



NOVEMBER 2025

National Diabetes Awareness Month

- November is American Diabetes Month®, a time for the American Diabetes Association® (ADA) and the world to rally behind the fight to end diabetes. Nationwide, over 38 million people have diabetes and nearly 98 million have prediabetes. In the last 20 years, the number of Americans with diagnosed diabetes has more than doubled.
- For many, a diagnosis of diabetes brings shock and worry about costs, care and how life will change. The ADA is here with resources to meet people where they are, offering nutrition and diabetes education, mental health encouragement, and evidence-based recommendations for diabetes treatments and technologies.
- “While the statistics are stark, this American Diabetes Month we’re reminded that behind every number is a person, likely someone you know or love, with their own story. It’s a friend struggling to afford insulin, a child placing an insulin pump for the first time, or a neighbor who just learned that diabetes is causing their blurred vision. At the American Diabetes Association, we’re fighting for a cure for all of them,” said Charles “Chuck” Henderson, the ADA’s chief executive officer.
- The ADA’s vision, life free of diabetes and all its burdens, is more critical than ever before. Through advocacy and education, we’re fighting to improve the quality of life for everyone affected by diabetes. We’re driving discovery and research to treat, manage, and prevent diabetes while working relentlessly for a cure.
- This American Diabetes Month, join us in raising awareness about diabetes and the lives it touches. Learn your risk of developing diabetes and encourage friends and family to do the same. Talk to your health care provider. Stay informed. Share your story. And join the fight at diabetes.org/WeFight.



November Observance & Awareness Days

Day Light Savings Time Ends (Nov. 2nd)

Election Day (Nov. 4th)

Veterans Day (Nov. 11th)

World Kindness Day (Nov. 13th)

International Student's Day (Nov. 17th)

Thanksgiving Day (Nov. 27th)

Black Friday (Nov. 28th)

All Saints Day (Nov. 30th)

Lung Cancer Awareness Month

Veterans
DAY



Happy
Thanksgiving



QUIT TODAY!

MAKE TODAY YOUR QUIT DAY!

ARE YOU READY TO QUIT SMOKING? QUITTING SMOKING IMPROVES YOUR HEALTH, BUT IT CAN BE HARD TO DO. YOU DON'T HAVE TO DO IT ALONE ON NOVEMBER 20TH!

PLEASE JOIN PEOPLE ACROSS THE COUNTRY FOR THE AMERICAN CANCER SOCIETY'S GREAT AMERICAN SMOKEOUT.

REMEMBER, THE KEY TO SUCCESS IS TO KEEP TRYING AND NOT GIVE UP. MORE THAN HALF OF U.S. ADULTS WHO HAVE EVER SMOKED HAVE QUIT. MAKE THE GREAT AMERICAN SMOKEOUT YOUR DAY TO QUIT SMOKING!

Holiday CLOSURES

Please Note The Following Holiday Closures:
Tuesday Nov. 11th In Observance of Veteran's Day
Thursday Nov. 27th & Friday Nov. 28th In
Observance Of Thanksgiving

Wellness
OPPORTUNITIES

DIABETES SCREENING

**Free Diabetes Screenings at the
Lobby Sports & Fitness Center
Nov. 10th & Nov. 14th 8am-12 Noon**

Take charge of your health! Join us at the Sports and Fitness Center for free diabetes screenings provided by healthcare professionals. Learn more about your blood sugar levels and ways to stay healthy and active



Health Care Partners
OF SOUTH CAROLINA

7TH ANNUAL
UNDER THE LIGHTS

5k/Run/Walk

WEDNESDAY, DECEMBER
10TH

6:00PM

COSTUME CONTEST, VISITS WITH SANTA, AGE GROUP
AWARDS, FINISHER MEDALS, & MUCH MORE!

