

Newsletter

# FEBRUARY 2026

PRESENTED TO YOU BY  
CONWAY MEDICAL CENTER

## 30th Annual Father-Daughter Valentines Ball

**Saturday, February 7th**

**5:00PM-8:00PM**

**Enjoy a memorable evening full of food,  
dancing and fun!**

**TICKETS \$50/COUPLE, \$25 ADDITIONAL  
CHILD**

**ADMISSION INCLUDES:  
DINNER, 5X7 PHOTO, WRIST CORSAGE &  
A GIFT FOR THE YOUNG LADY**

**MOMARAZZI Starts @ 5pm**

TO PURCHASE TICKETS, VISIT OUR WEBSITE:

[WWW.CONWAYPARKSANDRECREATION.NET](http://WWW.CONWAYPARKSANDRECREATION.NET) OR

REGISTER IN PERSON AT

THE CONWAY SPORTS AND FITNESS CENTER

**1515 MILL POND ROAD**





# February Awareness Days



Groundhog Day (Feb. 2nd)

National Cancer Day (Feb. 4<sup>th</sup>)

National Pizza Day (Feb. 9th)



Valentine's Day (Feb. 14th)

Random Acts Of Kindness (Feb. 17th)

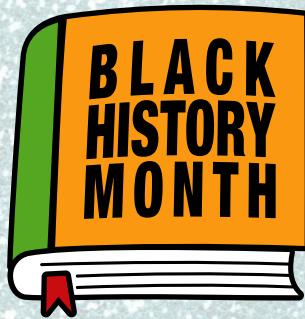
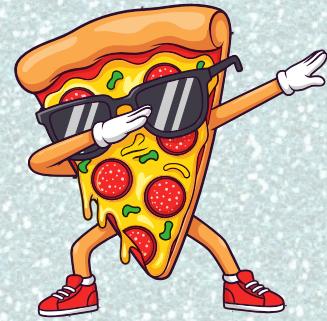
International Polar Bear Day (Feb. 27th)



American Heart Month

Black History Month

National Cancer Prevention Month



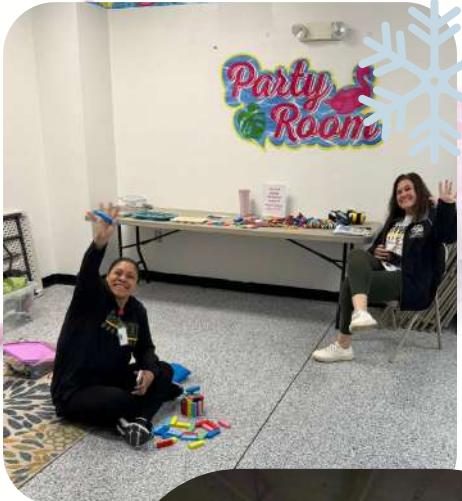
Court C L O S U R E S

Please Note The Following Court Closures  
Friday February 6<sup>th</sup> & 7<sup>th</sup> Court #1 & #2 Will Be  
Closed due To A Scheduled Event

# Get Your Glow On!

## AQUATICS GLOW PARTY 2026

Many Kicked the New Year Off With A Splash!  
Friday January 23, 2026  
The pool lit up the night with glow sticks and fun!



## WINTER SESSION BALLET & HIP-HOP DANCE LESSONS





WELCOME TO OUR TEAM

# Joanne

Join the CSFC in welcoming Joanne LeBel to our team!

Joanne feels that :

Some passions don't retire, and movement is one of them. With 30+ years in the fitness industry, stepping away only reaffirmed what I've always known—helping people move is my purpose. From group classes to personal training and instructor mentorship, I'm committed to making movement safe, effective, and enjoyable for every "body". Because movement = LONGEVITY.

Joanne is excited to help motivate you to reach your fitness goals through training and group exercise!

You can catch her on our schedule this month on Tuesdays 9am for Hi/Lo Step in the Fitness Room!

