



APRIL 2025 Newsletter



IF YOU'RE LOOKING FOR IDEAS ON HOW TO STAY ACTIVE THIS SEASON, HERE ARE FIVE SPRING EXERCISE IDEAS:

Walking/Jogging/Hiking

The most classic form of cardio is letting your legs and feet do the work. Step off your treadmill and head outdoors for a pleasant walk or jog around your neighborhood. If you have terrain nearby, try a hike to get some great views and enjoy some new scenery.

Cycling

Cycling is a great cardio exercise, and it can take you to many places. If you enjoy your indoor spin classes, why not grab a bike and cycle outdoors? Try getting some friends or family together for you to go bike riding all together around your neighborhood.

Yoga

Take your yoga outdoors and enjoy the fresh air and sunshine as you do your favorite poses and breathing exercises. Yoga is great for improving flexibility, reducing stress, and building strong muscles. And for those with arthritis or joint pain, yoga is low-impact, and you can customize your stretches to match your needs.

Outdoor Sports

There are plenty of sports to enjoy outdoors this spring that are fun and double as great exercise. Give these fun outdoor sports a try with a friend

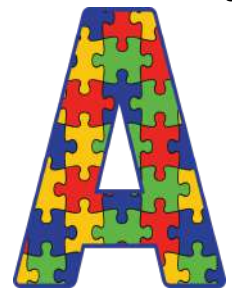
or on your own:

- Basketball
- Badminton
- Tennis
- Soccer
- Volleyball
- Rowing
- Baseball

April Holidays and Awareness Days



- April 1 – April Fools' Day
- April 1-7 – National Public Health Week
- April 2 – World Autism Awareness Day
- April 3 – National Walking Day
- April 7 – World Health Day, Walk to Work Day
- April 9 – End of Ramadan
- April 9-15 – National Public Safety Telecommunications Week
- April 11 – National Pet Day – Move More with your Pet | Hug Your Dog Day
- April 11-17 – Black Maternal Health Week
- April 14 – National Gardening Day | National Day of Silence (LGBT observance)
- April 15 – Tax Day
- April 21-27 – National Volunteer Week, National Administrative Professionals Week
- April 22 – Earth Day
- April 22-30 – Passover
- April 26 – Administrative Professionals Day, National Arbor Day
- April 27 – Take Our Daughters and Sons to Work Day



**April Is
National
Stress
Awareness
Month!**

Tips For Daily Stress Management

- Get active
- Eat a healthy diet
- Avoid unhealthy habits
- Meditate
- Laugh more
- Connect with others
- Assert yourself
- Try yoga



**LESS
STRESS!**

Happy Easter

**CSFC Holiday
Hours:
Facility Closed
Friday April 18th!**



EASTER WORD SEARCH

EASTER
LAMB
COTTONTAIL
CHOCOLATE
DUCKLING
JELLYBEANS
DAFFODIL

RABBIT
HYACINTH
BONNET
LILLIES
SPRINGTIME
BASKET

T	F	J	L	E	C	I	E	H	K	N	P	D	
I	I	E	D	C	D	A	F	F	O	D	I	L	H
B	A	L	C	I	O	A	L	D	I	C	L	S	Y
B	B	L	D	R	L	T	D	C	O	I	F	P	A
A	E	Y	U	F	T	R	T	H	N	T	E	R	C
R	I	B	C	A	L	B	A	O	I	E	P	I	I
H	I	E	K	H	E	C	Y	C	N	G	A	N	N
C	L	A	L	R	A	T	O	O	S	T	I	G	T
C	L	N	I	R	S	E	E	L	E	B	A	T	H
L	A	S	N	Y	T	N	C	A	I	A	H	I	N
I	M	C	G	O	E	N	M	T	L	I	L	M	L
R	B	O	P	G	R	O	O	E	L	H	P	E	N
T	E	K	S	A	B	B	T	B	I	L	Y	T	O
O	O	A	S	B	R	A	F	S	L	A	L	E	N

WEIGHT LOSS CHALLENGE:

Congratulations to Everyone Who Participated In The 2025 Focus On Fitness Weight Loss Challenge!

