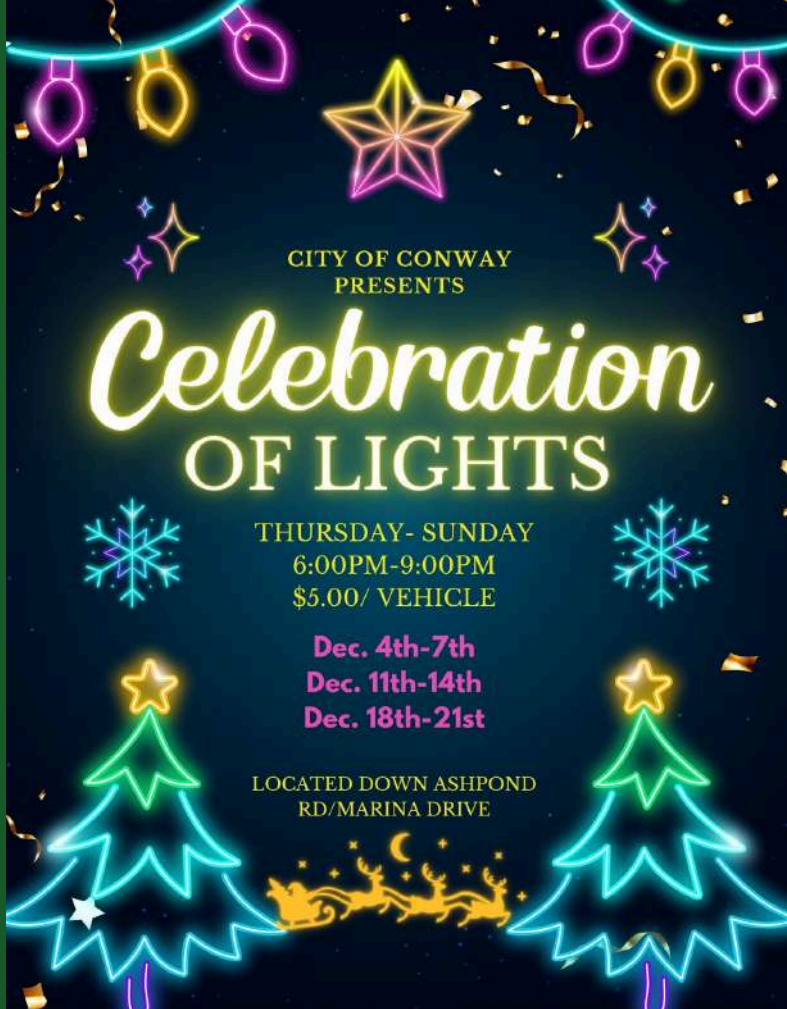
NO SAT. PLAY BEGINNING 12/1/25-3/31/26

**Beginning Dec. 1st -March 31st There Will Be No Saturday Pickle Ball
Due To Indoor Sports**

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

No Indoor Pickle Play Holiday Closings:
Wed. 12/24, Thurs. 12/25, Fri. 12/26, & 1/1

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



CITY OF CONWAY
PRESENTS

Celebration OF LIGHTS

THURSDAY- SUNDAY
6:00PM-9:00PM
\$5.00/ VEHICLE

Dec. 4th-7th
Dec. 11th-14th
Dec. 18th-21st

LOCATED DOWN ASHPOND
RD/MARINA DRIVE



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 SATURDAYS Time: 10AM	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.



HOLIDAY GRAB BAG PICKLEBALL!



**SATURDAY
DEC. 20TH
9AM-4PM**

INDOOR TOURNAMENT

THIS IS A GRAB BAG TOURNAMENT WITH A ROUND ROBIN FORMAT. ALL SKILLS LEVELS ARE WELCOMED! BRING YOUR OWN PADDLES/PICKLEBALLS.

\$30 MEMBER/\$35 NON-MEMBERS
PLEASE REGISTER INDIVIDUALLY @
WWW.CONWAYPARKSANDRECREATION.NET

NOTE: NO REFUNDS WILL APPLY TO THIS TOURNAMENT





Rivertown Holiday Market

The Biggest Shopping Event Of The Year

• Music • Vendors

A Free Event For the Family @ 
9am-2pm
1515 Mill Pond Rd.

