



April Newsletter

APRIL
STRESS
AWARENESS
MONTH

APRIL IS RECOGNIZED AS NATIONAL STRESS AWARENESS MONTH TO BRING ATTENTION TO THE NEGATIVE IMPACT OF STRESS. MANAGING STRESS IS AN ESSENTIAL COMPONENT OF A HEALTHY LIFESTYLE. KNOWING HOW TO MANAGE STRESS CAN IMPROVE MENTAL AND PHYSICAL WELL-BEING AS WELL AS MINIMIZE EXACERBATION OF HEALTH-RELATED ISSUES.

SIGNS OF STRESS

We all experience stress differently in different situations. Sometimes you might be able to tell right away when you're feeling under stress, but other times you might keep going without recognising the signs. Stress can affect you both emotionally and physically, and it can affect the way you behave. (Mind,2017)

EMOTIONAL

- Irritable
- Aggressive
- Impatient or wound up over-burdened
- Anxious, nervous or afraid
- Thoughts are racing and you can't switch off
- Unable to enjoy yourself depressed
- Uninterested in life
- Like you've lost your sense of humour
- Sense of dread
- Worried about Your health
- Neglected or lonely

PHYSICAL

- Shallow breathing or hyperventilating
- Panic attacks
- Muscle tension
- Blurred eyesight or sore eyes
- Problems getting to sleep, staying asleep or having nightmares
- Sexual problems, such as losing interest in sex or being unable to enjoy sex
- Tired all the time grinding your teeth or clenching your jaw
- Headaches
- Chest pains
- High blood pressure
- Indigestion or heartburn
- Constipation or diarrhoea
- Feeling sick, dizzy or fainting

BEHAVIOURAL

- Finding it hard to make decisions
- Constantly worrying
- Avoiding situations that are troubling you
- Snapping at people
- Biting your nails
- Picking at your skin
- Unable to concentrate
- Eating too much or too little
- Smoking or drinking alcohol more than usual
- Restless, like you can't sit still
- Being tearful or crying

Small Actions To Make Big Changes

CONNECT WITH SOMEONE

Are they okay? · Are you okay? · Check in with your support network · Connect with someone new · A sense of belonging and community can help reduce feelings of loneliness.

PRIORITISE SLEEP

Take small steps to improve your bedtime routine. Wind down before bed by minimizing your screen time · Make your bedroom a 'tech-free' zone · Create a clean and restful sleep environment · Jot down what's on your mind and set it aside for tomorrow · Avoid caffeine after 4pm.



MOVE IN YOUR OWN WAY

Get moving the way you want to. This could be walking, running, yoga, stretches, doing some gardening. Move in a way you'll enjoy, get those endorphins flowing and let off some steam.



SPEND TIME IN NATURE

Take some time out of your day to step outside, get some fresh air and spend time in nature. This could be eating your lunch outside, or taking a short walk after work. Simulate your senses and look at the beauty of nature



BREATHE DEEP

Your breath is a powerful tool to help with stress reduction and relaxation. Short, shallow breaths can heighten anxiety so being conscious and taking time to breathe deep helps us shift into a relaxation mode.



PRACTICE MINDFULNESS

Practicing mindfulness allows you to focus on the here and now. It aids self-awareness, helps you practice emotional regulation and control. You can actively practice during a designated mindfulness session or be mindful of your all five of your sense whilst participating in an activity, such as a nature walk.

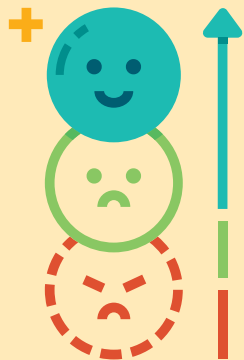


One Day at a Time: Daily Wellness Challenge

Choose one action from our list or create your own. Commit to it daily and track your progress in our Little By Little Journal for accountability!