This Year's Winners Include:

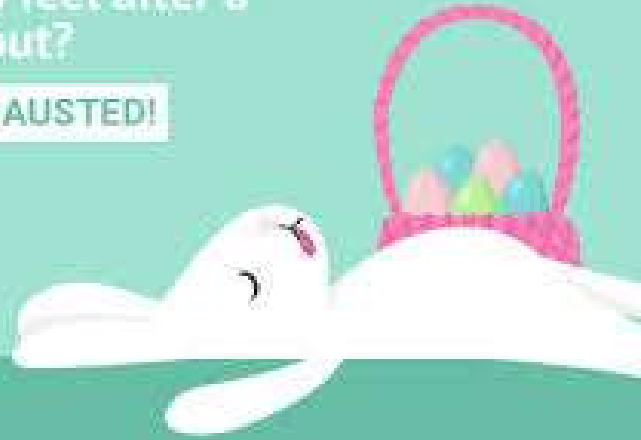
Most Weight Lost: Jeannette Burt
Most Inches Lost: Jeanne Altman

Honorable Mentions Include:
Donna St. Jean
Barb Banker



How does the easter bunny feel after a workout?

EGGS-AUSTED!



SUMMER SWIM LEAGUE

Swimmers Must be able to swim 25 meters Freestyle and Backstroke

\$150 per swimmer (price includes league fees and entire season cost)

League information & practice schedules will be given at try-outs

TRY-OUTS: MAY 28th
4:30 PM-7:00 PM

1515 Mill Pond Road, Conway, SC, 29526
For more information: 843-488-7686 or email kpardes@conwaysc.gov

POOL CLOSURE

APRIL 1, 2025 - MAY 2, 2025

This temporary closure is necessary for the installation of our new HVAC system, & the re-plastering of our pool.

These upgrades are essential to enhance the comfort & enjoyment of our facility for our members.

Thank you for your continued support and understanding! We look forward to welcoming you back in May!

Please contact kpardes@conwaysc.gov with any questions.

THE OASIS AT SMITH JONES PARK

PRE-SEASON HOURS:

MAY 23: 10:00AM-6:00PM MAY 27: 10:00AM-6:00PM
 MAY 24: 1:00PM-6:00PM MAY 28: 10:00AM-6:00PM
 MAY 25: 1:00PM-6:00PM MAY 29: 10:00AM-6:00PM
 MAY 26: CLOSED MAY 30: 1:00PM-6:00PM

REGULAR SEASON HOURS: MAY 31 - SEPT 7

MONDAY'S: 10:00AM - 12:00PM SUMMER CAMP
 1:00PM-8:00PM PUBLIC SWIM
TUESDAY'S: 9:00AM-10:00AM AQUA AEROBICS
 10:00AM - 12:00PM SUMMER CAMP
 1:00PM-8:00PM PUBLIC SWIM
WEDNESDAY'S: 10:00AM - 12:00PM SUMMER CAMP
 1:00PM-8:00PM PUBLIC SWIM
THURSDAY'S: 10AM - 12PM SUMMER CAMP
 1:00PM-8:00PM PUBLIC SWIM
FRIDAY'S: 10:00AM - 12:00PM SUMMER CAMP
 1:00PM-8:00PM PUBLIC SWIM
 6:30PM-8:30PM RESERVED PARTY
SATURDAY'S: 10:00AM - 12:00PM RESERVED PARTY
 1:00PM-6:00PM PUBLIC SWIM
 6:30PM-8:30PM RESERVED PARTY
SUNDAY'S: 10:00AM - 12:00PM RESERVED PARTY
 1:00PM-6:00PM PUBLIC SWIM
 6:30PM-8:30PM RESERVED PARTY

\$2/PER PERSON

719 Smith Jones St, Conway, SC 29527

www.conwayparksandrecreation.net



Class

SPOTLIGHT

Conway Sports & Fitness Center

Water Aerobics

with **Rob Apkarian**

Every Tuesday STARTING JUNE 3RD

FROM 9AM - 10AM AT SMITH JONES OASIS POOL

719 SMITH JONES ST. CONWAY, SC 29527

MORE INFORMATION PLEASE CALL
 KAITLYN:
(843)488-7686

MUST REGISTER ONLINE: \$5.00
 BRING: TOWEL, WATER, & YOURSELF
 SPACE IS LIMITED SO PLEASE HURRY TO REGISTER. ONLINE REGISTRATION AT:
https://conwaysc.activityreg.com/clientpage_t2.wcs

WE'RE HIRING!

