Get fit for 2019, resolve to get stronger and work out smarter. The Recreation Department is here to help with a variety of fitness programs and classes offered at our three fitness centers.

**Personal Training Can Help You Reach Your Fitness Goals**

Ready to get the most out of your workouts? Know you need more guidance to achieve your goals? Or maybe you’re not sure how to get started. Personal Training gives you a dedicated certified trainer who can help assess and guide you. Sessions are generally 30 minutes in length outside of an initial visit with the trainer that may last up to 60 minutes.

**Personal Training for the Active Senior:**

Robert Williams has been in the fitness industry for 20 plus years and focuses on improving functional strength to improve daily living and activities for senior adults.

Other personal trainers are available based on the individual’s goals and interests. Watch for more information at any of the POA Fitness Centers or call the POA Recreation Division at (479) 855-5073 for more information.
Recreation News & Updates

Tai Chi: Beginner Student Sessions
This is your chance to learn a gentle form of the Martial arts, Tai Chi. The Yang form of Tai Chi is typically done with slow, steady movements, which help practitioners relax and to feel the flow of energy within their bodies. The movements are large enough to foster a sense of exuberance and freedom. Join Master of Acupuncture and Oriental Medicine, Erik Hardin, L.Ac for an 8-week Tai Chi class. Free demo classes will be offered for beginners prior to the 8-week class session. Attendance in the demo class is not necessary to register for an 8-week program with no drop-in options.
- Metfield Clubhouse: To register call (479) 855-8165
  - Free beginner demo class:
    - February 4 • Monday, 5:30 p.m.
    - Beginner 8-week class session:
      - February 11 – April 1 • Monday, 5:30 – 6:25 p.m.

- Branchwood: To register call (479) 855-8181
  - Free beginner demo class:
    - February 13 • Wednesday, 6 p.m.
  - Beginner 8-week class session:
    - February 20 – April 10 • Wednesday, 6 – 6:55 p.m.

Note: Each class is limited to a maximum of 25 and minimum of 12 participants. Please stop at Metfield Clubhouse, 3 Euston Rd or Branchwood Rec Center, 222 Glasgow Rd to register. Should a class not meet the minimum requirement at either facility, classes would be combined at one location.

Tai Chi: Advanced Student Sessions
Already familiar with the Martial art of Tai Chi and want to continue practicing? Master of Acupuncture and Oriental Medicine, Erik Hardin, L.Ac will lead a class of Tai Chi students who are looking to continue their Tai Chi experience. Advanced Tai Chi 8-week programs will be offered at Metfield Clubhouse and Branchwood Rec Center. No drop-in options will be available and each class must have a minimum of 6 participants. Should a class not meet the minimum requirement at either facility, classes would be combined at one location.
- Metfield Clubhouse: To register call (479) 855-8165
  - Advanced Tai Chi 8-week class session:
    - February 11 – April 1 • Monday, 6:30 – 7:25 p.m.

- Branchwood: To register call (479) 855-8181
  - Advanced Tai Chi 8-week class session:
    - February 20 – April 10 • Wednesday, 7 – 7:55 p.m.

Fees for the beginner or advanced 8-week Tai Chi class programs are $71 with POA Photo ID or $82 without, taxes are included in class fees. Class fees must be paid in advance of the start of the program to ensure your spot. Please call POA Recreation Office (479) 855-5073 with any questions you may have. These classes are brought to you by Ozark Integrative Medicine and POA Recreation Department.

Zumba Classes
Want to work out but hate the same old, same old? With this energizing, Latin based dance fitness class you’ll have fun, be inspired by great music and get a blend of cardio and muscle conditioning. You’ll learn moves that are combined in both high-intensity and low intensity patterns to give you a great calorie-burning workout.
- Riordan Hall: To register call (479) 855-8170
  - Tuesday/Thursday • 8:15 – 9 a.m.