- DO SOME JOURNALLING
- CHECK YOUR PHONE AFTER BREAKFAST
- WORDS OF AFFIRMATION
- COLD SHOWER
- 20 MINS TO DECLUTTER YOUR SPACE
- 30 MINS OF BEING 'TECH-FREE' BEFORE BED
- 10 MINUTES OF STRETCHING
- MAKE YOUR BED EACH MORNING
- SET LIMITATIONS FOR SCREENTIME
- LAUGH WITH FRIENDS OR FAMILY
- 5 FRUIT/VEG PER DAY
- ENSURE YOU SLEEP 7-9 HOURS A NIGHT
- SELF-CARE TIME
- ACTS OF KINDNESS TOWARDS OTHERS
- DRINK 2 LITRES OF WATER
- SPEND TIME ON A HOBBY
- SCHEDULE TIME TO UNWIND
- LISTEN TO A PODCAST THAT INSPIRES YOU
- BREATHWORK
- PRACTICE GOOD POSTURE
- SET ACHIEVABLE GOALS FOR THE DAY
- WRITE DOWN 1 THING YOU LOVE ABOUT YOURSELF
- GET CREATIVE
- WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR
- PRACTICE MINDFULNESS
- TAKE A LUNCHTIME WALK
- GET SOME FRESH AIR
- WATCH A MOTIVATIONAL TED TALK
- READ FOR 30 MINUTES A DAY
- LISTEN TO MUSIC YOU LOVE
- GUIDED MEDITATION

LESS STRESS!



UNLOCK YOUR HAPPY

SEROTONIN

- Being outside in nature
- Having a massage
- Breathing exercises
- Practising daily gratitude
- Aerobic exercise

The mood stabilizer

DOPAMINE

- Celebrating success
- Getting enough sleep
- Mindfulness/Meditation
- Listening to music
- Sunlight exposure

The reward chemical

ENDORPHINS

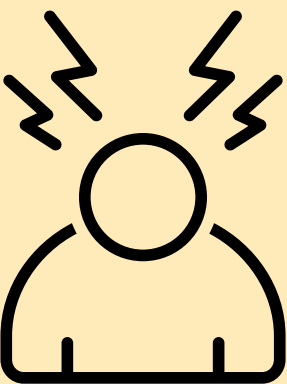
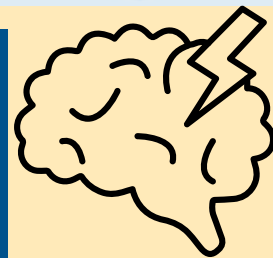
- Having sex
- Creative activities
- Laughter
- Eating cacao rich foods
- Random acts of kindness
- Taking a hot salt bath

The pain killer

OXYTOCIN

- Practising yoga
- Cuddles and hugs
- Petting a dog
- Telling someone how much you care
- Spending time with friends

The love hormone



Thomas Gymnastics at the Beach Event April 4th - 7th

THURSDAY, APRIL 4TH

**COURTS 1 & 2
CLOSED 6PM - 8PM**

FRIDAY, APRIL 5TH

**COURTS 1 & 2 CLOSED
WALKING TRACK CLOSED
CLOSED ALL DAY
FACILITY CLOSSES AT 4PM**

SATURDAY, APRIL 6TH

FACILITY CLOSED

Beginner Pickleball Lessons

Jan-March

EQUIPMENT ORIENTATION

MONDAY APRIL 15TH
1PM-2PM

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



Ham, Asparagus & Gruyère Tart



RECIPE



INGREDIENTS

- 1 (14- to 17-ounce) package frozen puff pastry, thawed
- 1 pound asparagus, preferably thin
- 2 large eggs
- 1/3 cup whole or 2% milk
- 2 teaspoons Dijon mustard
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 1 cup small-dice cooked ham (about 5 ounces)



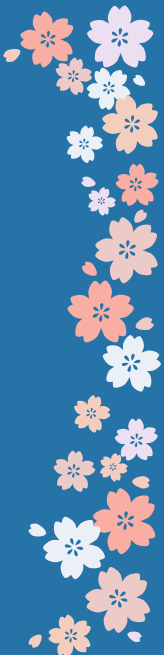
INSTRUCTIONS

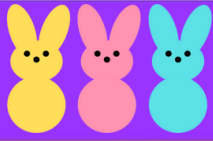
Arrange a rack in the middle of the oven and heat to 425°F. Meanwhile, trim the woody stems from the asparagus. Pat the asparagus dry with paper towels. Halve lengthwise if the asparagus is thick; set aside. If your puff pastry is folded, let sit out at room temperature for about 15 minutes to soften slightly.

Line a large, rimmed baking sheet with parchment paper. Move the parchment to a work surface. Unfold the puff onto the parchment (if your package has 2 sheets, place them side by side, slightly overlapping, so that they fit the baking sheet, and press together). Using a rolling pin, roll it into a rectangle about the size of the baking sheet. Transfer the puff, still on the parchment, to the baking sheet.