SWIM TEAM ASSISTANT COACH

For more information please contact:
 KAITLYN PARDES
 KPARDES@CONWAYSC.60V
 843-488-7686



JOIN OUR TEAM



Friday, April 4th, 2025 National Walk To Work Day :

What it is:

An annual event encouraging people to walk to work.

Why it's important:

Walking to work can improve physical and emotional health, reduce stress, and contribute to a healthier environment.

How to participate:

You can walk to work, invite colleagues to join, and share your experience on social media using the hashtag

#WalkingDay

Don't Forget to Tag

#ConwaySportsandFitness Center



**National
Walking
Day**



PREP TIME:25MINUTES MINS

COOK TIME:20MINUTES MINS

TOTAL TIME:45MINUTES MINS

SERVINGS 8

Ingredients

LEMONY DRESSING

1 ½ teaspoons finely grated lemon zest

¼ cup fresh lemon juice

½ small shallot, chopped

2 teaspoons agave nectar/maple syrup

¾ teaspoon Dijon mustard

sea salt and ground black pepper, to taste

½ cup neutral-flavoured oil, I like avocado

PASTA SALAD

¾ lb asparagus, woody ends trimmed

1 cup shelled green peas, fresh or frozen 1lb

small pasta

1 ½ cups cooked chickpeas, from approximately 1 can, drained & rinsed

3 green onions, finely sliced

6-7 radishes, finely sliced into half moons

½ cup flat leaf parsley leaves, chopped



Lemony Spring Pasta Salad With Vegetables & Herbs

Instructions

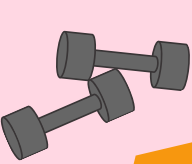
Make the lemony dressing. In an upright blender, combine the lemon zest, lemon juice, shallot, maple syrup, Dijon mustard, salt, pepper, and oil. Blend the mixture on high until creamy and unified. Set aside.

Place a large bowl of ice water on the counter.

Bring a large pot of salted water to a boil over medium-high heat. Chop the asparagus into 2-inch lengths and add to the boiling water. Boil the asparagus for 2 minutes, or until it's just starting to become tender. Add the peas to the water and stir for a few seconds, or until they turn bright green. Using a slotted spoon, transfer all of the asparagus and peas to the ice water. Let the vegetables sit and chill down.

Bring the salted water back up to a boil. Add the pasta and another good pinch of salt. Cook the pasta according to package directions. Once cooked, drain the pasta thoroughly and then immediately transfer it to a large bowl. Add the chickpeas to the bowl as well. Quickly toss the pasta and chickpeas with two thirds of the lemony dressing until everything is coated.

Drain the asparagus and peas thoroughly and add them to the bowl with the pasta, along with the green onions, radishes, parsley, the remaining lemony dressing, some salt, and pepper. Toss to combine. Check the pasta for seasoning and adjust if necessary (more salt, pepper, lemon juice, extra herbs etc). Finished spring pasta salad will keep up to 5 days in the refrigerator in a sealed container.



EQUIPMENT ORIENTATION

MONDAY APRIL 7TH & 14TH
12:30PM-1:30PM

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

**PLEASE NOTE THAT COLLIN'S KIDS
COURT # 1 WILL BE CLOSED ON
APRIL 21ST- APRIL 25TH
DUE TO KIDS SPRING CAMP
RE-OPEN ON
MONDAY APRIL 28, 2025**



AUTISM ACCEPTANCE MONTH

Earth Day 2025!



Conway Sports & Fitness Center



AUTISM ACCEPTANCE MONTH

Join Us for Autism Acceptance Month!
Weekends in April 2025

April 5th-30th	Art Gallery Exhibition	FREE
April 5th	Social Skills Workshop	FREE
April 12th	Easter Egg Hunt	FREE
April 26th	Movie Night	FREE
April 27th	Wrestling Event	FREE

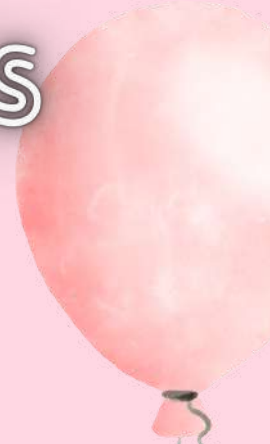
For more depth details individual flyers- visit our website:
www.conwayparksandrecreation.net/

**-APRIL 22-
Earth Day**

CONGRATULATIONS

Rowan & Fallon

BORN JANUARY 17, 2025



WELCOME BACK *Regina Stevens*

The CSFC is excited to announce the recent birth of twin daughters to our Membership/Aquatics Coordinator Regina Stevens and her husband Josh!