REGISTRATION BEGINS JULY 1ST

[HTTPS://RUNSIGNUP.COM/RACE/SC/CONWAY/CITYOFCONWAYUNDERTHELIGHTSSKRUNWALK](https://runsignup.com/race/sc/conway/cityofconwayunderthelights5krunwalk)

Our upcoming 5K Run/Walk is right around the corner, and we need YOUR help to make it a success! 🏃♂️ 🏃♀️

We're looking for enthusiastic volunteers to assist with:

- ✓ Registration & check-in
- ✓ Water stations
- ✓ Course guides/cheer squads
- ✓ Finish line support

This is a great way to get involved, support our community, & cheer on participants as they cross the finish line!

If Interested Please Contact
Jessica Stalvey @ jstalvey@conwaysc.gov

VOLUNTEERS NEEDED!

welcome!

Brashlyn Britton — Certified Personal Trainer & Nutritionist

Brashlyn Britton is a Certified Personal Trainer and Nutritionist with dual degrees in Exercise Science and Lifestyle Nutrition from West Chester University. A former competitive gymnast, she now blends strength, mobility, and functional movement in her science-backed training approach.

She is ISSA-certified in Personal Training, Group Training, and Nutrition, and leads energizing group fitness classes designed for all levels. Her mission is to help clients feel strong, confident, and capable in and out of the gym.

- Specialties • Personal Training**
- Group Fitness
 - Strength & Conditioning

Olivia Chavis - Certified Group Instructor

My name is Olivia Chavis. I am a certified group fitness instructor and I have a certification in Health Science. I am passionate about helping others achieve their fitness goals. I am known for encouraging others to keep going, never give up. My goal in each class is to build strength, increase endurance, and to help you become your best self. Fitness has changed my life so much, and it can change yours as well.

I am excited to be furthering my career in fitness and teaching what I am passionate about.

Lisa Locke- Certified Yoga Instructor

Naturally a highly energetic gal, Lisa thrives in sports and exercise. As a yin to her yang she discovered yoga in massage school where she obtained her massage license and certification to teach both massage and yoga. She moved to San Diego from New York , where she instructed and practiced yoga daily for over 13 years while owning her massage business. There is where she received her fitness certification as a wonderful compliment to yoga.

Now, as a South Carolina licensed massage therapist , she's passionate about connecting with others in the community to share her experience and knowledge. She tailors her techniques in both fields to the vibe and needs of people she is with. Knowledge, Creativity , self expression and authentic living are her biggest passions. She flourishes in a space of smiles and movement. Lisa believes the power of touch with intention has the ability to heal the mind and body . It is a gift and should be shared to grow and enhance ones quality of life . She's quirky and has a way of allowing other humans to feel comfortable and relaxed in her presence.



Healthy recipe!

CRANBERRY STUFFED TURKEY BREAST

INGREDIENTS

ORIGINAL RECIPE (1X) YIELDS 10 SERVINGS

1 (12 OUNCE) PACKAGE HERB-SEASONED BREAD STUFFING MIX

2 SKINLESS BONELESS TURKEY BREASTS

1 CUP CHOPPED PECANS

2 (8 OUNCE) PACKAGES DRIED, SWEETENED CRANBERRIES

2 TABLESPOONS OLIVE OIL

6 LETTUCE LEAVES

½ CUP PECAN HALVES

LOCAL OFFERS

DIRECTIONS

PREHEAT THE OVEN TO 350 DEGREES F (175 DEGREES C). PREPARE STUFFING MIX ACCORDING TO PACKAGE DIRECTIONS. SET ASIDE TO COOL.

