

JANUARY

2025

Newsletter

New Year Resolutions

New Year's resolutions are difficult to stick to when people think of them in black-and-white terms — you either accomplish the goal or you don't. Succeed or fail. Rather than giving themselves credit for their efforts and hard work and acknowledging the process, they define their success based on immediate results. This approach causes people to say, 'This isn't working' or 'It's too hard' and give up on their resolutions.

It's important to embrace growth and change and to set goals in life, and New Year's resolutions can do just that. They get a bad reputation, though, because they can be notoriously difficult to stick to, leaving some to wonder if they just set you up for disappointment and failure. The trick is to think about them as an evolving process, rather than a product, meaning the emphasis should be just as much on the journey as it is on the goal.

Tips

- Set specific, realistic goals, then break them into manageable steps. For example: Instead of a general goal to “exercise more,” commit to “walking 30 minutes, three times a week.”
- Focus on activities that you enjoy to help you stay motivated. Whether it's dancing, hiking, or fitness classes, something you love to do will be easier to stick with.
- Remember consistency, not perfection, drives long-term results. Allow room for flexibility and avoid an “all or nothing” mindset.
- Build consistency through small, sustainable habits, like scheduling workouts at the same time daily, or laying out your gym clothes the night before.
- Celebrate your successes, no matter how small, and practice self-compassion on challenging days.
- Surround yourself with supportive friends, a coach, or other fitness communities to stay accountable and inspired throughout your journey.

Achievable Resolutions for Lasting Change

Approach this year's resolutions simply and establish achievable goals for your mental, financial, personal, and physical well-being to increase the likelihood of commitment. Shift the focus of this new year towards sustainable improvements that contribute to greater happiness throughout.

1. Prioritize Mental Health

Consider dedicating time away from scrolling on social media and instead adopting habits like listening to motivational podcasts or reading inspiring books. Integrate mindfulness practices, such as meditation or journaling, into your daily routine for a meaningful impact on your mental health.

3. Volunteer

Serving others contributes to one's sense of purpose, offering numerous benefits, including improved physical and mental health. Engaging in volunteer opportunities not only positively impacts the community but also contributes to personal well-being. Explore local organizations to discover a role that aligns with your interests.



2. Conquer Financial Challenges

Addressing financial issues is crucial for cultivating clarity and structure in our lives. Start by creating a budget, and no matter how modest, develop a plan to pay off debts while simultaneously building savings. A practical and easily understandable book for this purpose is "I Will Teach You to Be Rich" by Ramit Sethi. Achieving financial freedom will pave the way for a more secure and stress-free future.

4. Nurture Friendships

Maintaining meaningful connections is crucial for emotional support and personal growth. Make a goal to strengthen existing friendships and cultivate new ones by immersing yourself in activities that resonate with your interests. Explore joining a new club or participating in classes at the Sports & Fitness Facility to emphasize community. Prioritize and nurture quality relationships, as they significantly enhance happiness and reduce stress, contributing to a more fulfilling life..

5. Commit to Physical Health

Establishing achievable commitments to physical health is crucial for maintaining consistency. Whether it's committing to your favorite fitness class twice a week, setting a goal to walk for half an hour daily, or incorporating a 20-minute YouTube fitness routine a few days a week, simplicity is critical to staying on track.



30 DAY NEW YEAR, NEW YOU CHALLENGE

DAY 1 ✔ Set goals you want to achieve	DAY 2 🙏 List what you're grateful for	DAY 3 🗑️ Remove negativity in your life	DAY 4 💬 Message someone special	DAY 5 😊 Think about the positives
DAY 6 😊 Make an effort to smile more	DAY 7 🍴 Cook a healthy meal today	DAY 8 🚶 Step out for a 15min walk	DAY 9 🌟 Clean & organize your home	DAY 10 🚲 Try something new
DAY 11 📖 Pick up a new book to read	DAY 12 🧘 Meditate before bed	DAY 13 📝 Cross stuff off your to do list	DAY 14 😴 Get 7-8 hours of sleep	DAY 15 🌲 Enjoy the beauty around you
DAY 16 📵 Disconnect & unplug for 30min	DAY 17 👉 Offer help to friends & family	DAY 18 ❤️ Spend time with the ones you love	DAY 19 🎉 Celebrate how far you've come	DAY 20 💧 Drink at least 8 glasses of water
DAY 21 😊 Say 3 nice things about yourself	DAY 22 ❤️ Forgive someone	DAY 23 🚫 Don't make any excuses	DAY 24 🛀 Treat your body and relax	DAY 25 😄 Laugh! Watch a funny movie
DAY 26 🧘 Stretch for 10min	DAY 27 📺 Watch the sunrise	DAY 28 🍷 Don't eat past 6pm	DAY 29 🥕 Pack a healthy snack for lunch	DAY 30 💪 Commit to being a better you