## Valentine's Day Demo Schedule



Join Us Friday February 13<sup>th</sup>  
& Celebrate The Season Of Love

With Some of Your Favorite Fitness Classes  
Taught By A Variety of Fitness Instructors !  
Classes Will be Scheduled In 25 Min Blocks  
That Are Packed Full Of Fun & Fitness!  
Event Will Be In Court #1  
Beginning at 8am-11am

### VALENTINE'S DAY DEMO SCHEDULE

Door Prizes !

Collin's Kids Court #1

Be My FIT

8:00 am - 11:30am

Valentine.

8:00am-8:25am - Cardio Kick & Abs: Jessica & Olivia  
8:30am- 8:55am Strength & Core - Autumn  
9:00am- 9:25am Zumba: Joy  
9:30am-9:55am- Fit Over 50- Tina C.  
10:00am-10:25am- Cardio Dance-Sharon  
10:30am-11:00am- Line Dance Cool Down  
Roger

Bring Your Sweet Heart

Free to Members  
\$5 Non-Members

Join Us Friday February 13, 2026: 8:00am-11am & Sweat To Your Favorite Heart Ballots! Fitness Classes Will Be Taught In Scheduled Blocks By A Variety of Fitness Instructors! Please Note This Schedule Will Replace The Originally Scheduled Classes On Collin's Kids Court #1 For That Day !



For more information contact Jessica Stalvey,  
Fitness Coordinator, at (943) 488-7685 or  
[jstalvey@conwaysc.gov](mailto:jstalvey@conwaysc.gov)

# Healthy recipe!



## Ingredients

### Peanut Butter Center

1/3 cup peanut butter

1/3 cup vanilla protein powder

### Chocolate Coating

1/2 cup chocolate chips

1 tsp coconut oil

natural sprinkles (optional – for topping)

## Instructions

Line plate with parchment paper, making sure it will fit in your freezer.

Add peanut butter and protein powder to a bowl and mix well – depending on what kind of protein you use – you may need to add more (1 tbsp at a time) until you reach a thick dough-like consistency! Roll dough into a ball and place on a parchment paper-lined plate. Slightly flatten dough and place in the freezer for 30 minutes.

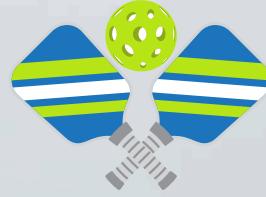
Cut out hearts using a cookie cutter (or you can roll into balls or make hearts by hand) and set back in the freezer for at least 1 hour.

Melt chocolate chips with coconut oil in 30 second intervals in the microwave, stirring between each (or on stovetop).

Dip each heart into melted chocolate and place on another parchment paper-lined plate. Optional to top with sprinkles and set back in the freezer to set for another hour or 2. Keep stored in the freezer.

Enjoy!

# PICKLEBALL & SPORTS HAPPENINGS!



UPDATES

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. 1<sup>st</sup> -March 31<sup>st</sup> 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 PickleBall Play Event & Holiday Closings:

Friday 12/5, Sat. 12/6, Tues.12/9

Wed. 12/24, Thurs. 12/25, Fri. 12/26, & 1/1

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

**Beginner's  
Pickleball**

**TUESDAY & THURSDAYS BEGINNING  
JANUARY 27TH-MARCH 26<sup>TH</sup>  
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

## Limited Basketball Court Use

Please note that court access will be limited from December through March due to scheduled indoor sports leagues and programs.

Monday-Friday Court#1 & Court#2 Will Close 4:30pm-8pm/Saturdays Court#1 & Court#2 will Close 8am-2pm. Please note NO Saturday Pickleball Until Late March !

We appreciate your cooperation!