WITH A SHARP KNIFE, BUTTERFLY BREASTS OPEN TO LAY FLAT. PLACE EACH BREAST BETWEEN TWO SHEETS OF WAXED PAPER, AND FLATTEN WITH A Mallet. SPREAD THE PREPARED STUFFING TO WITHIN 1/4 INCH OF THE EDGE OF EACH BREAST. SPRINKLE EACH ONE WITH CHOPPED PECANS AND DRIED CRANBERRIES, RESERVING SOME OF THE CRANBERRIES FOR GARNISH. ROLL UP TIGHTLY IN A JELLYROLL STYLE, STARTING WITH THE LONG END. TUCK IN ENDS, AND TIE IN SECTIONS WITH STRING, ABOUT 4 SECTIONS AROUND THE MIDDLE AND ONE RUNNING THE LENGTH OF THE ROLL TO SECURE THE ENDS.

HEAT OLIVE OIL IN A LARGE CAST IRON SKILLET OVER MEDIUM-HIGH HEAT. CAREFULLY BROWN ROLLS ON ALL SIDES.

PLACE SKILLET IN OVEN, UNCOVERED. BAKE IN A PREHEATED 350 DEGREES F (175 DEGREES C) OVEN FOR 1 HOUR, OR UNTIL THE INTERNAL TEMPERATURE IS AT 170 DEGREES F (78 DEGREES C) WHEN TAKEN WITH A MEAT THERMOMETER. DO NOT LET THESE GET OVERLY DRY.

ALLOW ROLLS TO SET FOR 15 MINUTES BEFORE REMOVING STRING, AND SLICING INTO 1/2 TO 3/4 INCH CIRCLES. LEAVE ONE ROLL WHOLE, AND SLICE THE OTHER FOR PRESENTATION. STUFFING WILL BE SPIRALED INTO MEAT. PRESENT ON YOUR PRETTIEST PLATTER ON A BED OF CURLY LETTUCE, AND GARNISH BY SPRINKLING WITH THE REMAINING 1/2 CUP PECAN HALVES AND THE RESERVED DRIED CRANBERRIES.

NUTRITION FACTS (PER SERVING)

369
CALORIES
18G
FAT
28G
CARBS
23G
PROTEIN



PICKLEBALL & SPORTS HAPPENINGS!

CLINICS/TOURNAMENTS



Serving with Thanks

Join us **Saturday Nov. 8th** for a fun "Grab-bag Tournament" benefiting Sgt. Chris Johnson and his family. This is Round Robin Play; each participant should register individually; teams will be chosen day of the tournament. Play will begin at **9am-4pm** on Collin's Kids Courts #1 & #2. For more information, please contact Nick Bucholtz @ 843-488-4279. Register today as spots are limited to the first 60 players!

**\$30 Members
\$35 Non-Members**

SATURDAY, NOVEMBER 8TH

Conway Sports and Fitness Center
1515 Mill Pond Rd

HOLIDAY GRAB BAG PICKLEBALL!

INDOOR TOURNAMENT

SATURDAY DEC. 20TH 9AM-4PM

THIS IS A GRAB BAG TOURNAMENT WITH A ROUND ROBIN FORMAT. ALL SKILLS LEVELS ARE WELCOMED! BRING YOUR OWN PADDLES/PICKLEBALLS.

\$30 MEMBER/\$35 NON-MEMBERS
PLEASE REGISTER INDIVIDUALLY @
WWW.CONWAYPARKSANDRECREATION.NET

NOTE: NO REFUND APPLY TO THIS TOURNAMENT

Limited Basketball Court Use

Please note that court access will be limited from December through March due to scheduled indoor sports leagues and programs. Please note **NO Saturday Pickleball Until Late March!**

We appreciate your cooperation!

CONWAY WEIGHT LOSS CHALLENGE

January 12th– March 13th 2026

"FOCUS ON FITNESS"

\$35 Fee Includes:

**Fitness Assessments,
Nutritional Tools, T-Shirts,
Group Fitness Classes
&
Weekly Weigh-Ins!**

*On-Line Registration Begins
Registration Begins
Monday December 1, 2025*

Join This 8 Week
competition to find
highest % of weight loss &
most inches lost!