Cranberry Brie Bites

Directions

1. Thaw the puff pastry according to package directions.
2. Preheat the oven to 400°F. Spray a 24-well mini muffin pan with nonstick cooking spray. Place the brie in the freezer for 20 minutes or until firm to the touch.
3. On a well floured surface, roll the sheet of puff pastry into a 10-by-15-inch rectangle. Cut the pastry into 4 strips lengthwise. Then, cut the pastry crosswise into 6 strips, creating 24 squares. Press the pastry squares into each well of the muffin pan, letting the excess stick up over the edges.
4. Cut the firm brie into 24 (½-inch) slices. Place a piece in the center of each pastry square. Top each with about 1 teaspoon of cranberry sauce. Sprinkle with chopped pistachios.
5. Bake for 15 minutes or until the puff pastry is golden brown on the edges and the cheese is bubbly. Let cool in the pan for 5 minutes. Remove the bites from the pan and garnish with sea salt and pepper, if desired.

Ingredients

- 1 sheet frozen puff pastry, from 1 (17-oz.) box
- Nonstick cooking spray
- 4 oz. brie cheese
- 1/2 c. cranberry sauce, homemade/canned
- 3 Tbsp. raw shelled pistachios, chopped
- Flaky sea salt and ground black pepper, optional

**EQUIPMENT
ORIENTATION**

MONDAY JAN 13TH
12:30PM-1:30PM

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



BEG DEC-MARCH

COURTS 1 & 2 WILL BE CLOSED FROM:

MON-FRI: 4:30PM-CLOSING

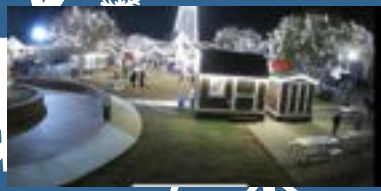
SAT: 8AM-1PM



Under the Lights 5K



CONWAY CELEBRATIONS



LET'S CELEBRATE!

HAPPY NEW YEAR

\$0 NEW MEMBERSHIP ENROLLMENT FEE FOR THE ENTIRE MONTH OF JANUARY!

Conway Sports and Fitness Center
1515 Mill Pond Rd

THE CITY OF CONWAY
SFC
SPORTS & FITNESS CENTER

SPRING YOUTH SPORTS

City Residents: \$30 | **Birth Certificates are required for new participants!

Non-City Residents: \$75

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, 29526 843-488-1950 WWW.CONWAYPARKSANDRECREATION.NET
---	--

PICKLEBALL BEGINNER LESSONS

THE CITY OF CONWAY
SFC
SPORTS & FITNESS CENTER

Our class is designed for everyone, from beginners taking their first swing to seasoned players looking to refine their skills. It's a welcoming atmosphere where camaraderie and improvement go hand in hand.

JAN 7TH - MAR 7TH

EVERY TUESDAY & THURSDAY
12:30p - 1:30p: Court 2

See Coach Nick for details

NO PICKLEBALL ON SATURDAYS

DEC 7- MARCH DUE TO WINTER SPORTS SCHEDULE

THE CITY OF CONWAY
SFC
SPORTS & FITNESS CENTER



HAPPY Valentine's Day!

Join the Conway Sports and Fitness Center with an enrollment fee of \$2.14 for the entire month of February!

1515 Mill Pond Rd, Conway, SC, 29526

www.conwayparksandrecreation.net



CONWAY

WEIGHT LOSS CHALLENGE

January 13th- March 10th 2025
Limited To 15 participants!

"FOCUS ON FITNESS"

\$40 Fee Includes:
Measurements, T-Shirts,
Featured Group Fitness
Classes /Weekly
Accountability & Weigh-Ins!

Members Only!!
Registration Begins Nov. 18th
Online:
www.conwaysc.activityreg.com



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

For Additional Info Contact :
Jessica Stalvey, Fitness Coordinator
jstalvey@cityofconway.com



PICKLEBALL Clinic

Beginners: 10a-11:30a
Intermediate: 11:30a-1:00p
Advanced: 1p-2p

FRIDAY, 14 FEBRUARY
10.00AM-2.00 PM

COLLINS PARK

Members: \$20
Non-Members: \$25



SFC 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.



