

MARCH 2026

NATIONAL NUTRITION MONTH



March is National Nutrition Month[®], an annual campaign created by the Academy of Nutrition and Dietetics to inspire healthier eating habits and informed food choices. This month-long celebration encourages individuals and families to focus on the importance of balanced nutrition, physical activity, and overall wellness.

At the Sports and Fitness Center, we believe that nutrition is the foundation of a healthy lifestyle. Whether your goal is to build strength, increase endurance, improve energy levels, or simply feel your best each day, what you put on your plate plays a powerful role in your success.

Why Nutrition Matters

Nutrition fuels everything we do – from workouts and athletic performance to mental clarity and immune health. A well-balanced diet rich in fruits, vegetables, lean proteins, whole grains, and healthy fats supports:

- Increased energy and stamina
- Faster recovery after exercise
- Stronger immune function
- Improved focus and mood
- Long-term disease prevention

National Nutrition Month is the perfect time to reflect on your eating habits and make small, sustainable changes that lead to lasting results. Together, let's commit to fueling our bodies with purpose and embracing habits that enhance our quality of life.

Here's to a healthier, stronger March! 



March Awareness Days

International
WOMEN'S
Day

World Wild Life Day (March 3rd)

International Women's Day/Day Light Savings (March 8th)

World Sleep Day (March 14th)

Saint Patrick's Day (March 17th)

International Day of Happiness (March 20th)



Red Cross Month

National Nutrition Month

Brain Injury Awareness Month



Please Note The Following Court Closures :

Due To Indoor Sports Courts#1 & #2

Will Remain Closed

On Saturdays Until 1pm

times are subject to change

FROZEN

WINTER DANCE 2026



On Saturday
February 21, 2026 the
CSFC hosted their very
first 'Winter Formal' with
a Frozen theme! What A
Magical Evening Full Of
Fun & Excitement!
A Special Thanks To
Everyone Who Attended!

WINTER SESSION BALLET & HIP-HOP DANCE RECITAL





WELCOME TO OUR TEAM



Kimberly

I am a Certified Yoga Teacher (RYT 500) with nearly 10 years of dedicated practice and teaching experience. Yoga has been one of the greatest blessings in my life, and I am passionate about sharing its transformative power with others.

My classes focus on building strength, balance, and confidence while creating space for students to reconnect with themselves. I believe yoga is more than physical movement – it is a practice of mindfulness, resilience, and self-care that supports both body and mind.

When I'm not teaching, I enjoy spending time with my husband, our three dogs, and my family. I love power walking and I find peace gardening, embracing the beauty of everyday moments.

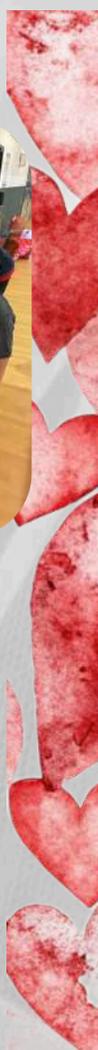
I believe in living well every day – through movement, connection, and caring deeply for the people and spaces that shape our lives

From my heart to yours,
Kimberly

Valentine's Day Demo Schedule



Our Valentine's Demo Class Schedule Event was a tremendous success! ❤️ We loved seeing so many new and familiar faces come together to celebrate health, fitness, and community. Participants had the opportunity to sample a variety of classes, meet our incredible instructors, and experience the energy that makes our fitness family so special.



Healthy recipe!

Easy Gluten-Free Irish Soda Bread



Ingredients

1/2X

1X

2X

Original recipe (1X) yields 12 servings

1 1/2 cups buttermilk

1 large egg

4 tablespoons melted butter, divided

3 cups gluten-free all-purpose flour, plus more for dusting

2 teaspoons baking powder

1 teaspoon baking soda

3/4 teaspoon salt

Local Offers

Directions

Preheat oven to 400°F.

Whisk 1 1/2 cups buttermilk, 1 egg and 3 tablespoons melted butter in a medium bowl.

Place 3 cups flour, 2 teaspoons baking powder, 1 teaspoon baking soda and 3/4 teaspoon salt in a stand mixer fitted with a paddle attachment. Mix on low speed to combine. Increase speed to medium and slowly add the buttermilk mixture until a soft dough forms. Let the dough rest for 10 minutes.

Brush the remaining 1 tablespoon butter over the base and partway up the sides of an 8-inch cast-iron skillet. Dust hands with flour and form the dough into a ball. Press the dough into the prepared pan. Use a sharp knife to score a deep "X" into the top of the dough.