WE THRIVE IN 2025

St. Patrick's Day Glow Party



St. Patrick's Day Zumba



CCU Career Fair :



Pickleball Beginner's Class :



Black Water Middle School With Chanty



EGGCITING!!!!

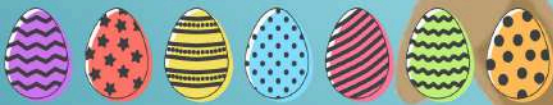
South Carolina's LARGEST EASTER EGG HUNT 75,000 CANDY FILLED EGGS

CANDY* PRIZES* INFLATABLES* PHOTOS WITH THE EASTER BUNNY

SATURDAY APRIL 12

FREE

BILLY GARDNER SPORTS COMPLEX 1515 MILL POND RD



Activities Begin
at 10:00 AM

PRESENTED BY:

EGG HUNT TIMES
AGES 1-3 (10:00AM)
AGES 4-6 (10:15AM)
AGES 7-9 (10:30AM)
AGES 10-12 (10:45AM)



CMC
CONWAY MEDICAL CENTER

A Special
Thank You To
Our Spring
Sport
Sponsors!
We appreciate
Your Support

TEAM SPONSORS



TEAM SPONSORS



THE SHOW: THE SOUTHERN HOUSE OF WRESTLING
&
CONWAY SPORTS & FITNESS CENTER
PRESENTS



SENSORY FRIENDLY

WRESTLING EVENT

FREE ENTRY



SUNDAY 04/27/2025

COLLINS KIDS COURTS

1515 Millpond Road, Conway, SC 29526



SPORTS & FITNESS CENTER

4:00PM DOORS • VENDORS • 5:00PM BELL TIME

[/CONWAYPRT](#)

[HTTPS://WWW.CONWAYPARKSANDRECREATION.NET/](https://www.conwayparksandrecreation.net/)

CITY OF CONWAY 2025

SUMMER CAMP

**\$100 PER WEEK
INCLUDES:**

SNACKS, GAMES,
ACTIVITIES,
MOVIE DAY,
CRAFTS,
SPORTS, FIELD
TRIPS
AND MORE

› JUNE 9–AUGUST 15

7:30AM–5:30PM

› OPEN TO AGES
5–12

CONWAY SPORTS AND FITNESS CENTER
1515 MILL POND RD, CONWAY, SC 29526



WWW.CONWAYPARKSANDRECREATION.NET

REGISTRATION OPENS MARCH 4TH @
8:00AM

City of Conway



Spring Break Camp

Monday, April 21st- Friday, April 25th
7:30am-5:30pm
Ages 5-12

Conway Sports and Fitness Center

Cost: \$100

Enjoy Arts/Crafts,
Inflatables, Movie
Day, Cookout and
more!

Registration is **REQUIRED**
(Opens March 3rd @ 8:00am)

Morning/Afternoon Snacks
are provided

Register online @
www.conwayparksandrecreation.net
or
in person at the
Conway Sports and Fitness Center.

Friday lunch will be provided



THE CITY OF CONWAY
SFC
SPORTS & FITNESS CENTER

Social Skills Workshops

FREE

Limited Availability

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

JANUARY 18th

Topic: Respect
Grades Pre-K to 2nd
Time: 10AM

Grades 3rd to 5th
Time: 12PM

FEBRUARY 15th

Topic: Integrity
Grades Pre-K to 2nd
Time: 10AM

Grades 3rd to 5th
Time: 12PM

MARCH 15th

Topic: Having a
positive attitude
Grades Pre-K to 2nd
Time: 10AM

Grades 3rd to 5th
Time: 12PM

April 5th

Topic: Kindness
Grades Pre-K to 2nd
Time: 10AM

Grades 3rd to 5th
Time: 12PM

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.