SAT. DEC 6 2025

www.conwayparksandrecreation.net
For More Information

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

December

Fitness Class Schedule Dec. 1st-Jan. 2nd



Monday	Tuesday	Wednesday	Thursday	Friday
<p>6:00am-6:45am H.I.C.T. Boot Camp Randy - 2nd Level</p> <p>7:00am-7:45am Strong by Zumba Pam No Class 12/16 & 12/29 Fitness Room</p> <p>8:00am-8:45am Cardio Dance Combo Sharon Class 12/1 & 12/8 Only Court #1</p> <p>8:00am-8:45am Z-Fusion Joy Class 12/22 & 12/29 Only Court #1</p> <p>9:00am-9:45am Strength & Core Ivy No Class 12/15 Demo Day Court #1</p> <p>10:00am-10:45am Beginner's Cycle June No Class 12/15 Demo Day Cycle Room</p> <p>10:00am-10:45am Cardio Dance Combo Tina No Class 12/15 Demo Day Court #1</p> <p>11:00am-12:00pm Tai Chi Ben No Class 12/15 Demo Day Fitness Room</p> <p>11:15am-12:00pm Chair Aerobics Brigitte No Class 12/15 Demo Day Court #1</p> <p>12:30pm-1:30pm Strength Machine Orientation Cianna Class 12/16 & 12/18 Only 2nd Level</p> <p>4:30pm-5:10pm Kettlebell Total Body Olivia No Class 12/22 Fitness Room</p> <p>5:15pm-6:00pm Strength & Core Amy- Fitness Room</p>	<p>6:00am-6:45am Cardio Kick & Abs Amy- Court #1</p> <p>7:00am-7:45am Functional Strength Nick- Fitness Room</p> <p>8:00am-8:45am Functional Strength June -Court #1</p> <p>9:00am-9:45am Beginner's Cycle June - Cycle Room</p> <p>9:00am-9:45am Hi-Low Step Jessica - Fitness Room</p> <p>9:00am-9:45am Cardio Dance Combo Linda D. Court #1 No Class 12/9</p> <p>10:00am-11:00am Line Dancing Roger Court #1 No Class 12/9</p> <p>10:05am-11:00am Silver Sneakers Classic Brigitte- Fitness Room</p> <p>11:10am-12:00pm Chair Yoga Brigitte - Fitness Room</p> <p>5:10pm-6:00pm Instructor's Choice June No Class 12/9 Fitness Room</p> <p>5:35pm-6:30pm Indoor Cycle Tina Y- No Class 12/9 2nd Level Cycle Room</p> <p>6:10pm-7:10pm Zumba Pam- 12/2 & 12/16 CJ- 12/30 Fitness Room</p>	<p>6:00am-6:45am Strength & Core Amy- No Class 12/24 & 12/31 Court #1</p> <p>7:00am-7:45am Indoor Cycle Tina Y- No Class 12/24 & 12/31 2nd Level Cycle Room</p> <p>7:00am-7:45am Strength & Core Amy - No Class 12/24 & 12/31 Court #1</p> <p>8:00am-8:45am Strong By Zumba Pam- No Class 12/24 & 12/31 Court #1</p> <p>9:00am-9:45am Sculpt N-Flow Lisa - No Class 12/24 & 12/31 Fitness Room</p> <p>9:00am-9:45am Zumba Pam - No Class 