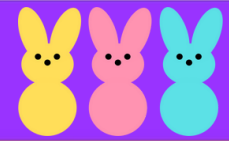
Carefully roll about 1/2 inch of each side in on itself toward the center to form the outer rim of the tart. Poke the bottom of the crust with a fork so that the pastry doesn't puff up. Bake until the edges puff and the top is a pale golden-brown, about 15 minutes. Meanwhile, place the eggs, milk, Dijon, salt, and pepper in a medium bowl and whisk to combine; set aside. Place the baking sheet on a wire rack. Sprinkle the crust evenly with the ham and 1/2 of the cheese. Slowly pour the egg mixture evenly over the crust. Lay the asparagus spears over the egg mixture in a single layer. Sprinkle with the remaining cheese.

Bake until the edges are puffed and the bottom is crisp and golden-brown, 35 to 40 minutes. If there is moisture on the top of the tart, blot it gently away with paper towels. Cut into pieces and serve warm or at room temperature.





April Fitness Challenge



Before beginning any exercise program, please check with your doctor.

Break larger reps into smaller sets. Let us know if you have ?? or need modifications.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Wall Sit — Sit against a wall with your thighs parallel to the floor as if sitting in a chair. Keep back	<i>1</i> 50 Jumping Jacks 25 Lunges REPEAT ABOVE 3X Then: 1 Burpee	<i>2</i> 50 High Knees 25 Squats 30 second wall sit 2 Burpees	<i>3</i> 50 Lunges 10 Push ups 20 Crunches 3 Burpees	<i>4</i> 50 Calf Raises 30 Lunges 25 Squats 4 Burpees	<i>5</i> 50 Jump Ropes 25 Crunches REPEAT ABOVE 3X Then: 5 Burpees	<i>6</i> 100 Squats 50 High Knees 25 Oblique Crunches 6 Burpees
<i>7</i> 50 Squats 10 Push Ups 7 Burpees	<i>8</i> 30 Forward Lunges 30 Reverse Lunges 20 Squats 8 Burpees	<i>9</i> 20 Mountain Climbers 15 body weight dips 60 Second Wall sit 9 Burpees	<i>10</i> 50 Jumping Jacks 10 Push ups REPEAT ABOVE 3X Then: 10 Burpees	<i>11</i> 50 Calf Raises 25 Crunches 45 second wall sit 11 Burpees	<i>12</i> 100 Lunges 1 min plank 12 Burpees	<i>13</i> 20 Mountain Climbers 10 Push ups 13 Burpees
<i>14</i> 75 Jumping Jacks 50 squats 25 Crunches 14 Burpees	<i>15</i> 30 Mountain Climbers 30 Oblique Crunches 15 Burpees	<i>16</i> 20 Squat Jumps 10 Push Ups REPEAT ABOVE 3X Then: 16 Burpees	<i>17</i> 100 Jump Rope 20 body weight dips 30 Crunches 17 Burpees	<i>18</i> 75 Jumping Jacks 60 second wall sits REPEAT ABOVE 3X Then: 18 Burpees	<i>19</i> 50 Squats 50 Calf raises 20 Crunches 19 Burpees	<i>20</i> 30 Mountain Climbers 30 Oblique Crunches 20 Burpees
<i>21</i> 100 Jumping Jacks 25 Crunches REPEAT ABOVE 2X Then: 21 Burpees	<i>22</i> 10 Push Ups 20 Mountain Climbers 10 Jump Squats 22 Burpees	<i>23</i> 50 Mountain Climbers 20 Jump squats 23 Burpees	<i>24</i> 100 Lunges 15 push ups 60 second wall sit 24 Burpees	<i>25</i> 20 crunches 20 lunges REPEAT ABOVE 3X Then: 25 Burpees	<i>26</i> 50 Calf Raises 15 Push Ups 30 Crunches 26 Burpees	<i>27</i> 100 Jump Rope 25 Crunches 27 Burpees
<i>28</i> 100 Jumping Jacks 20 Push Ups 20 Crunches 28 Burpees	<i>29</i> 30 Forward Lunges 30 Reverse Lunges 25 body weight dips 29 Burpees	<i>30</i> 25 Crunches 1 min plank REPEAT ABOVE 3X Then: 30 Burpees	Calf Raises —use step in your house and let your heels fall below or just come up high on toes if no step.	Lunges —make sure your knee does not travel past your toes. Keep in line with your foot.	Jump Rope —pretend if you don't have one; stay on the balls of your feet.	High Knees — Jog in place bringing your knees up to above your waistline.

