

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**

MC MARAZZI *Starts @ 5pm*

TO PURCHASE TICKETS, VISIT OUR WEBSITE:

WWW.CONWAYPARKSANDRECREATION.NET OR

REGISTER IN PERSON AT

THE CONWAY SPORTS AND FITNESS CENTER

CMC
CONWAY MEDICAL CENTER

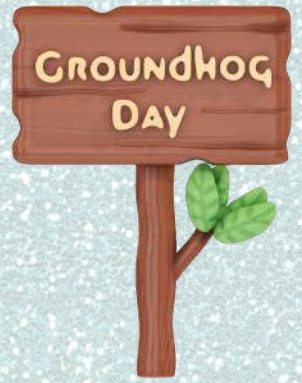
1515 MILL POND ROAD



City of
CONWAY
Parks & Recreation



February Awareness Days



Groundhog Day (Feb. 2nd)

National Cancer Day (Feb. 4th)

National Pizza Day (Feb. 9th)

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Valentine's Day (Feb. 14th)

Random Acts Of Kindness (Feb. 17th)

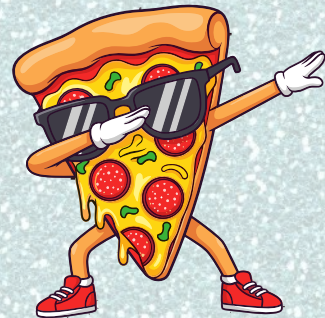
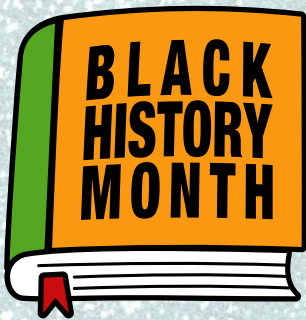
International Polar Bear Day (Feb. 27th)

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American Heart Month

Black History Month

National Cancer Prevention Month



Court

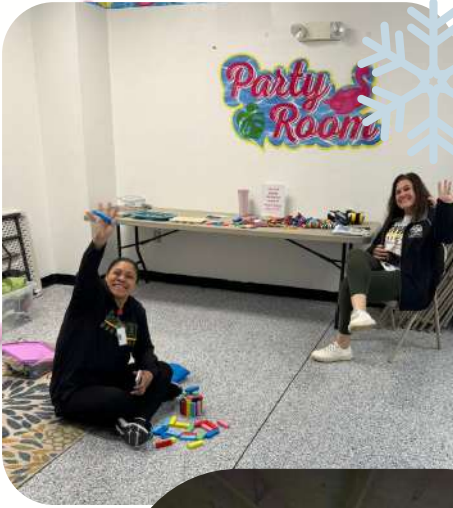
CLOSURES

Please Note The Following Court Closures
Friday February 6th & 7th 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





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 13th
& 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
8:00 am - 11:30am

Be My FIT 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 (843) 488-7685 or
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. 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 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 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



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

EQUIPMENT ORIENTATION

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

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

Tac Fit

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

Work Zone 2nd Level



FITNESS HUMOR



SPRING YOUTH SPORTS

City Residents: \$30

**Birth Certificates are

Non-City Residents: \$75 | 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

Shamrock Shuffle

INDOOR MINI-TRIATHLON

REGISTRATION OPENS JANUARY 12TH



Spring Sports Registration Opens Sunday February 1st



THE CITY OF CONWAY
SFC
SPORTS & FITNESS CENTER

Shamrock Shuffle

Super Sprint Triathlon- 400 Meter swim (indoor 25 meter pool), 6.2-mile bicycle ride (Indoor cycle room) & a 1.5-mile run (Treadmill Run)

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



THE CITY OF CONWAY
SFC
SPORTS & FITNESS CENTER

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

Easter Eggs Go Splash

Free Entry

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

CONWAY SPORTS & FITNESS CENTER

POOL & MOVIE

SENSORY FRIENDLY

WIMSUITS ARE REQUIRED

MEGAMIND

FRIDAY FEBRUARY 27TH AT 6PM

DOORS OPEN AT 5:30PM

FREE ENTRY

1515 Mill Pond Rd, Conway, SC

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
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

City of Conway Parks & Recreation

sos care Autism & Intellectual Disability Services

Conway Nutrition

D&K party entertainment

Community Counts

CC Photography & Events

CNB

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

SFC Social Skills Workshops

FREE 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.