Bake until lightly browned and hollow sounding when tapped on the bottom, 30 to 40 minutes. Remove from the pan and let cool on a rack for at least 30 minutes.

PICKLEBALL & SPORTS HAPPENINGS!



UPDATES

Save THE Date



Samantha and Jake Foundation
 2nd Annual
PICKLEBALL TOURNAMENT
 and
CRAFT, VENDOR & FOOD TRUCK EVENT!!



All proceeds benefit children in need in memory of Samantha & Jake

Saturday, May 16 9a - 3p
Conway Rec Center
1519 Mill Pond Rd. Conway

Mens, womens, mixed doubles!
\$35 member
\$40 non-mbr
REGISTRATION April 1ST!




SCAN QR code

Over 75 Vendors & Food Trucks!
DJ, raffles, kids activities!

Market Common Veterans  **Donations are tax deductible**
SamanthaandJake.org  **SOS Care**

OPEN PLAY



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/Field Closures

No Indoor Pickleball Play Event & Field Closings:
 Friday 12/5, Sat. 12/6, Tuesday 12/9
 Wed. 12/24, Thurs. 12/25, Fri. 12/26 & 1/1

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



SAINT PATRICK'S DAY WORKOUT



Happy
**ST. PATRICK'S DAY
WORKOUT**

- 20 Leprechaun Leaps (squat hops)
- 20 Plank Rainbows (1:1)
- 20 Leaping Lunges (high busters)
- 20 Four Leaf Clover Push Ups (4 ct. Push-Ups)
- 20 Bagpipe Bent Over Rows (1:1)
- 20 Green Goblet Squats

Take a lucky 400m lap, then repeat 3x!

A stack of gold coins with a single coin on top, located at the bottom right of the workout poster.

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

MONDAYS WITH CIANA
12:30PM-1:30PM 2ND LEVEL
FREE FOR MEMBERS



FITNESS HUMOR

**IRISH
I WAS
LIFTING**



I  **BURPEES**



2026

EASTER EGG HUNT

Saturday March, 28th

FREE

BILLY GARDNER COMPLEX 1616 MILLPOND RD

AGES 1-3 FIELD G
 AGES 4-6 FIELD E
 AGES 7-9 FIELD D
 AGES 10-12 FIELD C
 AGES 13 & UP BIG LOTS FIELD

Times: TBA

Sensory Friendly Field B

100,000 EGGS




Easter Fun




SPRING BREAK CAMP 2026

Fun, It's What We Do!

For Boys & Girls 5-12 Years Old | Runs From April 6-10
 7:30AM-5:30PM

CONWAY SPORTS & FITNESS CENTER

Cost: \$100

Register March 2nd @ 8AM
conwayparksandrecreation.net
 Or In Person

1515 Mill Pond Rd, Conway SC 29527




CITY OF CONWAY SUMMER CAMP

Fun, It's What We Do!

\$100 PER WEEK INCLUDES:

- SNACKS, GAMES, ACTIVITIES, MOVIE
- DAYS, ARTS & CRAFTS, SPORTS, FIELD TRIPS &

JUNE 8-AUGUST 14
 7:30 AM - 5:30 PM
 OPEN TO AGES: 5-12

CONWAY SPORTS & FITNESS CENTER
 1515 MILL POND RD, CONWAY, SC 29527
CONWAYPARKSANDRECREATION.NET



Aquatics Happenings

CONWAY SPORTS & FITNESS CENTER

March Swim Lessons

Session Dates (Tuesdays and Thursdays):

Registration begins online **Friday, March 6th @ 8:00am**

Tuesday, March 10th - Thursday, March 26th

Residents: \$45

Non-Residents: \$55

Parent-Toddler

10:00pm-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



NOW HIRING SEASONAL LIFEGUARDS!

\$15.00/HOUR (UP TO 40 HOURS/WEEK)

AMERICAN RED CROSS LIFEGUARD TRAINING PROVIDED. *(MUST PASS THE PRE-REQUISITE SWIM TEST BEFORE HIRING)*

- Prerequisite 1: Jump in and submerge, then swim 150 yards (front crawl and/or breaststroke only), tread water for 2 minutes using legs only, and swim an additional 50 yards (same strokes). (No back/side swimming; goggles allowed.)
- Prerequisite 2 (Timed - 1:40): Starting in the water, swim 20 yards, surface dive to 7-10 ft to retrieve a 10-lb object, swim 20 yards on your back while holding the object with both hands, face at/near the surface, then exit without using a ladder or steps. (No goggles.)