Register at: conwaysc.activityreg.com

For Additional Info Contact :
Jessica Stalvey, Fitness Coordinator
jjstalvey@conwaysc.gov



FITNESS CLASS Spotlight

EQUIPMENT ORIENTATION

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

**MONDAY NOVEMBER 3RD & 10TH
12:30PM-1:30PM 2ND LEVEL
FREE FOR MEMBERS**



Fitness Humor



AQUATICS

Conway Sports & Fitness Center

Turkey Plunge Challenge!!

Join us the month of November for a swimming challenge:

SWIM NOW, GOBBLE LATER!!

This November, swim your way through our Turkey Plunge Challenge and gobble up a FREE month of membership! Here's the deal:

- Swim 10K – that's 400 laps or 200 lengths in our 25-meter pool – anytime throughout November.
- Pace yourself – swim a little each day or go big and tackle it in a few sessions.
- Check in with the lifeguard after every swim to log your laps.

Complete the challenge by the end of the month and earn a free month of membership—just in time to work off that Thanksgiving feast!

So grab your goggles, head over to the pool, and make a splash this November in the Turkey Plunge Challenge!

Swim a 10k (6.2 miles) and earn a free month of membership



MERRY

Christmas

Pancakes



With

Santa

\$5 Per Person

PRE-REGISTER

WWW.CONWAYPARKSANDRECREATION.NET

OR

CONWAY SPORTS AND FITNESS CENTER

SATURDAY DECEMBER 13TH 7-9AM

Conway Sports And Fitness Center

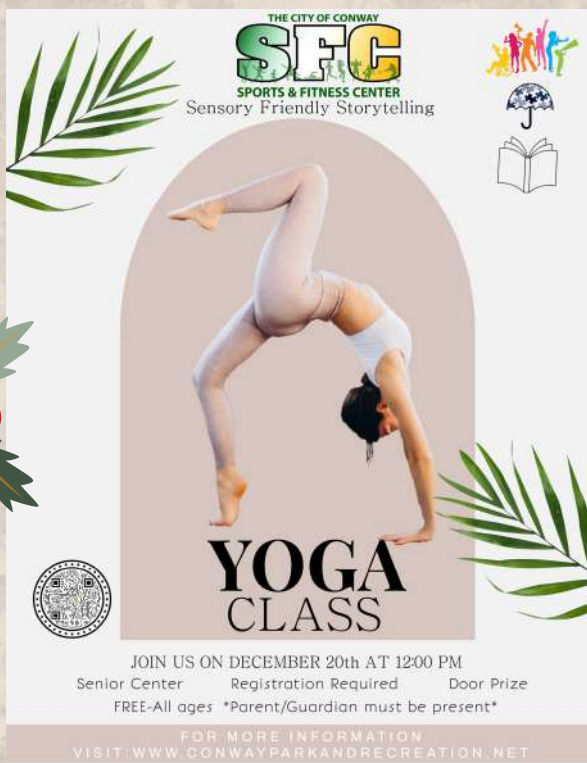
1515 Mill Pond Road Conway, SC

PRE-REGISTRATION REQUIRED





Holiday Happenings



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



November

Fitness Class Schedule Nov. 1st- Nov.29th



Monday

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

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

8:00am- 8:45am
Z-Fusion
Joy
Court#1

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

10:00am-10:45am
Beginner's Cycle
June-
Cycle Room

10:00am - 10:45am
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-5:10pm
Kettlebell Total Body
Olivia
Fitness Room