2026 EASTER EGG HUNT

Saturday March, 28th

FREE

BILLY GARDNER COMPLEX 1515 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

City of Conway Parks & Recreation

FITNESS SCHEDULE

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


February

Fitness Class Schedule Feb. 2nd - Feb. 28th






Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5:35am-6:35am <u>Tac Fit</u> Randy - 2nd Level</p> <p>7:00am-7:45am <u>Strong by Zumba</u> Pam Fitness Room</p> <p>8:00am-8:45am <u>Z-Fusion</u> Joy Court#1</p> <p>9:00am-9:45am <u>Strength & Core</u> Ivy Court#1</p> <p>10:00am-10:45am <u>Beginner's Cycle</u> June No Class 2/15 Cycle Room</p> <p>10:00am-10:45am <u>Cardio Dance Combo</u> Tina Court #1</p> <p>11:00am-12:00pm <u>Tai Chi</u> Ben Fitness Room</p> <p>11:15am-12:00pm <u>Chair Aerobics</u> Briquette Court#1</p> <p>12:30pm-1:30pm <u>Strength Machine</u> Orientation Cianna 2nd Level</p> <p>4:30pm-5:10pm <u>Kettlebell Total Body</u> Olivia Fitness Room</p> <p>5:00pm-6:00pm <u>Tac Fit</u> Randy 2nd Level</p> <p>5:15pm-6:00pm <u>Strength & Core</u> Amy Fitness Room</p>	<p>5:35am-6:35am <u>Tac Fit</u> Randy 2nd Level</p> <p>6:00am-6:45am <u>Cardio Kick & Abs</u> Amy Fitness Room</p> <p>7:00am-7:45am <u>Functional Strength</u> Nick Fitness Room</p> <p>8:00am-8:45am <u>Functional Strength</u> June - Court#1</p> <p>9:00am-9:45am <u>Beginner's Cycle</u> June - Cycle Room</p> <p>9:00am-9:45am <u>Hi-Low Step</u> Joanne Fitness Room</p> <p>9:00am-9:45am <u>Cardio Dance Combo</u> Linda D. Court #1</p> <p>10:00am-11:00am <u>Line Dancing</u> Roger Court #1</p> <p>10:05am-11:00am <u>Silver Sneakers Classic</u> Briquette Fitness Room</p> <p>11:10am-12:00pm <u>Chair Yoga</u> Briquette Fitness Room</p> <p>4:30pm-5:15pm <u>Instructor Choice</u> June Fitness Room</p> <p>5:35pm-6:30pm <u>Indoor Cycle</u> Tina Y - 2nd Level Cycle Room</p> <p>6:10pm-7:10pm <u>Zumba</u> Keri - 10th & 17th Sharon - Cardio Dance 3rd & 24th Fitness Room</p>	<p>5:35am-6:35am <u>Tac Fit</u> Randy 2nd Level</p> <p>6:00am-6:45am <u>Strength & Core</u> Amy - Fitness Room</p> <p>7:00am-7:30am <u>Circuit Abs</u> Amy - Fitness Room</p> <p>7:00am-7:45am <u>Indoor Cycle</u> Tina Y - 2nd Level Cycle Room</p> <p>8:00am-8:45am <u>Strong By Zumba</u> Pam - Court #1</p> <p>9:00am-9:45am <u>Sculpt N Flow</u> Lisa - Fitness Room</p> <p>9:00am-9:45am <u>Zumba</u> Pam - Court #1</p> <p>10:00am-10:45am <u>Strength & Core</u> Tina C - Court #1</p> <p>10:00am-10:45am <u>Indoor Cycle</u> June - 2nd Level Cycle Room</p> <p>11:00am-12:00pm <u>Tai Chi</u> Ben - Fitness Room</p> <p>11:15am-12:00pm <u>Chair Aerobics</u> June - Court#1</p> <p>6:35pm-7:05pm <u>Circuit Abs</u> Kassidi 2nd Level</p> <p>Jessica Stalvey Fitness Coordinator jstalvey@conwaysc.gov 843-488-7685</p>	<p>5:35am-6:35am <u>Tac Fit</u> Randy 2nd Level</p> <p>6:00am-6:45am <u>Step & Sculpt</u> Amy - Fitness Room</p> <p>7:00am-7:45am <u>Functional Strength</u> Nick - Fitness Room</p> <p>8:00am-8:45am <u>Instructor Choice</u> June Court#1</p> <p>8:00am-8:45am <u>Indoor Cycle</u> Tina Y - 2nd Level Cycle Room</p> <p>9:00am-9:45am <u>Hi-Low Step</u> Tina C - Fitness Room</p> <p>9:00am-9:45am <u>Zumba</u> Keri Court#1</p> <p>10:00am-11:00am <u>Line Dancing</u> Roger Court#1</p> <p>10:05am-11:00am <u>Silver Sneakers</u> Circuit Briquette Fitness Room</p> <p>11:10am-12:00pm <u>Chair Yoga</u> Briquette Fitness Room</p> <p>5:00pm-6:00pm <u>Tac Fit</u> Randy 2nd Level</p> <p>5:30pm-6:30pm <u>Functional Strength</u> June No Class 2/12 2nd Level Weight Room</p> <p>5:30pm-6:30pm <u>Beginners Line Dancing</u> Roger - No Class 2/12 & 2/19 Fitness Room</p> <p>6:35pm-7:30pm <u>Zumba</u> C J Fitness Room</p>	<p>5:35am-6:35am <u>Tac Fit</u> Randy - 2nd Level</p> <p>7:00am-7:45am <u>Step & Sculpt</u> Autumn Fitness Room</p> <p>8:00am-8:45am <u>Barre</u> Autumn Court#1 No Class 2/5 No Class Demo Day 2/13</p> <p>9:00am-9:45am <u>Strength & Core</u> Heather / Autumn / Tina Court #1 No Class 2/5 No Class 2/13 Demo Day</p> <p>10:00am-10:50am <u>Cardio Dance Combo</u> Tina - Fitness Room - No Class 2/13 Demo Day</p> <p>10:00am-11:00am <u>Zumba</u> Pam Court #1 - No Class 2/5 No Class 2/13 Demo Day</p> <p>11:15am-12:00pm <u>Chair Aerobics</u> Barbara B. Court#1 No Class 2/5 No Class 2/13 Demo Day</p> <p>11:05am-11:45am <u>Spontaneous Combustion</u> Nadine Fitness Room No Class 2/13 Demo Day</p> <p>Circuit Abs 8:45am-9:20am Fitness Room Kassidi- 7th, 21st, 28th Olivia- 14th</p> <p>Indoor Cycle 9:30am-10:15am Cycle Room June- 7th, 21st, & 28th</p> <p>Cardio Kick & Abs 9:30am-10:15am Amy- 7th & 21st Fitness Room</p> <p>Zumba 9:30am-10:25am CJ- 7th Keri- 14th & 28th Note 28th Held in Fitness Room - registration slips</p> <p>Joy- 21st Senior Center</p>	<p>10:00am-10:50am <u>Cardio Dance Combo</u> Tina - Fitness Room - No Class 2/13 Demo Day</p> <p>10:00am-11:00am <u>Zumba</u> Pam Court #1 - No Class 2/5 No Class 2/13 Demo Day</p> <p>11:15am-12:00pm <u>Chair Aerobics</u> Barbara B. Court#1 No Class 2/5 No Class 2/13 Demo Day</p> <p>11:05am-11:45am <u>Spontaneous Combustion</u> Nadine Fitness Room No Class 2/13 Demo Day</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- Brigitte	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 - Ivy	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 – Ivy	12:15 pm – 1:00 pm Aqua Blast – Olivia	11:00 am – 11:45 am Stick Mobility/Aerobics– Brigitte	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 –Brigitte	4:00 pm – 6:00 pm Group Swim Lessons	CSFC POOL HOURS <u>Monday- Friday :</u> 6:00am - 7:30pm <u>Saturday :</u> 8:30am – 5:30pm <u>Sunday:</u> 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 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: 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.