BRAIN TEASER!



What can be seen in the middle of the months 'April' and 'March' that cannot be seen in the beginning or end of either month?



Solve this riddle!

First correct response WINS a prize!

Email your answers to sfuller@cityofconway.com





ST. PATRICK'S DAY

pickle ball Tournament 2024



2nd Place:
Jeff Wahl & Marti Isaac

1st Place:
Jared & Jamie
Ingersoll



Congrats!

We are so proud of every one in our 2024 Weight loss Challenge!



2024 Weight loss Challenge

Winners



1

2nd

DAWN MENARD

ELIZABETH KISTNER

-16.2 LBS

-12 INCHES

Congratulations!

Honorable Mentions

LAURA CARREIRO

CINDY THIBODEAU

-10.8 LBS

-10 INCHES

THE CITY OF CONWAY
SFC
SPORTS & FITNESS CENTER



Step into Spring!

**Walking Classes
every Thursday
8:15am-8:45am
Coach Nick**

**Come join in on the fun
and spring into fitness with
us @CSFC**

Participants should expect vary routines from week to week that will utilize outdoor routes along with the indoor track. In the event of in climate weather classes will automatically take place around our indoor track . This is an instructor lead low impact work out that will allow someone to focus on their walking stride all while being motivated in a group setting!

Please come prepared with walking shoes and appropriate workout attire .

Class will meet on the second level weekly to begin routines.

Massages by Autumn

Chair massages will be provided on select Fridays in May at various times, beginning at 8 a.m.

\$1 per minute.

Payments accepted are cash, credit or debit card, Venmo, Zell, or cash app

You can locate Autumn and her massage chair in the hallway across from the gymnasium.



Chair
Massage

Chair massages focus on the high tension areas of the neck, shoulders and back.

They are effective at producing therapeutic results in a brief period of time by concentrating the massage on areas of greatest tension.



1 Hour Swedish
Massage

One-hour Swedish table massages will also be offered to members at a reduced rate of \$65.

Location is at the Beauty Nest in Carolina Forest, 220 Ronnie Ct., inside Palms Chiropractic.

CALL OR TEXT AUTUMN AT TO RESERVE YOUR TIME,
OR STOP BY & SEE HER.

(724) 422-7113

PICKLEBALL BEGINNER LESSONS



Our class is designed for everyone, from beginners taking their first swing to seasoned players looking to refine their skills. It's a welcoming atmosphere where camaraderie and improvement go hand in hand.

APRIL 2ND - JUNE 4TH

EVERY TUESDAY & THURSDAY

1p - 2p: Court 2



Nutrition Group Coaching

April 23rd - May 21st

Group meeting every Tuesday from 12:30p-1:30p
in Fitness Room

Do you have a nutrition-related goal that you are ready, willing, and able to work on?

Are you looking for someone to guide you, while empowering you to make the best decisions for your health and wellness?

Do you enjoy giving and receiving support to and from those on a similar journey to you?

If you answered yes, group nutrition coaching is right for you!

Join us for weekly accountability group nutrition coaching hosted by Sami.

You'll receive individual nutrition guidance & partake in weekly meetings/support groups!



\$20 / Member

\$25 / Non-Member

Register online at www.conwayparksandrecreation.net

THE CITY OF CONWAY
SFC
SPORTS & FITNESS CENTER

OUTDOOR AGILITY BOOTCAMP

Instructor Daniel

MAY 11TH & 18TH 8:30AM-9:30AM
MAY 14TH & 16TH 5:45PM-6:45PM
MAY 28TH & MAY 30TH 5:45PM-6:45PM

THIS CLASS WILL BE DESIGNED TO GET YOU MOVING AND CHALLENGE THE INNER YOU!
PARTICIPANTS CAN EXPECT TO WORK HARD WITH ROUTINES THAT TARGET AGILITY! BODY WEIGHT EXERCISES AND A VARIETY OF EQUIPMENT WILL BE FEATURED. EQUIPMENT CAN INCLUDE FREE WEIGHTS- RESISTANCE BANDS -CONES-AGILITY LADDERS- AND MUCH MORE. COME PREPARED FOR MAXIMUM EFFORT MINIMUM REST! CLASS WILL MEET OUT BACK OF THE COMPLEX BY THE POOL. BRING YOUR WATER AND TOWEL ALONG WITH APPROPRIATE WORKOUT ATTIRE. SEE YA THERE!
**IN THE CASE OF INCLEMENT WEATHER, CLASS WILL AUTOMATICALLY BE CANCELED!