# FITNESS CLASS Spotlight

Tac Fit

5:35am-6:35am Monday-Friday  
Monday Evening 5pm-6pm  
Thursday Evening 5pm-6pm

## EQUIPMENT ORIENTATION

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

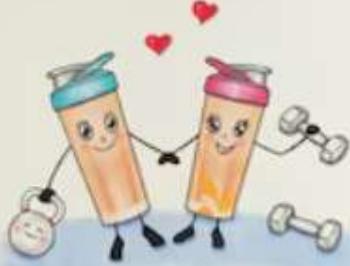
**MONDAYS WITH CIANA**  
12:30PM-1:30PM 2<sup>ND</sup> LEVEL  
FREE FOR MEMBERS

Work Zone 2<sup>nd</sup> Level



## FITNESS HUMOR

I LOVE JUST  
THE *Whey* YOU ARE



HAPPY VALENTINE'S DAY



# SPRING YOUTH SPORTS

City Residents: \$30

Non-City Residents: \$75

\*\*Birth Certificates are required for new participants!

The child's age on April 30th, 2026 determines the division of play for all sports! Any forms received after February 28, 2026 will incur a \$10 late fee.

## YOUTH CO-ED SOCCER

Little Tykes: 5-6

Pee Wee: 7-8

Small Fry: 9-10

Mite: 11-12

Junior: 13-15



## VOLLEYBALL

Pee Wee: 7-9

Mite: 10-12

Junior: 13-15



## YOUTH BASEBALL

Tee Ball: 5-6

Coach Pitch: 7-8

Baseball: 9-10, 11-12, 13-14

## YOUTH SOFTBALL

8 & Under (Coach Pitch), 10 & Under, 12 & Under, 15 & Under



## TINY TIGERS (FOR AGES 3-5)

\$30 Residents/\$35 Non-Residents

Saturdays (4 weeks) Starts March 7th

The Tee-Ball session will last for 45 minutes at 9:00am.

OR

The Soccer session will last for 45 minutes (Big Lots Field) at 10:00am.



REGISTRATION IS  
FEBRUARY 1ST-  
FEBRUARY 28TH ONLINE  
OR AT THE CSFC.

CONWAY SPORTS AND FITNESS CENTER  
1515 MILL POND RD, CONWAY, SC, 29526  
843-488-1950  
[WWW.CONWAYPARKSANDRECREATION.NET](http://WWW.CONWAYPARKSANDRECREATION.NET)



Spring Sports Registration  
Opens Sunday  
February 1<sup>st</sup>



# Shamrock Shuffle

## INDOOR MINI-TRIATHLON

REGISTRATION OPENS JANUARY 12<sup>TH</sup>



Saturday, March 14th - 8:30am-1pm

Conway Sports & Fitness Center

\$35/Individual-Members  
\$40/Individual- Non-Members  
\$70/Relay Team of 3-Members  
\$80/Relay Team of 3-Non-Members

Awards based on finishing times per event (transition times not included)

\*Teams & Individuals judged separately\*

Registration Opens Monday January 12th

Events will be run in heats of 6

Call 843-488-7685 to schedule your heat time today!



# Aquatics Happenings



## Pool Closure

**Saturday, February 21st  
from 8:00am -1:00 pm.**

### GSSL Swim Meet

Thank you for understanding!  
Any questions please contact Kaitlyn.  
Kpardes@conwaysc.gov



Conway Sports & Fitness Center

**Easter Eggs Go Splash**

**Free Entry**

**Make your Easter celebration a SPLASH!!**

**Friday, March 20<sup>th</sup>, 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



**THE CITY OF CONWAY**  
**SFC**  
SPORTS & FITNESS CENTER

**THE OASIS**  
AT SMITH JONES PARK

**QR CODE**

**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](http://www.cityofconway.com) or contact Kaitlyn Pardes at [kpardes@conwaysc.gov](mailto:kpardes@conwaysc.gov) for more information.