5:15pm-6:00pm
Strength & Core
Amy-
Fitness Room

Tuesday

6:00 am - 6:45 am
Cardio Kick & Abs
Amy- No Class 11/11
Court#1

7:00 am-7:45 am
Functional Strength
Nick- No Class 11/11
Fitness Room

8:00 am-8:45 am
Functional Strength
June- No Class 11/11
Court#1

9:00 am-9:45 am
Beginner's Cycle
June-
No Class 11/11
Cycle Room

9:00am-9:45am
Hi-Low Step
Jessica -
Fitness Room
No Class 11/11

9:00am-9:45am
Cardio Dance Combo
Linda D.
Court #1
No Class 11/11

10:00am-11:00am
Line Dancing-
Roger
Court #1
No Class 11/11

10:05am-11:00am
Silver Sneakers Classic
Brigette-
Fitness Room
No Class 11/11

11:10am-12:00pm
Chair Yoga
Brigette -
Fitness Room
No Class 11/11

5:00 pm-5:50 pm
Step & Sculpt
June
Class Only 11/4
Fitness Room

5:00 pm-5:50 pm
Kettlebell Total Body
June
Class Only 11/18 & 11/25
Fitness Room

5:35 pm-6:30 pm
Indoor Cycle-
Tina Y-
No Class 11/11
2nd Level
Cycle Room

6:10 pm-7:10 pm
Zumba
Pam- 11/4 & 11/18
Fitness Room No Class 11/11

Wednesday

6:00am-6:45am
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

9:00am-9:45am
Sculpt-N-Flow
Lisa -
Fitness Room

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

10:00am - 10:45am
Strength & Core
Tina C-
Court #1

10:00am-10:45am
Indoor Cycle
June-
2nd Level Cycle Room

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

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

6:35pm-7:05pm
Circuit Abs
Kassidi
No Class 11/26
2nd Level

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

Thursday

6:00 am - 6:45 am
Step & Sculpt
Amy- No Class 11/27
Fitness Room

7:00am - 7:45am
Functional Strength
Nick-
No Class 11/27
Fitness Room

8:00am-8:45am
Instructor Choice
June
No Class 11/27
Court#1

8:00am-8:45am
Indoor Cycle
Tina Y. -
No Class 11/27
2nd Level Cycle Room

9:00am - 9:45am
H-Low Step
Tina C-
No Class 11/27
Fitness Room

9:00am-9:45am
Zumba
Kerri
No Class 11/27
Court#1

10:00am-11:00am
Line Dancing
Roger-
No Class 11/27
Court#1

10:05am-11:00am
Silver Sneakers
Circuit
Brigette-
Fitness Room
No Class 11/27

11:10am-12:00pm
Chair Yoga
Brigette
Fitness Room
No Class 11/27

5:30pm-6:30pm
Functional Strength
June-
No Class 11/13 & 11/27
Weight Room

5:30pm-6:30pm
Beginners Line Dancing-
Roger-
Fitness Room
No Class 11/27

6:35pm-7:30pm
Zumba
Nil
Fitness Room
No Class 11/27

Friday

6:00am-6:45am
H.I.C.T Boot Camp
Randy- No Class 11/7 & 11/28

6:45am-7:15am
Body Blast
Morgan- No Class 11/28
Fitness Room

7:15 am-7:50 am
Step & Sculpt
Autumn-
Fitness Room
No Class 11/28

8:00am-8:45am
Barre
Autumn
Court#1-
No Class 11/28

9:00am-9:45am
Strength & Core
Autumn/Jessica/Tina
Court #1
No Class 11/28

10:00am - 10:50am
Cardio Dance Combo
Tina -
Fitness Room -
No Class 11/28

10:00am-11:00am
Zumba-
Pam-
Court #1-
No Class 11/28

11:15am- 12:00pm
Chair Aerobics
Nadine-Court#1
No Class 11/28

Saturday

Circuit Abs
8:45am-9:20am
Fitness Room
Kassidi/Olivia
1st-8th-29th

Indoor Cycle
9:30am-10:15am
Cycle Room
June- 1st-8th-22nd

Cycle & Weights
9:30am-10:30am
June-29th

9:30am-10:25am
Zumba - Fitness Room
Joy -1st-15th-29th
Kerri - 8th

Pre-Dance Turkey Burn
9:00am-10:30am
Court#1
November 22nd
Variety of Instructors