For more info:

Email:
vrcardo@conwaysc.gov

Online:
www.conwayparksandrecreation.net

SPRING YOUTH SPORTS

City Residents: \$30

**Birth Certificates are

Non-City Residents: \$75 | required for new participants!

The child's age on April 30th, 2025 determines the division of play for all sports! Any forms received after February 28, 2025 will incur a \$10 late fee.

YOUTH SOCCER



- Little Tykes Division: Boys and girls ages 5-6
- Pee Wee Division: Boys and girls ages 7-8
- Small Fry Division: Boys and girls ages 9-10
- Mite Division: Boys and girls ages 11-12
- Junior: Boys and girls ages 13, 14, 15

YOUTH BASEBALL



- Tee Ball: Ages 6 & Under
- Coach Pitch: Ages 8 & Under
- 10 & Under, 12 & Under, 14 & Under

YOUTH SOFTBALL



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

TINY TIGERS (FOR AGES 3-5)

\$30 Residents/\$35 Non-Residents

Fridays (4 weeks) Starts March 21st.



The Tee-Ball session will last for 45 minutes at 6:00pm.

OR

The Soccer session will last for 45 minutes (Big Lots Field) at 6:00pm.

REGISTRATION IS
JANUARY 27TH-
FEBRUARY 28TH ONLINE
OR AT THE CSFC.

CONWAY SPORTS AND FITNESS CENTER
1515 MILL POND RD, CONWAY, SC, 29527
843-488-1950
WWW.CONWAYPARKSANDRECREATION.COM



- Submission Deadline: March 22nd, 2025
- Entry Fee: FREE
- Eligibility: Ages 5 to 18
- Categories: Traditional Arts, Photography, Drawing, Painting (with Name, Age & Email)
- Location: 1515 Millpond Road, Conway SC



World Art Day



Art Gallery Exhibition

April 5th-30th 2025

Conway Sports & Fitness Center

For more information:

vicardo@conwaysc.gov

pbaker@gmail.com

www.conwayparksandrecreation.net

CONWAY PARKS AND RECREATION May Swim Lessons

Session Dates (Tuesdays and Thursdays):

Registration begins online May 2nd @ 8:00am

Tuesday, May 5th - Thursday, May 22nd

Residents: \$45

Non-Residents: \$55



Parent-Toddler

4:00pm-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.



Sensory Friendly MOVIE NIGHT



The Ant Bully
Saturday, March 15th 2025

A Bug's Life
Saturday, April 26th 2025

Movie starts at
8:00 PM

AT THE TERRACE
110 Laurel Street

FREE
to
Attend



Be sure to bring chairs and blankets.
Please note: No alcohol is permitted at the Terrace.

THERE WILL BE A SENSORY TABLE: NOISE REDUCING HEADPHONES AND OTHER ITEMS FOR CHILDREN TO BORROW. CHILDREN WILL NOT BE RESTRICTED TO JUST SITTING. THEY WILL BE ABLE TO MOVE AROUND THE TERRACE DURING THE MOVIE.



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



April



Fitness Class Schedule March 31st-April 26th

Monday

8:00am-8:45am
H.I.C.T Boot Camp
Randy –
2nd Level

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

8:00am- 8:45am
Hi-Low Cardio
Daniel
Collins Kids
Court#1

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

10:00am – 11:00am
Cardio Dance Combo
Tina
Court #1

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

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



4:30pm-5:15pm
Functional
Strength
Darius
Fitness Room

5:15pm-8:00pm
Strength & Core
Amy
Fitness Room

Tuesday

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

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

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

8:00 am-8:45 am
Indoor Cycle-
Daniel-
2nd Level
Cycle Room-

9:00 am-9:45 am
Beginner's Cycle
June- 2nd Level Cycle

9:00am-9:45am
Hi-Low Step
Jessica –
Fitness Room

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

12:10pm-12:50pm
Pop-Up Stability
Brigette
Fitness Room

4:30 pm-5:10 pm
Step & Sculpt
June –No Class 4/22
Fitness Room

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

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

6:10 pm-7:10 pm
Zumba
Kerri- 4/1 & 4/22
Pam- 4/8 & 4/15
Fitness Room

Wednesday

8:00am-8:45am
Strength & Core-
Amy –
Court #1

7:00 am-7:45 am
Indoor Cycle
Tina Y.–
2nd Level Cycle Room

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 –
No Class 4/9
Fitness Room