THE CITY OF CONWAY
SFC
SPORTS & FITNESS CENTER

RIVERTOWN
Pickleball
CLINIC

Online Registration Required

PICKLEBALL CLINIC

Bring your own paddle

Friday, May 24
10:00 AM - 12:30 PM

\$20
Per Person

SCAN QR CODE TO REGISTER

Collins Park
Pickleball Courts
Location: 16th Ave., Conway, SC 29526

Contact Coach Nick Bucholtz for more information at 843-488-1950 Ext 1

More Information :
www.conwayparksandrecreation.net

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

April

Fitness Class Schedule April 1st-May 3rd

Jessica Stalvey:
Fitness Coordinator
jstalvey@conwaysc.gov
843-488-7685
www.conwayparksandrecreation.net

Monday

6:00am-6:45am
H.I.C.T Bootcamp
Randy
2nd Level

7:00am-7:45am
Strong by Zumba-
Pam
Fitness Room

8:00am-8:45am
Barre Blend & Extend
Nadine
Court #1

9:00am-9:45am
Chair Aerobics
Nadine
Fitness Room

9:00am-9:45am
Strength & Core-
Daniel
Court#1

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

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

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

4:30pm-5:00pm
/6:00pm-6:30pm
I.C.T.
Eric
2nd Level

4:30pm-5:00pm
/6:00pm-6:30pm
I.C.T.
Eric
Meet Upstairs

5:05pm-5:45pm
Strength & Core
Amy
Fitness Room

6:00pm-6:45pm
Yoga Stretch
Amy
Fitness Room

Tuesday

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

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

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

9:00am-9:45am
Step & Sculpt
Tina
Fitness Room

9:00am-9:45am
Cardio Dance Combo
Linda D. /Dee G.
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

4:30pm-5:00pm
/6:00pm-6:30pm
I.C.T.
Eric
2nd Level

4:30pm-5:10pm
Step & Sculpt
June
Class 4/9 & 4/16 Only
Fitness Room

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

5:15pm-6:00pm
Strong By Zumba
Marissa
Fitness Room

6:10pm-7:10pm
Zumba
Marissa
Fitness Room

Wednesday

6:00am-6:45am
Indoor Cycle
Tina Y.-
2nd Level Cycle Room

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

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

NOTICE:
Pickle Ball Will Take Place
Monday-Friday 9am-1pm
Court #2

Beginner Pickle Ball
Tues/Thursday Begins
April 9th
1pm-2pm Court#2

6:05pm-7:00pm
Zumba
Kerri
Fitness Room

Thursday

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

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

8:00am-8:30am
Instructor Choice
Daniel-
April- Circuit Abs
Court#1

8:15am-8:45am
Walking Class
Nick /2nd Level

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

9:00am-9:45am
Step & Sculpt
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

4:30pm-5:15pm/
I.C.T-2nd Level
Eric
No Class 4/4

5:30pm-6:30pm
Beginners Line
Dancing-
Roger
No Class 4/4
Fitness Room

6:00pm-6:30pm
I.C.T-2nd Level
Eric
No Class 4/4

Friday

6:00am-6:45am
H.I.C.T Boot Camp
Randy - 2nd Level
No Class 4/5

6:45am-7:15am
Booty Blast
Morgan- No Class 4/5
Court #1

7:15am-7:50am
Step & Sculpt
Autumn
No Class 4/5 & 4/28
Fitness Room

8:00am-8:45am
Barre
Nadine
Court#1
No Class 4/5

9:00am-9:45am
Strength & Core
Autumn/Beverley/Tina
Court #1
NO Class 4/5

10:00am-10:45am
Indoor Cycle
Autumn -No Class 4/5 & 4/26
2nd level Cycle Room

10:00am-10:50am
Cardio Dance Combo
Tina
Fitness Room
NO Class 4/5
10:00am-11:00am
Zumba-
Pam- Court #1
NO Class 4/5