**CONWAY SPORTS & FITNESS CENTER**

**POOL & [MOVIE]**

**SENSORY FRIENDLY**

**MEGAMIND**

**WIMSUTS ARE REQUIRED**

**\*FREE ENTRY\***

**FRIDAY FEBRUARY 27<sup>TH</sup> AT 6PM**

**DOORS OPEN AT 5:30PM**

**1515 Mill Pond Rd. Conway, SC**

**SFC**  
SPORTS & FITNESS CENTER

**QR CODE**

# Program Happenings

## Frozen Winter Dance

Saturday, February 21st, 2026  
**1515 Mill Pond Rd Conway SC 29527**  
 Time: 5PM - 7PM  
**Tickets: \$5 per couple**  
 Additional person:\$2  
 Registration is NOW OPEN  
 ONLINE:  
[www.conwayparksandrecreation.net](http://www.conwayparksandrecreation.net)  
 OR IN-PERSON  
 Winter Dance is designed for people with exceptional abilities. (Ages 5 to Adults)  
 For more information email:  
[vricaldo@conwaysc.gov](mailto:vricaldo@conwaysc.gov) or [pbaker@conwaysc.gov](mailto:pbaker@conwaysc.gov)

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](mailto:PBAKER@CONWAYSC.GOV)

"Looking forward to your presence!"