MUST BE 16 YRS OR OLDER TO APPLY

Apply online at www.cityofconway.com or contact Kaitlyn Pardes at kpardes@conwaysc.gov for more information.



Conway Sports & Fitness Center

Free Entry

Easter Eggs Go Splash

Make your Easter celebration a SPLASH!!

Friday, March 20th, at 5:00pm

CSFC Indoor Pool

10 - 15 Eggs Per Child

- 6mos to 3yrs: 5:00pm to 5:15pm
- 4yrs to 6yrs: 5:30pm to 5:45pm
- 7yrs to 9yrs: 6:00pm to 6:15pm
- 10yrs & UP: 6:30pm to 6:45pm

Times are approximate

Please bring a plastic basket to collect eggs in the pool.

No plastic bags allowed in the pool. Swimsuits are required to enter the water.

Ages 6 and under require a parent or guardian within arms reach in the water.



1515 Mill Pond Rd, Conway, SC, 29526



Program Happenings

THE CITY OF CONWAY
SFC
 SPORTS & FITNESS CENTER
 Sensory Friendly Storytelling



YOGA CLASS

JOIN US ON March 28th AT 1:30 PM
 Senior Center Registration Required Door Prize
 FREE-All ages *Parent/Guardian must be present*

FOR MORE INFORMATION
 VISIT: WWW.CONWAYPARKANDRECREATION.NET

EVERYONE IS WELCOME!

PARENT SUPPORT GROUP

The Support Group is an open, welcoming group providing dialogue and peer support on issues, challenges and concerns that most parents may face.

Dates:
 Saturday, January 24th 2026
 Saturday, February 28th 2026
 Saturday, March 28th 2026
 Saturday, April 18th 2026
 Saturday, May 16th 2026

12PM-1:30PM

Senior Center
 1519 Mill Pond Rd
 Conway SC 29526

PLEASE EMAIL PATSY BAKER WITH ANY QUESTIONS AT PBAKER@CONWAYSC.GOV

"Looking forward to your presence!"

THE CITY OF CONWAY
SFC
 SPORTS & FITNESS CENTER

FREE Social Skills Workshops
 Limited Availability

Location: Senior Center 1519 Millpond Rd, Conway, SC 29526

January 24th Topic: Fair or Unfair	March 28th Topic: Positive Mindset Affirmations
February 28th Topic: Be a Buddy NOT a Bully	April 18th Topic: Trying New Things
May 16th Topic: I Can Listen & Follow Directions	SATURDAYS Time: 10 A.M. Ages: 5 and up

For more information call: 843-488-7869

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.