11:15am-12:00pm
Chair Aerobics
Nadine - Court #1
NO Class 4/5

Saturday

No Classes 4/6

Circuit Abs
8:30am-9:00am
Fitness Room
Kassidi- 20th-27th

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

Indoor Cycle
9:30am-10:15am
Fitness Room
Autumn-13th & 20th

Zumba
9:20am-10:20am
Fitness Room
Kerri- 13th
I.C.T

2nd Level!
11:00am-11:30am
Eric- 13th-20th-27th

YOGA Schedule

April 2024
April 1st - May 3rd



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>REGISTER 10:00am-10:55am <u>Gentle Yoga</u> Pam R. Fitness Room</p>	<p>REGISTER 11:10am-12:00pm <u>Chair Yoga</u> Brigette Fitness Room</p>	<p>REGISTER 8:00am-8:50am <u>Wednesday Morning Gentle Yoga</u> Evita - 4/3 & 4/17 Linda - 4/10 & 4/24 Fitness Room</p>	<p>REGISTER 8:00am-8:50am <u>Vigorous Yoga</u> Evita - 4/4 & 4/18 Pam - 4/11 Linda - 4/25 Fitness Room</p>	<p>REGISTER 8:00am-9:00am <u>Yogalates</u> Autumn Fitness Room No Class 4/5 & 4/26</p>
<p>HELLO Spring</p>	<p>HELLO Spring</p>	<p>REGISTER 10:00am-10:50am <u>Gentle Yoga</u> Pam R. Fitness Room</p>	<p>11:10am-12:00pm <u>Chair Yoga</u> Brigette Fitness Room</p>	<p>HELLO Spring</p>
<p>6:00pm-6:45pm <u>Yoga Stretch</u> Amy Fitness Room</p>	<p>5:15pm-6:00pm <u>Circl Mobility Demos</u> Marissa Fitness Room Class Held 4/30 Only</p>	<p>HELLO Spring</p>	<p>11:10am-12:00pm <u>Chair Yoga</u> Brigette Fitness Room</p>	<p>REGISTER 10:30am-11:25am <u>Saturday Yoga</u> Fitness Room Pam R. 4/13 Only</p>
			<p>HELLO Spring</p>	<p><u>Yogalates</u> Fitness Room Autumn 4/20 Only</p>
			<p>REGISTER 6:35pm-7:35pm <u>Yin/Restorative</u> Pam R. No Class 4/4 & 4/25 Fitness Room</p>	



YOGALATES



CIRCL
MOBILITY™

Aquatics Schedule

April 2024



CRC POOL HOURS

Monday- Friday : 6:00am - 7:30pm

Saturday : 8:30am - 5:30pm

Sunday: Closed

Regina Stevens- Aquatics Coordinator

843-488-7686 or rstevens@cityofconway.com



Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am – 9:45 am Aqua Zumba –Pam H.	9:00 am – 9:45 am Deep Water – Brigittee	8:00 am - 8:45 am Aqua Aerobics- Beverley	9:00 am – 9:45 am Arthritis R.O.M.- Brigitte	8:00 am - 8:45 am Aqua Aerobics- Beverley
10:00 am – 10:45 am Arthritis R.O.M./Strength- <i>June</i>	10:00 am – 12:00 pm Water Volleyball	9:00 am – 9:45 am Aqua Yoga –Pam R.	10:00 am – 12:00 pm Water Volleyball	9:00 am – 9:45 am R.O.M./Strength– <i>June</i>
11:00 am – 11:45 am Aqua Aerobics - <i>June</i>	12:15 pm – 1:00 pm Aqua Yoga– Brigittee	10:00 am – 10:45 am Aqua Zumba –Pam H.	12:15 pm – 1:00 pm Deep Water - <i>Brigitte</i>	10:00 am – 12:00 pm Water Volleyball
4:30 pm – 7:30 pm 3 LANES Tigershark Practice	4:00 pm – 6:30 pm Swim Lessons	4:30 pm – 7:30 pm 3 LANES Tigershark Practice	4:00 pm – 6:30pm Swim Lessons	
6:15 pm – 7:00 pm Aqua Zumba –Pam H.	4:30 pm – 7:30 pm 3 LANES TigersharkPractice		4:30 pm – 7:30 pm 3 LANES Tigershark Practice	

Aquatic Class Descriptions:

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.

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.

Silver Sneakers SPLASH: Silver Sneakers Splash is a class designed to enhance physical endurance, power, mobilize joints, and improve balance utilizing the physical properties of the water and functional movement patterns. The Silver Sneakers kickboard is a buoyant piece of equipment. It can be used for flotation assistance or resistance training.

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 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!

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



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MAIL/WALK

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THIS NEWSLETTER
IS PUBLISHED BY
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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.

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