**SFC**  
 SPORTS & FITNESS CENTER

### Social Skills Workshops

**FREE**  
 Limited Availability

**January 24th**  
 Topic: Fair or Unfair

**February 28th**  
 Topic: Be a Buddy  
 NOT a Bully

**May 16th**  
 Topic: I Can Listen &  
 Follow Directions

**March 28th**  
 Topic: Positive Mindset  
 Affirmations

**April 18th**  
 Topic: Trying New  
 Things

**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.

# 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

# FITNESS SCHEDULE

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

## February

Fitness Class Schedule Feb. 2<sup>nd</sup>- Feb. 28<sup>th</sup>



Monday	Tuesday	Wednesday	Thursday	Friday	
<p>5:35 am-6:35 am Tae Fit Randy - 2<sup>nd</sup> Level</p> <p>7:00 am-7:45 am Strong by Zumba- Pam Fitness Room</p> <p>8:00 am- 8:45 am Z-Fusion Joy Court#1</p> <p>9:00 am - 9:45 am Strength &amp; Core- Ivy Court#1</p> <p>10:00am-10:45am Beginner's Cycle June - No Class 2/16 Cycle Room</p> <p>10:00am - 10:45am Cardio Dance Combo Tina Court #1</p> <p>11:00am-12:00pm Tai Chi Ben Fitness Room</p> <p>11:15am-12:00pm Chair Aerobics Briggette Court#1</p> <p>12:30pm-1:30 pm Strength Machine Orientation Cianna 2<sup>nd</sup> Level</p> <p>4:30pm-5:10pm Kettlebell Total Body Olivia Fitness Room</p> <p>5:00pm-6:00pm Tae Fit Randy 2<sup>nd</sup> Level</p> <p>5:15pm-6:00pm Strength &amp; Core Amy Fitness Room</p>	<p>5:35am-6:35am Tae Fit Randy 2<sup>nd</sup> Level</p> <p>6:00am - 6:45am Cardio Kick &amp; Abs Amy- Fitness Room</p> <p>7:00 am-7:45 am Functional Strength Nick- Fitness Room</p> <p>8:00 am- 8:45 am Functional Strength June -Court#1</p> <p>9:00 am-9:45 am Beginner's Cycle June - Cycle Room</p> <p>9:00 am-9:45 am Hi-Low Step Joanne Fitness Room</p> <p>9:00 am-9:45 am Cardio Dance Combo Linda D. Court #1</p> <p>10:00am-11:00am Line Dancing Roger Court #1</p> <p>10:05am-11:00am Silver Sneakers in Classic Briggette Fitness Room</p> <p>11:10am-12:00pm Chair Yoga Briggette- Fitness Room</p> <p>4:30 pm- 5:15 pm Instructor Choice June Fitness Room</p> <p>5:35 pm-6:30 pm Indoor Cycle- Tina Y- 2<sup>nd</sup> Level Cycle Room-</p> <p>6:10 pm-7:10 pm Zumba Kern- 10<sup>th</sup> &amp; 17<sup>th</sup> Sharon - Cardio Dance 3<sup>rd</sup> &amp; 24<sup>th</sup> Fitness Room-</p>	<p>5:35am-6:35am Tae Fit Randy 2<sup>nd</sup> Level</p> <p>6:00am - 6:45am Strength &amp; Core- Amy- Fitness Room</p> <p>7:00 am-7:30 am Circuit Abs Amy- Fitness Room</p> <p>7:00am-7:45am Indoor Cycle Tina Y- 2<sup>nd</sup> Level Cycle Room</p> <p>8:00 am- 8:45 am Strong By Zumba- Pam - Court #1</p> <p>9:00 am-9:45 am Sculpt-N-Flow Lisa - Fitness Room</p> <p>9:00 am- 9:45 am Zumba- Pam - Court #1</p> <p>10:00am- 10:45am Strength &amp; Core Tina C- Court #1</p> <p>10:00am-10:45am Indoor Cycle June - 2<sup>nd</sup> Level Cycle Room</p> <p>11:00am-12:00pm Tai Chi Ben - Fitness Room</p> <p>11:15am-12:00pm Chair Aerobics June - Court#1</p> <p>6:35pm-7:05pm Circuit Abs Kassidi 2<sup>nd</sup> Level</p> <p>Jessica Stalvey: Fitness Coordinator jstalvey@conwaysc.gov 843-488-7685</p>	<p>5:35 am-6:35 am Tae Fit Randy- 2<sup>nd</sup> Level</p> <p>6:00am - 6:45am Step &amp; Sculpt Amy- Fitness Room</p> <p>7:00 am - 7:45 am Functional Strength Nick- Fitness Room</p> <p>8:00am-8:45am Instructor Choice June Court#1</p> <p>8:00am-8:45am Indoor Cycle Tina Y- 2<sup>nd</sup> Level Cycle Room</p> <p>9:00 am- 9:45 am H-Low Step Tina C- Fitness Room</p> <p>9:00am-9:45am Zumba- Kern Court#1</p> <p>10:00am-11:00am Line Dancing Roger Court#1</p> <p>10:05am-11:00am Silver Sneakers Circuit Briggette Fitness Room</p> <p>11:10am-12:00pm Chair Yoga Briggette Fitness Room</p> <p>5:00pm-6:00pm Tae Fit Randy 2<sup>nd</sup> Level</p> <p>5:30pm-6:30pm Functional Strength June No Class 2/12 2<sup>nd</sup> Level Weight Room</p> <p>6:30pm-6:30pm Beginners Line Dancing- Roger- No Class 2/13 &amp; 2/19 Fitness Room</p> <p>6:35 pm-7:30 pm Zumba CJ Fitness Room</p>	<p>5:35am-6:35am Tae Fit Randy- 2<sup>nd</sup> Level</p> <p>7:00am-7:45am Step&amp; Sculpt Autumn Fitness Room</p> <p>8:00am-8:45am Barre Autumn Court#1- No Class 2/5 No Class Demo Day 2/13</p> <p>9:00am-9:45am Strength &amp; Core Heather/ Autumn/ Tina Court #1- No Class 2/6 No Class 2/13 Demo Day</p> <p>10:00am- 10:45am Cardio Dance Combo Tina - Fitness Room - No Class 2/13 Demo Day</p> <p>10:00am-11:00am Zumba- Pam Court #1- No Class 2/5 No Class 2/13 Demo Day</p> <p>11:15am- 12:00pm Chair Aerobics Barbara B. Court#1 No Class 2/6 No Class 2/13 Demo Day</p> <p>11:45am-11:45am Spontaneous Combustion Nadine Fitness Room No Class 2/13 Demo Day</p>	<p>Saturday</p> <p>Circuit Abs 8:45am-9:20am Fitness Room Kassidi-7<sup>th</sup>-21<sup>st</sup>-28<sup>th</sup> Olivia-14<sup>th</sup></p> <p>Indoor Cycle 9:30am-10:15am Cycle Room June- 7<sup>th</sup>, 21<sup>st</sup> &amp; 28<sup>th</sup></p> <p>Cardio Kick &amp; Abs 9:30am-10:15am Amy-7<sup>th</sup> &amp; 21<sup>st</sup> Fitness Room</p> <p>9:30am-10:25am Zumba - CJ- 7<sup>th</sup> Kern- 14<sup>th</sup> &amp; 28<sup>th</sup> Note 28th Held in Fitness Room - registration sites Joy- 21<sup>st</sup> Sensor Center</p>