ADAPTIVE COOKING CLASS

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

Date: Tuesday March 24th, 2026

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**

FITNESS SCHEDULE

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

March Fitness Class Schedule March 2nd- March 28th



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am-6:35am <u>Tac Fit</u> Randy - 2 nd Level	5:35am-6:35am <u>Tac Fit</u> Randy 2 nd Level	5:35am-6:35am <u>Tac Fit</u> Randy 2 nd Level	5:35 am-6:35 am <u>Tac Fit</u> Randy 2 nd Level	5:35am-6:35am <u>Tac Fit</u> Randy- 2 nd Level	
7:00am-7:45am <u>Strong by Zumba</u> Pam Fitness Room	6:00am-6:45am <u>Cardio Kick & Abs</u> Amy- Fitness Room	6:00am-6:45am <u>Strength & Core</u> Amy- Fitness Room	6:00am-6:45am <u>Step & Sculpt</u> Amy- Fitness Room	7:00am-7:45am <u>Step & Sculpt</u> Autumn- Fitness Room	
8:00am-8:45am <u>Z-Fusion</u> Joy Court#1	7:00am-7:45 am <u>Functional Strength</u> Nick- Fitness Room	7:00am-7:30am <u>Circuit Abs</u> Amy- Fitness Room	7:00am-7:45am <u>Functional Strength</u> Nick- Fitness Room	8:00am-8:45am <u>Barre</u> Autumn Court#1-	
9:00am-9:45am <u>Strength & Core</u> Iry Court#1	8:00am-8:45am <u>Functional Strength</u> June-Court#1	7:00am-7:45am <u>Indoor Cycle</u> Tina Y- 2 nd Level Cycle Room	8:00am-8:45am <u>Instructor's Choice</u> June Court#1	9:00am-9:45am <u>Strength & Core</u> Tina 3/6 & 3/27 Heather- 3/13 Autumn- 3/20 Court #1	
10:00am-10:45am <u>Beginner's Cycle</u> June- Cycle Room	9:00am-9:45am <u>Beginner's Cycle</u> June- Cycle Room	8:00am-8:45am <u>Strong By Zumba</u> Pam- Court #1	8:00am-8:45am <u>Indoor Cycle</u> Tina Y- 2 nd Level Cycle Room	10:00am-10:50am <u>Cardio Dance Combo</u> Tina- Fitness Room-	
10:00am-10:45am <u>Cardio Dance Combo</u> Tina Court #1	9:00am-9:45am <u>Hi-Low Step</u> Joanna Fitness Room	9:00am-9:45am <u>Sculpt-N-Flow</u> Lisa- Fitness Room	9:00am-9:45am <u>H-Low Step</u> Tina C- Fitness Room	10:00am-11:00am <u>Zumba</u> Pam- Court #1-	
11:00am-12:00pm <u>Tai Chi</u> Ben Fitness Room	9:00am-9:45am <u>Cardio Dance Combo</u> Linda D. Court #1	9:00am-9:45am <u>Zumba</u> Pam- Court #1	9:00am-9:45am <u>Zumba</u> Keri Court#1	11:15am-12:00pm <u>ChairAerobics</u> Barbara B. Court#1	
11:15am-12:00pm <u>ChairAerobics</u> Brigitte Court#1	10:00am-11:00am <u>Line Dancing</u> Roger Court #1	10:00am-10:45am <u>Strength & Core</u> Tina C- Court #1	10:00am-11:00am <u>Line Dancing</u> Roger Court#1	11:05am-11:45am <u>Spontaneous Combustion</u> Nadine Fitness Room	
12:30pm-1:30pm <u>Strength Machine Orientation</u> Ciana 2 nd Level	10:05am-11:00am <u>Silver Sneakers Classic</u> Brigitte Fitness Room	10:00am-10:45am <u>Indoor Cycle</u> June- 2 nd Level Cycle Room	10:05am-11:00am <u>Silver Sneakers Circuit</u> Brigitte Fitness Room		
4:30pm-5:10pm <u>Circuit Abs & Lower Body</u> Olivia Fitness Room	11:10am-12:00pm <u>Chair Yoga</u> Brigitte- Fitness Room	11:00am-12:00pm <u>Tai Chi</u> Ben- Fitness Room	11:10am-12:00pm <u>Chair Yoga</u> Brigitte Fitness Room		
5:00pm-6:00pm <u>Tac Fit</u> Randy 2 nd Level	12:15pm-1pm <u>Pop-Up Chair Aerobics</u> Brigitte Fitness Room	11:15am-12:00pm <u>ChairAerobics</u> June- Court#1	12:15pm-1pm <u>Pop-Up Chair Aerobics</u> Brigitte Fitness Room		
5:15pm-6:00pm <u>Strength & Core</u> Olivia- 3/3, 3/9, & 3/16 Amy- 3/23 Fitness Room	4:30pm-5:15pm <u>Instructor's Choice</u> June Fitness Room	5:00pm-6:00pm <u>TacFit</u> Randy 2 nd Level	5:30pm-6:30pm <u>Functional Strength</u> June No Class 3/12 2 nd Level Weight Room		
	5:35pm-6:30pm <u>Indoor Cycle</u> Tina Y- 2 nd Level Cycle Room	6:35pm-7:05pm <u>Circuit Abs</u> Kassidi 2 nd Level	5:30pm-6:30pm <u>Beginners Line Dancing</u> Roger Fitness Room		
	6:10pm-7:10pm <u>Zumba</u> Keri- 3 rd & 17 th Sharon- 10 th Cardio Dance C.J- 24 th Fitness Room-	Jessica Stalvey, Fitness Coordinator jstalvey@conwaysc.gov 843-488-7685	6:35pm-7:30pm <u>Zumba</u> C.J Fitness Room		