Indoor Cycling Classes
Looking for a challenging class that will push you to new fitness highs? On Wednesday evenings, an optional core strength floor exercise phase is offered following the cycling portion. Instructor: Joan Glubczynski. 10 participants per class (first-come, first-served).
- Metfield Clubhouse: Pre-registration for each class (479) 855-8165
  - Monday/Wednesday • 5:45 – 6:30 p.m.
  - Note: This is a high intensity cycling class and is not recommended for those who may need to start with building a basic level of fitness.
Recreation News & Updates

Fit Blast Classes
This class is a boot camp style workout. The highly intense, interval style workout, will challenge the status quo your body knows. Includes cardio blasts, muscle confusion, sports inspired drills and functional bodyweight training. The class is led by Certified Personal Trainer, Carrie Hatfield. To register call (479) 855-8165
Metfield Clubhouse: Tuesday/Thursday • 6:15 – 7 p.m.

Total Body Workout Classes
Cross training at its best. Exercises include Pilates, hand weights, core work, flexibility, and a bit of cardio. This class will be challenging at first, but participants will adapt quickly. All fitness levels are welcome. Please bring an exercise mat and water bottle to class.
Branchwood: Wednesday/Friday • 9 a.m. To register (479) 855-8181
Metfield Clubhouse: Saturday • 9 a.m. To register (479) 855-8165
Note: this class is higher intensity than the weekday classes

Power H2O Water Fitness Classes
Power H2O classes are offered 3 mornings per week and 2 evenings at Branchwood Rec Center by certified, energetic and enthusiastic water fitness instructors. Each class offers a variety of cardio, strengthening, flexibility, low to medium impact exercises with the use of water noodles and weights. Power H2O is a higher intensity workout than traditional water fitness classes with extra power moves utilizing your body weight. All classes are set to music. Swim attire is required. Bring a water bottle and water shoes for your comfort.
Branchwood: To register call (479) 855-8181
Tuesday/Thursday • 10 a.m.
Tuesday/Thursday • 6 p.m.
Saturday • 9 a.m.

All Classes (except Tai Chi) are just $4 each or $32.55 for a 10-class Universal Fitness punch card (tax included).
(Additional facility charge of $2.50 without a POA Photo ID.)
Member Services Registration & Renewal Programs
(479) 855–8000 option 2

Kid’s First Golf Bundle
This program allows up to three kids or grandkids to play golf free any time after 12 noon, on any course, on any day. The Bundle is good for 12 months and can be purchased through the Member Services office. AGGF Plan Members can add this bundle for $100 and Bella Vista Photo ID Members can add it for $200. Kids must be between the ages of 6–18 and must be accompanied by the primary or secondary card holder. Share the game you love with kids you love!

Annual Golf Green Fees
Let’s face it, you love golf. So why pay more than you have to? You may purchase your Annual Golf Green Fees at the Member Services Department, 3 Euston Road or 51 Huntley Lane.

Join the growing number of avid golfers who’ve discovered the AGGF Gold Card! With one annual purchase you can play unlimited golf, year-round on seven different courses without breaking the bank! The AGGF card may be purchased in conjunction with an Annual Seat Lease or Private Cart Registration.

Annual Seat Lease
May be obtained at the Member Services Department. The annual seat lease is for a seat or ½ of a cart. Any POA Member, with a current Photo ID Card, may lease a cart seat for twelve months from date of purchase. When the Annual Seat Lease Photo ID is presented at any Pro Shop, the cardholder will be provided a cart seat, based on availability. When the cardholder is accompanied by another Annual Seat Lease holder, there is no other charge. All other players wishing to ride with an Annual Seat Lease holder will pay the prevailing rental seat charge. Such fees are non-refundable and non-transferable.

Annual Private Cart Registration
May be obtained at the Member Services Department. Golf cart registration fees are valid for 12 months from date of purchase. Such fees are non-refundable and non-transferable. If a Member uses his/her private cart only at a few courses and wishes to have a POA cart seat at other courses, he/she should purchase a Seat Lease instead of a Private Cart Registration (private cart stickers would then be provided for his/her private cart). To purchase a Seat Lease or register a Private Cart a Member must:

a) Be a Member in good standing
b) Hold a current Photo ID card
c) Take private cart to Pro Shop (after registering with Member Services) for application of annual stickers.

Boat Registration Requirements
All boats on Bella Vista lakes must have current state and POA boat registration permits. All applicable state and federal fishing and boating regulations apply to Bella Vista lakes.