12/24 & 12/31 Court #1</p> <p>10:00am-10:45am Strength & Core Tina C- No Class 12/24 & 12/31 Court #1</p> <p>10:00am-10:45am Indoor Cycle June- No Class 12/24 & 12/31 2nd Level Cycle Room</p> <p>11:00am-12:00pm Tai Chi Ben- No Class 12/24 & 12/31 Fitness Room</p> <p>11:15am-12:00pm Chair Aerobics June- No Class 12/24 & 12/31 Court #1</p> <p>6:35pm-7:05pm Circuit Abs Kassidi No Class 12/24 & 12/31 2nd Level</p> <p>Jessica Stalvey: Fitness Coordinator jstalvey@conwaysc.gov 843-488-7685</p>	<p>6:00am-6:45am Step & Sculpt Amy- No Class 12/25 & 1/1 Fitness Room</p> <p>7:00am-7:45am Functional Strength Nick- No Class 12/25 & 1/1 Fitness Room</p> <p>8:00am-8:45am Instructor's Choice June No Class 12/25 & 1/1 Court #1</p> <p>8:00am-8:45am Indoor Cycle Tina Y- No Class 12/25 & 1/1 2nd Level Cycle Room</p> <p>9:00am-9:45am Hi-Low Step Tina C- No Class 12/25 & 1/1 Fitness Room</p> <p>9:00am-9:45am Zumba Kern No Class 12/25 & 1/1 Court #1</p> <p>10:00am-11:00am Line Dancing Roger No Class 12/25 & 1/1 Court #1</p> <p>10:05am-11:00am Silver Sneakers Circuit Brigitte- Fitness Room No Class 12/25 & 1/1</p> <p>11:00am-12:00pm Chair Yoga Brigitte Fitness Room No Class 12/25 & 1/1</p> <p>5:30pm-6:30pm Functional Strength June- No Class 12/25 & 1/1 Weight Room</p> <p>5:30pm-6:30pm Beginners Line Dancing Roger Fitness Room No Class 12/25 & 1/1</p> <p>6:35pm-7:30pm Zumba Nil- 12/4 & 12/11 CJ- 12/18 Fitness Room No Class 12/25 & 1/1</p>	<p>6:00am-6:45am H.I.C.T. Boot Camp Randy- No Class 12/25</p> <p>6:45am-7:15am Booty Blast Olivia - Class Only 12/5, 12/19, & 1/2 Fitness Room</p> <p>7:15am-7:50am Step & Sculpt Autumn- Fitness Room No Class 12/26</p> <p>8:00am-8:45am Barre Autumn Court #1- No Class 12/5, 12/26 & 1/2</p> <p>9:00am-9:45am Strength & Core Heather/ Tina Court #1 No Class 12/5 & 12/26</p> <p>10:00am-10:50am Cardio Dance Combo Tina- Fitness Room- No Class 12/26</p> <p>10:00am-11:00am Zumba Pam- Court #1- No Class 12/5 & 12/26</p> <p>11:15am-12:00pm Chair Aerobics Nadine -Court #1 No Class 12/5 & 12/26</p>
<h3>Saturday</h3> <p>8:45am-9:20am Circuit Abs Fitness Room Kassidi-6th & 20th Olivia- 13th</p> <p>9:30am-10:15am Indoor Cycle Cycle Room June- 6th & 13th</p> <p>9:30am-10:15am Step & Sculpt Amy- 13th Fitness Room</p> <p>9:30am-10:25am Zumba Kerri-6th & 20th Fitness Room</p>				