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

4:15pm-4:55pm
Functional Strength
Darius
Fitness Room

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

Thursday

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

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

8:00am-8:45am
Instructor Choice
Daniel-
Upper/Lower Body
Training
Court#1

9:00am-9:45am
Zumba
Kerri –
Court#1

9:00am – 9:45am
H-Low Step
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

12:10pm-12:50pm
Pop-Up Stability
Brigette
Fitness Room

4:30pm-5:15pm
Functional
Strength
Darius
Fitness Room

5:30pm-6:25pm
Functional
Strength
Darius-
2nd Level

5:30 pm-6:30 pm
Beginners Line Dancing
Roger-
Fitness Room

Friday

6:00am-6:45am
H.I.C.T Boot Camp
Randy
No Class 4/11 & 4/18

6:45am-7:15am
Body Blast
Morgan- Fitness Room
No Class 4/18
7:15am-7:50am
Step & Sculpt
Autumn- Fitness Room
Fitness Room
No Class 4/18

8:15am-8:50am
Cardio Kick & Abs
Jessica-
Court#1
No Class 4/18

9:00 am-9:45 am
Strength & Core
Autumn/Jessica/Tina
Court #1
No Class 4/18

10:00am – 10:50am
Cardio Dance Combo
Tina – No Class 4/18
Fitness Room

10:00am-10:45am
Cycle Circuit
Autumn - No Class 4/18
2nd level Cycle Room

11:15am - 12:00pm
Chair Aerobics
Nadine – No Class 4/18
Fitness Room

10:00am-11:00am
Zumba-
Pam Court #1
No Class 4/18

Saturday

Circuit Abs
8:45am-9:20am
Fitness Room
Kassidi-
5th

Step & Sculpt
8:30am-9:15am
Fitness Room
Jessica – 12th
Amy- 26th

Cardio Dance
9:20am-10:30am
Fitness Room
Sharon- 26th

Indoor Cycle
9:30am-10:15am
2nd level
June – 5th 12th - 26th

9:30am-10:30am
Zumba – Court#1
Kerri- 5th

YOGA Schedule April

March 31st- April 26th

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

REGISTER
8:00am-9:30am
Somatic Stretch
Yoga
Pam R.
Fitness Room

REGISTER
10:00am-10:55am
Gentle Vinyasa
Flow Yoga
Pam R.
Fitness Room

6:15pm-6:55pm
Yoga Stretch
Amy
Fitness Room

Tuesday

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

Wednesday

REGISTER
8:00am-8:50am
Wednesday
Morning Gentle
Yoga
Pam R.- 4/2
Linda C- .4/9 & 4/23
Evita-4/16
Fitness Room

REGISTER
10:00am-10:50am
Gentle Vinyasa Flow
Yoga
Pam R.
Fitness Room

5:30pm-6:25pm
Introduction To Yoga
Pam R.
Fitness Room

Thursday

REGISTER
8:00am-8:50am
Vigorous Yoga
Evita-4/3 & 4/17
Pam R. -4/10
Fitness Room

8:00am-8:50am
Gentle Yoga
Linda C.
Fitness Room
Class Only 4/24

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

6:35pm-
7:35pm
Yin Post
Fitness Room

Friday

REGISTER
8:00am-9:00am
Yogalates
Autumn
No Class 4/18
Fitness Room

Saturday

REGISTER
10:35am-11:35am
Saturday Instructor
Choice Yoga
Fitness Room
Pam R.
4/5, 4/12, & 4/26

YOGALATES



Stay Updated...Stay Connected...



Conway Sports & Fitness Center

1515 Mill Pond Rd. | Conway, SC

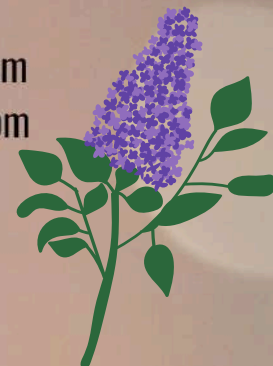
Facility Hours:

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.



DIRECTOR
Ashley Smith

ASSISTANT DIRECTORS
David Williams & Karen Johnson

MEMBERSHIPS & AQUATICS
Regina Stevens

FITNESS
Jessica Stalvey

ATHLETICS
Susan Becton

PROGRAMS
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