Boat registration requirements for Bella Vista lake use:
• Copy of the current state registration certificate
• No delinquency of assessment accounts
• Current POA Photo ID card
• Proof of boat ownership (state registration is sufficient) or notarized boat lease
• Trailer license plate number if applicable

Upon completion of boat registration, boat owners will be provided a copy of Board Policy BP-2.04 and self-adhesive stickers.

Connections 2018
Annual Boat Slip, Mooring and Storage Rack Leasing
May be purchased at the Member Services Department, 3 Euston Road or 51 Huntley Lane. All mooring and lease agreements are for an annual period (January 1 through December 31). The lease is not assignable nor shall the space be sublet.

Boat Registration Renewals
Renewals are due each year by January 1st, but a renewal grace period is granted until March 31. Renewals of boat registration after March 31 are subject to a late penalty fee equal to 10 percent of the cost of their boat registration. Boat registration renewals are not prorated. First-time boat registrations are prorated. Annual POA boat registrations are available at the Member Services Department, 3 Euston Road or 51 Huntley Lane. Temporary boat permits (weekly) are available at the Member Services Department, and the Loch Lomond Marina.

Loch Lomond Marina Uncovered Slip Rentals
Loch Lomond Marina will give a discount for first time uncovered slip rentals. Regular price $880. Sale price $600. Good through February 15. Available at Member Services only.

Lake Use Permits
May be purchased at the Member Services Department, Loch Lomond Marina or from any Bella Vista Lake Ranger. Lake Use Permits Are Required For:
• A Member, who has not purchased a POA Photo ID card and who is participating in any activity on any Bella Vista lake.
• A holder of a V.I.P. (or similar) card issued by Cooper Communities Inc., who is participating in any activity on any Bella Vista lake.
• A holder of any valid guest card, who is participating in any activity on any Bella Vista lake.

We are here when you need us!
Circle of Life offers exceptional quality of care for patients and families when facing a life limiting experience.

1-800-495-5511
nwacircleoflife.org

NOW ACCEPTING NEW PATIENTS
EXPERT SKIN CARE FOR YOUR WHOLE FAMILY
701 NW McNelly Rd., Bentonville, AR 72712
479.718.SKIN | ADVANCEDSKINMD.COM
POA & Other News

Valentine’s Dance – Saturday, February 9
Save the Date! Valentine’s Day will soon be upon us. Bring your sweetheart for a night of fun and dancing to the sounds of the JM Band providing Ballroom, Swing, and Latin music on Saturday, February 9, 7:30 – 10:30 p.m. at Riordan Hall. The JM Band even has you covered if you want to learn a few steps with a free dance lesson at 7 p.m. Tickets to the dance are just $10.00 per person (cash or checks only) and can be purchased in advance at Riordan Hall or at the door the evening of February 9. A cash bar will be available with bottled water, soda and adult beverages for those 21 and over. For more information call Riordan Hall at (479) 855-8170.

Valentine’s Dinner - February 14
Call for Reservations - Lakepoint Restaurant reopens for a special Valentine’s Dinner: Shared Appetizer, Individual Soup or Salad, Choice of Surf & Turf, Prime Rib, or Grilled Salmon and Shrimp with Shared Dessert and Soft Beverage. Special pricing on select Wine and Champagne. $64 Couple / $33 Individual. (479) 855-8110.

New Menu Party at Lakepoint - February 20
Call for Reservations - Lakepoint Restaurant - Sample a full variety of new menu items. Happy Hour all night. $19 person. (479) 855-8110.

2019 POA Board Candidate Packets Available
Any persons seeking to become a Board Candidate for the Property Owners Association can acquire a packet from Leia Bush, the Corporate Secretary at the Country Club (98 Clubhouse Drive), leia@bvvpoa.com, or (479) 855-5012. Board Candidate Packets are available now. The deadline for submitting completed Board Candidate Packets is January 11, 2019 at 3 p.m.