YOGA Schedule December

Dec. 1st - Jan. 2nd

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-8:50am
Somatic Stretch
Yoga
Pam R.
Class Only
12/1 & 12/8
Fitness Room

8:00am-8:50 am
Instructor Choice
Pam R.
Class Only
12/22
Fitness Room

9:00am-9:45am
Beginner's Mat Pilates
Pam R.
No Class 12/15
Demo Day
Fitness Room

10:00am-10:55am
Gentle Vinyasa
Flow Yoga
Pam R.
No Class 12/15
Demo Day
Fitness Room

6:15pm-6:55pm
Yoga Stretch
Amy
No Class 12/8
Fitness Room

Tuesday

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

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

Wednesday

8:00am-8:50am
Wednesday
Morning Gentle
Yoga
Linda C.
12/3, 12/10,
& 12/17
Fitness Room

10:00am-10:50am
Gentle Vinyasa Flow
Yoga
Pam R.
No Class 12/24 & 12/31
Fitness Room

4:30pm-5:15pm
Beginner's Mat Pilates
Pam R.
No Class 12/24 & 12/31
Fitness Room

5:30pm-6:15pm
Slow Flow
Pam R.
No Class 12/24 &
12/31
Fitness Room

6:25pm-7:00pm
Restorative
Pam R.
No Class 12/24 &
12/31
Fitness Room

Thursday

8:00am-8:50am
Gentle Yoga
Linda C. - 12/4
Fitness Room
No Class 12/25 & 12/31

8:00am-8:50am
Vigorous Yoga
Evita- 12/18
Fitness Room
No Class
12/25 & 12/31

11:10am-12:00pm
Chair Yoga
Brigette
Fitness Room
No Class 11/27

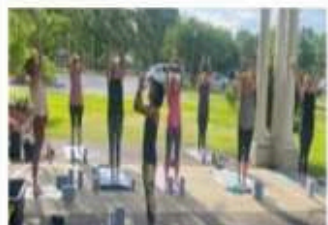
Friday

8:00am-9:00am
Sculpt-N-Flow
Lisa
Fitness Room
No Class 12/12 &
12/26

9:00am-9:50am
Yogalates
Autumn
Fitness Room
No Class 12/26

Saturday

10:35am-11:35am
Saturday Instructor
Choice Yoga
Fitness Room
Pam R.
12/6, 12/13, & 12/20



YOGALATES



Aquatics Schedule

December 2025



Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am – 9:45 am Aqua Zumba – Pam H.	8:00 am – 8:45 am Aqua Aerobics- Deanna <i>No class on Dec 23 / 30!</i>	8:00 am – 8:45 am Aqua Aerobics- Beverley	8:00 am – 8:45 am Aqua Aerobics- Beverley	8:00 am – 8:45 am Turbulence- Barbara
10:00 am – 10:45 am Arthritis R.O.M./Strength- Brigette	9:00 am – 9:45 am Deep Water – Barbara	9:00 am – 9:45 am Aqua Yoga – Pam R.	9:00 am – 9:45 am Stick Mobility/Aerobics- Barbara	9:00 am – 9:45 am Silver Sneakers - Barbara
11:00 am – 11:45 am Aqua Aerobics - June	10:00 am – 12:00 pm Water Volleyball	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 – Ivy <i>No Class on Dec 29th!</i>	12:15 pm – 1:00 pm Aqua Blast – Olivia	11:00 am – 11:45 am Stick Mobility/Aerobics- Brigette	12:15 pm – 1:00 pm Aqua Blast – Olivia	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	12:00 pm – 1:00 pm Cardio Core – Brigette	4:30 pm – 7:30 pm 2 LANES Tigershark Practice	
6:15pm – 7:00 pm Aqua Zumba – Pam H		4:30 pm – 7:30 pm 2 LANES Tigershark Practice		

**HAPPY
HOLIDAYS**

Regina Stevens- Aquatics/Membership Coordinator
Kaitlyn Pardes- Assistant Aquatics Coordinator
843-488-7686 or kpardes@conwaysc.gov
Schedule is subject to change



CSFC POOL HOURS

Monday - Friday :
6:00am - 7:30pm
Saturday : 8:30am -
5:30pm
Sunday: Closed

Aquatic Class Descriptions:

Cardio Core : 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 5ft 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.

Silver Sneakers: Step into our Silver Sneakers class for fun fusion of fitness and flair! With heart-pumping beats and vibrant moves, you'll sweat while showcasing stylish kicks and make new friends along the way.

AquaBlast: 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.

Stay Updated...Stay Connected...



Conway Sports & Fitness Center

1515 Mill Pond Rd. | Conway, SC

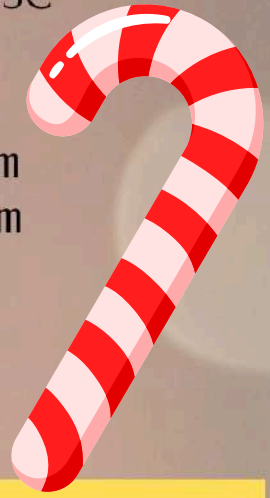
Facility Hours:

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

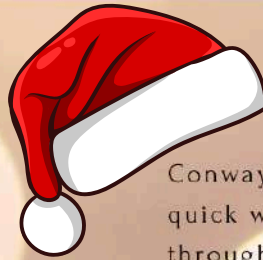


MAIL/WALK

1515 Mill Pond Road
Conway, SC 29526

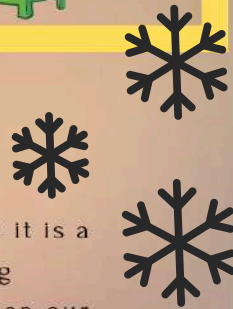


THIS NEWSLETTER
IS PUBLISHED BY
THE CITY OF
CONWAY PARKS
AND RECREATION
DEPARTMENT.



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



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