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 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	Tuesday	Wednesday	Thursday	Friday
<p>8:00am-8:50am <u>Somatic Stretch</u> Yoga Pam R. Fitness Room <i>Class Only 2/2 & 2/9</i></p> <p>8:00am-8:50 am <u>Yin Yoga</u> Pam R. Fitness Room <i>Class Only 2/16 & 2/23</i></p> <p>9:00am-9:45am <u>Mat Pilates</u> Pam R. Fitness Room</p> <p>10:00am-10:55am <u>Gentle Vinyasa</u> Flow Yoga Pam R. Fitness Room</p> <p>6:15pm-6:55pm <u>Yoga Stretch</u> Amy <i>No Class 2/9</i> Fitness Room</p>	<p>8:00am-8:50am <u>Sculpt-N-Flow Yoga</u> Lisa Fitness Room</p> <p>11:10am-12:00pm <u>Chair Yoga</u> Brigitte Fitness Room</p>	<p>8:00am-8:50am <u>Wednesday</u> <u>Morning Gentle</u> Yoga Evita- 4th & 18th Linda C. 11th & 25th Fitness Room</p> <p>10:00am-10:50am <u>Gentle Vinyasa Flow</u> Yoga Pam R. Fitness Room</p> <p>4:30pm-5:15pm <u>Beginner's Mat Pilates</u> Pam R. Fitness Room</p> <p>5:30pm-6:15pm <u>Slow Flow</u> Pam R. Fitness Room</p> <p>6:25pm-7:00pm <u>Restorative</u> Pam R. Fitness Room</p>	<p>8:00am-8:50am <u>Vigorous Yoga</u> Evita- 5th & 19th Fitness Room</p> <p>8:00am-8:50am <u>Gentle Yoga</u> Janeen- 12th & 26th Fitness Room</p> <p>11:10am-12:00pm <u>Chair Yoga</u> Brigitte Fitness Room</p>	<p>8:00am-9:00am <u>Instructor Choice</u> Kimberly Fitness Room</p> <p>9:00am-9:50am <u>Yogalates</u> Autumn Fitness Room</p> <p>Saturday</p> <p>9:30am-10:25am <u>Mat Pilates</u> Fitness Room Pam R. <i>2/14</i></p> <p>10:35am-11:35am <u>Saturday Instructor</u> <u>Choice Yoga</u> Fitness Room Pam R.- <i>2/7, 2/14, 2/21 & 2/28</i></p>



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}



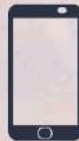
ONLINE

www.ConwayParksandRecreation.net



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.



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