Email: vrivarda@conwaysc.gov

For more info: Online: www.conwayparksandrecreation.net

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

January

Fitness Class Schedule January 1st-January 31st

Monday

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

7:00am-7:45am
Strong by Zumba-
Pam
Fitness Room
No Class 1/20

8:00am- 8:45am
Hi-Low Cardio
Daniel
Collins Kids
Court#1
No Class 1/20

9:00am - 9:45am
Strength & Core-
Daniel
Court#1
No Class 1/20

10:00am - 11:00am
Cardio Dance Combo
Tina
Court #1
No Class 1/20

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

11:15am-12:00pm
Chair Aerobics
Brigette
Court#1
No Class 1/20

fitness

4:30pm-5:15pm
Functional Strength
Darius
Fitness Room
No Class 1/20

5:15pm-6:00pm
Strength & Core
Amy
Fitness Room
No Class 1/20 & 1/27

Tuesday

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

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

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

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

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

4:30pm-5:10pm
Step & Sculpt
June
Fitness Room
No Class 1/7

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

5:15pm-6:00pm
Strong By Zumba
Pam-
NO Class 1/21
Fitness Room

6:10pm-7:10pm
Zumba
Kerri/Pam
Fitness Room

Wednesday

6:00am-6:45am
Strength & Core-
Amy - **No Class 1/7**
Court #1

7:00am-7:45am
Indoor Cycle
Tina Y. - **No Class 1/7**
2nd Level Cycle Room

7:00am-7:45am
Strength & Core
Amy - **No Class 1/7**
Court #1

8:00am-8:45am
Strong By Zumba-
Pam - **No Class 1/7**
Court #1

9:05am-9:35am
Circuit Abs
Daniel - **No Class 1/7**
Fitness Room

9:00am - 9:45am
Zumba-
Pam - **No Class 1/7**
Court #1

10:00am - 10:45am
Strength & Core
Tina C. - **No Class 1/7**
Court #1

10:00am-10:45am
Indoor Cycle
June- **No Class 1/7 & 1/8**
2nd Level Cycle Room

11:00am-12:00pm
Tai Chi
Ben - **No Class 1/7**
Fitness Room

11:15am-12:00pm
Chair Aerobics
June- **No Class 1/7**
Court#1

4:15pm-4:55pm
Functional Strength
Darius
Fitness Room
No Class 1/7

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

www.conwaysc.gov

Thursday

6:00am - 6:45am
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

fitness

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

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

Friday

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

6:45am-7:15am
Booty Blast!
Morgan-
Fitness Room

7:15am-7:50am
Step & Sculpt
Autumn- Fitness Room

8:15am-8:50am
Cardio Kick & Abs
Jessica
Court#1

9:00am-9:45am
Strength & Core
Autumn/Jessica/Tina
Court #1
9:00am-9:45am
Barre
Nadine-
Fitness Room