# AQUATIC SCHEDULE



## Aquatics Schedule

February 2026



Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am - 9:45 am Aqua Zumba -Pam H.	8:00 am - 8:45 am Aqua Aerobics- Deanna	8:00 am - 8:45 am Aqua Aerobics- Olivia	8:00 am - 8:45 am Aqua Aerobics- Pam S.	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 A mix of EVERYTHING!! - Barbara
11:00 am-11:45 am Aqua Fit- Ily	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
12:00 pm-12:45 pm Aerobics - Ily	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	4:00 pm- 6:00 pm Group Swim Lessons	12:00 pm-1:00 pm Cardio Core -Brigette	4:00 pm -6:00 pm Group Swim Lessons	<b>CSFC POOL HOURS</b> <b>Monday- Friday :</b> 6:00am - 7:30pm <b>Saturday :</b> 8:30am - 5:30pm <b>Sunday:</b> Closed
6:15pm -7:00 pm Aqua Zumba - Pam H	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	

Regina Stevens- Aquatics/Membership Coordinator  
 Kaitlyn Pardes- Assistant Aquatics Coordinator  
[843-488-7686](tel:843-488-7686) or [kparades@convwaysc.gov](mailto:kparades@convwaysc.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:** 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! Preform 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.

**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:** This class is a fun, high-energy water workout combining aerobics and Zumba-inspired movements. This class blends a full-body workout that boosts cardio, strength, and endurance—all while being easy on the joints. Perfect for anyone looking to move, sweat, and have fun in the water!

# YOGA

# FITNESS



**YOGA STRETCH**

## YOGA Schedule

### February

Feb. 2nd - Feb. 28th

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  
Pam R. Fitness Room Class Only 2/2 & 2/9
- 8:00am-8:50 am Yin Yoga Pam R. Fitness Room Class Only 2/16 & 2/23
- 9:00am-9:45am Mat Pilates Pam R. Fitness Room
- 10:00am-10:55am Gentle Vinyasa Flow Yoga Pam R. Fitness Room
- 6:15pm-6:55pm Yoga Stretch Amy No Class 2/9 Fitness Room

**Tuesday**

- 8:00am-8:50am Sculpt-N-Flow Yoga Lisa Fitness Room
- 11:10am-12:00pm Chair Yoga Brigitte Fitness Room

**Wednesday**

- 8:00am-8:50am Morning Gentle Yoga Evita- 4<sup>th</sup> & 18<sup>th</sup> Linda C. 1<sup>st</sup> & 25<sup>th</sup> Fitness Room
- 10:00am-10:50am Gentle Vinyasa Flow Yoga Pam R. Fitness Room
- 4:30pm-5:15pm Beginner's Mat Pilates Pam R. Fitness Room
- 5:30pm-6:15pm Slow Flow Pam R. Fitness Room
- 6:25pm-7:00pm Restorative Pam R. Fitness Room

**Thursday**

- 8:00am-8:50am Vigorous Yoga Evita- 5<sup>th</sup> & 19<sup>th</sup> Fitness Room
- 8:00am-8:50am Gentle Yoga Janeen- 12<sup>th</sup> & 26<sup>th</sup> Fitness Room
- 11:10am-12:00pm Chair Yoga Brigitte Fitness Room

**Friday**

- 8:00am-9:00am Instructor Choice Kimberly Fitness Room
- 9:00am-9:50am Yogalates Autumn Fitness Room

**Saturday**

- 9:30am-10:25am Mat Pilates Pam R. 2/14
- 10:35am-11:35am Saturday Instructor Choice Yoga Fitness Room Pam R. 2/7, 2/14, 2/21 & 2/28







**YOGALATES**



# 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}



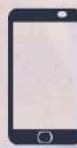
### ONLINE

[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.

**LET'S CONNECT!**  
FOLLOW &  
LIKE US!



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