Note 28th Heidi in Fitness Room - registration class

AQUATIC SCHEDULE

 <h2 style="text-align: center;">Aquatics Schedule</h2> <h3 style="text-align: center;">March 2026</h3> 				
Monday	Tuesday	Wednesday	Thursday	Friday
NEW CLASS! 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/Blast - Olivia	8:00 am - 8:45 am Aqua Aerobics - Pam S.	8:00 am - 8:45 am Turbulence - Barbara
9:00 am - 9:45 am Aqua Zumba - Pam H.	9:00 am - 9:45 am Deep Water - Bridgette	9:00 am - 9:45 am Aqua Yogalates - Pam R. NEW CLASS!	9:00 am - 9:45 am Stick Mobility/Aerobics - Barbara	9:00 am - 9:45 am A mix of EVERYTHING!! - Barbara
10:00 am - 10:45 am Arthritis R.O.M./Strength - Bridgette	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
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 - Bridgette	12:15 pm - 1:00 pm Aqua Blast - Olivia	NEW CLASS! 12:15 pm - 1:00 pm Aqua Aerobics - Pam S.
12:00 pm - 12:45 pm Aerobics - Ivy	4:00 pm - 6:00 pm Group Swim Lessons	12:00 pm - 1:00 pm Cardio Core - Bridgette	4:00 pm - 6:00 pm Group Swim Lessons	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	4:30 pm - 7:30 pm 2 LANES Tigershark Practice	4:30 pm - 7:30 pm 2 LANES Tigershark Practice	CSFC POOL HOURS Monday- Friday : 6:00am - 7:30pm Saturday : 8:30am - 5:30pm Sunday: Closed
6:15pm - 7:00 pm Aqua Zumba - Pam H.				



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

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.

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.

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.

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 Yogalates: A low-impact class that blends yoga and Pilates movements in the water to build strength, balance, and core stability. The buoyancy of the pool reduces joint stress while improving flexibility and range of motion.

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 resistance of water for a challenging, low-impact workout that builds strength and cardio fitness. Suitable for all levels with modifications provided.

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!

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.

YOGA FITNESS

YOGA Schedule March

March 2nd - March 28th



YOGA STRETCH

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>8:00am-8:50am <u>Somatic Stretch</u> Yoga Pam R. Fitness Room Class Only 3/2 & 3/9</p>	<p>8:00am-8:50am <u>Sculpt-N-Flow Yoga</u> Lisa Fitness Room</p>	<p>8:00am-8:50am <u>Wednesday Morning Gentle</u> Yoga Evita- 4* Kimberly- 3/11 & 3/18 Linda C. 3/25 Fitness Room</p>	<p>8:00am-8:50am <u>Vigorous Yoga</u> Evita- 5* Fitness Room</p>	<p>8:00am-8:50am <u>Instructor Choice</u> Kimberly - 3/6 & 3/13 Janeen- 3/20 & 3/27 Fitness Room</p>
<p>8:00am-8:50 am <u>Yin Yoga</u> Pam R. Fitness Room Class Only 3/16 & 3/23</p>		<p>10:00am-10:50am <u>Gentle Vinyasa Flow</u> Yoga Pam R. Fitness Room</p>	<p>8:00am-8:50am <u>Gentle Yoga</u> Kimberly-3/12 Pam- 3/19 Linda C. - 3/26 Fitness Room</p>	<p>9:00am-9:50am <u>Yogalates</u> Autumn Pam - 3/20 Fitness Room</p>
<p>9:00am-9:45am <u>Mat Pilates</u> Pam R. Fitness Room</p>	<p>11:10am-12:00pm <u>Chair Yoga</u> Briette Fitness Room</p>	<p>4:30pm-5:15pm <u>Beginner's Mat Pilates</u> Pam R. Fitness Room</p>	<p>11:10am-12:00pm <u>Chair Yoga</u> Brigette Fitness Room</p>	<p>10:35am-11:25am <u>Saturday Instructor Choice Yoga</u> Fitness Room Pam R.- 3/7, 3/21, & 3/28</p>
<p>10:00am-10:55am <u>Gentle Vinyasa Flow Yoga</u> Pam R. Fitness Room</p>		<p>5:30pm-6:15pm <u>Slow Flow</u> Pam R. Fitness Room</p>		<p>11:30am- 12:10PM <u>Mat Pilates</u> Fitness Room Pam R. 3/7, 3/21, & 3/28</p>
<p>6:15pm-6:55pm <u>Yoga Stretch</u> Pam - 3/3, 3/9, & 3/16 Amy- 3/23 Fitness Room</p>		<p>6:25pm-7:00pm <u>Restorative</u> Pam R. Fitness Room</p>		

Try Your Luck With Yoga!



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.



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Jessica Stalvey

ATHLETICS

Susan Becton

PROGRAMS

Janice Hopkins

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.

LET'S CONNECT!

FOLLOW &

LIKE US!



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