10:00am - 10:50am
Cardio Dance Combo
Tina -
Fitness Room

10:00am-10:45am
Cycle Circuit
Autumn - 2nd level Cycle
Room

11:15am- 12:00pm
Chair Aerobics
Nadine -
Fitness Room

10:00am-11:00am
Zumba-
Pam- Court #1

Saturday

Step & Sculpt
8:30am-9:15am
Fitness Room
Amy- 4th

Circuit Abs
8:45am-9:20am
Fitness Room
Kassidi-
11th & 18th

Strength & Core
8:30am-9:15am
Fitness Room
Amy -25th

Indoor Cycle
9:30am-10:15am
2nd level
June- 18th & 25th

9:30am-10:30am
Zumba
Senior Center
Joy- 4th

Joy- 18th -Fitness Room
Kerri- 11th & 25th

YOGA Schedule January 2025

January 1st - January 31st



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	Saturday
<p>8:00am-9:30am <u>Somatic Stretch</u> Yoga Pam R. Fitness Room No Class 1/20</p>		<p>8:00am-8:50am <u>Wednesday Morning Gentle Yoga</u> Evita-1/8 & 1/22 Pam R. - 1/15 & 1/29 Fitness Room No Class on 1/1</p>	<p>8:00am-8:50am <u>Vigorous Yoga</u> Evita-1/9 & 1/23 Pam R. - 1/16 & 1/30 Fitness Room</p>	<p>8:00am-9:00am <u>Yogalates</u> Autumn Fitness Room</p>	
<p>10:00am-10:55am <u>Gentle Vinyasa Flow Yoga</u> Pam R. Fitness Room No Class 1/20</p>	<p>11:10am-12:00pm <u>Chair Yoga</u> Brigette Fitness Room</p>	<p>10:00am-10:50am <u>Gentle Vinyasa Flow Yoga</u> Pam R. Fitness Room No Class 1/1</p>	<p>11:10am-12:00pm <u>Chair Yoga</u> Brigette Fitness Room</p>		
<p>6:15pm-6:55pm <u>Yoga Stretch</u> Amy Fitness Room No Class 1/20</p>		<p>5:00pm-5:50pm <u>Introduction To Yoga</u> Pam R. Fitness Room No Class 1/1</p>	<p>6:35pm-7:35pm <u>Yin/Restorative</u> Pam R. Fitness Room</p>	<p>10:35am-11:35am Saturday Instructor <u>Choice Yoga</u> Fitness Room Pam R. 1/4, 1/11, 1/18, & 1/25</p>	

YOGALATES





Aquatics Schedule



January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am – 9:45 am Aqua Zumba –Pam H.	9:00 am – 9:45 am Deep Water – Brigette	8:00 am - 8:45 am Aqua Aerobics- Beverly	8:00 am - 8:45 am Aqua Aerobics- Beverly	8:00 am – 8:45 am Aqua Freestyle- Dee A mix of everything!
10:00 am – 10:45 am Arthritis R.O.M./Strength-June	10:00 am – 12:00 pm Water Volleyball	9:00 am – 9:45 am Aqua Yoga –Pam R.	9:00 am – 9:45 am Stick Mobility/Aerobics- Brigette	9:00 am – 9:45 am Aqua Freestyle- Dee A mix of everything!
11:00 am – 11:45 am Aqua Aerobics -June	12:15 pm – 1:00 pm Arthritis R.O.M.- Brigette	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 -Brigette	4:30 pm – 7:30 pm 2 LANES Tigershark Practice	11:00 am – 11:45 am Stick Mobility/Aerobics- Brigette	12:15 pm – 1:00 pm Deep Water -Brigette	5:30 pm – 7:30 pm Party Rental
4:30 pm – 7:30 pm 2 LANES Tigershark Practice		12:00 pm-1:00 pm Cardio Core -Brigette	4:30 pm – 7:30 pm 2 LANES Tigershark Practice	
		4:30 pm – 7:30 pm 2 LANES Tigershark Practice		



Regina Stevens- Aquatics Coordinator
 Kaitlyn Pardes- Assistant Aquatics Coordinator
 843-488-7686 or rstevens@cityofconway.com

We will be closed:
 January 1st, 2025 &
 January 20th, 2025

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



Aquatic Class Descriptions:

Cardio Core w/Aqua Noodles: 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)

Stay Updated...Stay Connected...



Conway Sports & Fitness Center

1515 Mill Pond Rd. | Conway, SC

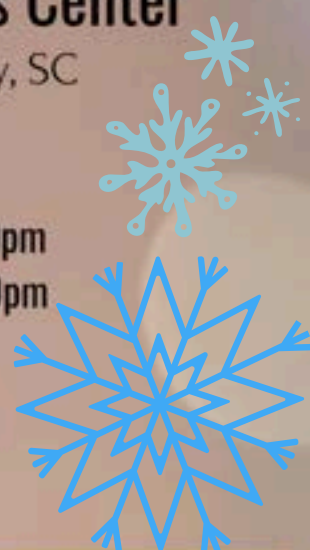
Facility Hours:

Monday - Friday: 5:30am - 8:00pm

Saturday: 8:00am - 6:00pm

Sunday: Closed

{Hours Subject to Change}



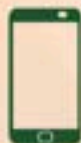
ONLINE

www.ConwayParksandRecreation.net



PHONE

(843)488.1950



EMAIL

recreation@cityofconway.com

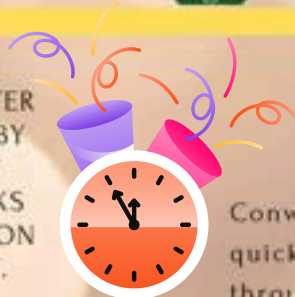


MAIL/WALK

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!



@ConwayPRT



@conway_prt



@CityOfConway