Aquatics Schedule

November 2025



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- Beverley	8:00 am – 8:45 am Aqua Aerobics- Beverley	8:00 am – 8:45 am Turbulence- Barbara
10:00 am – 10:45 am Arthritis R.O.M/Strength- Briggette	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 Silver Sneakers - Barbara
11:00 am – 11:45 am Aqua Aerobics - June	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
12:15 pm – 1:00 pm Cardio Core - Ivy	12:15 pm – 1:00 pm AquaBlast – Olivia	11:00 am – 11:45 am Stick Mobility/Aerobics- Briggette	12:15 pm – 1:00 pm AquaBlast – Olivia	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	12:00 pm – 1:00 pm Cardio Core – Briggette	4:30 pm – 7:30 pm 2 LANES Tigershark Practice	
6:15pm – 7:00 pm Aqua Zumba – Pam H.		4:30 pm – 7:30 pm 2 LANES Tigershark Practice		

Please note the Sports & Fitness Center will be closed on:

Nov 11th, Nov 27th, & Nov 28th

Regina Stevens - Aquatics/Membership Coordinator
Kaithyn Pardes- Assistant Aquatics Coordinator
843-488-7686 or kpardes@conwaysc.gov

CSFC POOL HOURS

Monday - Friday :
6:00am - 7:30pm
Saturday : 8:30am -
5:30pm
Sunday: Closed

Happy
Thanksgiving

Aquatic Class Descriptions:

Cardio Core: Cardio Core w/Aqua Noodles is a 45-minute pool workout which incorporates cardio exercises with water resistances rotating between blocks of cardio movements and core exercises. Use of aqua noodles increases resistance and burns more calories using long and short noodles.

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.

Silver Sneakers: Step into our Silver Sneakers class for fun fusion of fitness and flair! With heart-pumping beats and vibrant moves, you'll sweat while showcasing stylish kicks and make new friends along the way.

YOGA Schedule November

Nov. 1st - Nov. 29th

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
Yoga
Pam R.
Class Only
11/3 & 11/10
Fitness Room

8:00am-8:50 am
Instructor Choice
Pam R.-
Class Only
11/17 & 11/24
Fitness Room

9:00am-9:45am
Beginner's 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 11/10
Fitness Room

Tuesday

8:00am-8:50am
Instructor Choice
Yoga
Janeen
Fitness Room
No Class 11/11

11:10am-12:00pm
Chair Yoga
Brigitte
Fitness Room
No Class 11/11

Wednesday

8:00am-8:50am
Wednesday
Morning Gentle
Yoga
Linda C. - 11/5
Jessica - 11/12 &
11/19
Pam R. - 11/26
Fitness Room

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

4:30pm-5:15pm
Beginner's Mat Pilates
Pam R.
No Class 11/26
Fitness Room

5:30pm-6:15pm
Slow Flow
Pam R.
No Class 11/26
Fitness Room

6:25pm-7:00pm
Restorative
Pam R.
No Class 11/26
Fitness Room

Thursday

8:00am-8:50am
Gentle Yoga
Linda C. - 11/6
Lisa - 11/13 & 11/20
Fitness Room
No Class 11/27

11:10am-12:00pm
Chair Yoga
Brigitte
Fitness Room
No Class 11/27

Friday

8:00am-9:00am
Instructor Choice
Yoga
Janeen
Fitness Room
No Class 11/28

9:00am-9:50am
Yogalates
Autumn
Fitness Room
No Class 11/28

Saturday

10:35am-11:35am
Saturday Instructor
Choice Yoga
Fitness Room
Pam R.-
11/1, 11/8, 11/15,
11/22, & 11/29



YOGALATES

WE THRIVE IN 2025

CMC Flu Shot Clinic



UFO Festival



American Cancer Society Making Strides



Ruck Classes



NO Bulling!



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
Janice Hopkins

LET'S CONNECT!

FOLLOW &
LIKE US!



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