Gameday Specials at BV Bar & Grill
Enjoy $9 Domestic 60 oz Jumbo Pitchers and 1/2 off select appetizers along with other restaurant and bar specials during football games throughout the season. For specifics on these and other specials as well as happy hour: facebook.com/bvbarandgrill

2019 POA Board Candidate Packets Available
Any persons seeking to become a Board Candidate for the Property Owners Association can acquire a packet from Leia Bush, the Corporate Secretary at the Country Club (98 Clubhouse Drive), leia@bvvpoa.com, or (479) 855-5012. Board Candidate Packets are available now. The deadline for submitting completed Board Candidate Packets is January 11, 2019 at 3 p.m.
Bella Vista Junior Golf Programs Keep Seeing Results
There were ten Bella Vista area high school students that qualified for the 2018 Arkansas high school state golf tournament. They developed their golf skills through Bella Vista’s Junior Golf Programs.

Bella Vista offers both a PGA Junior League and Junior Golf Camps. The PGA Junior League is coached by PGA and LPGA Professionals. Students of all skill levels learn and play together in a supportive, two person scramble format that encourages mentorship, builds confidence and promotes sportsmanship.

Junior Golf Camps run every June and July and are available for juniors from ages 6–18. The golf programs are instructed by the Bella Vista golf professionals, covering all aspects of the game including: driving, iron play, chipping, putting, bunkers, rules and etiquette.

Bella Vista also offers golf lessons for students ages 5 and older. Lessons include swing, playing and club fitting. For more information: (479) 855-5079 or BellaVistaPOA.com/golf/junior-golf

Cold Days... Warm Prices - Winter Can Be Rough
When the temperature forecast range is: 35–45 degrees according to The Weather Channel for Bella Vista...

PLAY FOR $25  •  Seat Lease/Private Cart - $20.
Contact the Pro Shop to check if promotion is in effect or Golf Operations at (479) 855-5079 or in person by visiting one of the Pro Shops. Promotion dates: December 3 – February 28.

Keeley Bulza, a senior from Gravette High School, has played golf recreationally since the age of 8. She has only played competitively for 2 years, making it to the Arkansas State High School tournament in both her junior and senior years. This year she placed 10th overall and earned all-state honors.

Braxton Muldoon is a freshman from Gravette High School, qualifying for the state tournament in his first year of high school competition, tied for 18th place. Muldoon, son of coach Darryl Muldoon, started playing golf at the age of 6; his future looks bright.

Brooke Diehl is a sophomore from Gravette High School, qualifying for her first time at the state tournament. Diehl started golfing when she was 12. The Gravette girls high school golf team qualified for state for the first time in school history.

Katelyn Swope is a senior from Pea Ridge High School, qualifying for the state tournament in 2017 with an 8th place overall and finishing in 6th overall this year, earning all-state honors both years. Swope, who didn’t start golfing until she was 15, has college offers but has yet to decide where she will go.

Jered Swope is a freshman from Pea Ridge High School, qualifying for the state tournament in his first year of competition. Swope started golfing at 13 and he is looking to have more trips to the state tournament.

Get Ready for the Holidays
• No interest for 12 months
• Carpet, tile, wood floors
• Area rugs, blinds, laminate floors & glass tile

2810 S. Walton Blvd, Bentonville - across from Tractor Supply
(479) 464-4411 • abbeycarpetandfloornwa.com

+bellavistapoa.com
Thank you for shopping with our advertisers.

**NIMIS maintenance, LLC**

The Business That Does It ALL
Licensed • Insured • Remodels • Exterior/Interior Paint • Electrical • Plumbing
Heat/Air Landscape • Handyman Repairs • Quality Craftsman • Customer Service

Call TODAY to get your home project completed. We do NOT charge a service fee.

DAYTIME / AFTER HOURS / EMERGENCY NUMBER:
479-855-2030
1735 FOREST HILLS BLVD • BELLA VISTA 72715

**HOLLI CARPENTER**

PRINCIPAL BROKER - REALTOR®
SENIOR’S REAL ESTATE SPECIALIST FOR THE “MATURE” MARKET
LISTING SPECIALIST

A FOCUS ON EDUCATION & EXPERIENCE TO ASSIST YOU WITH YOUR REAL ESTATE DESIRES & INVESTMENTS

NORTHWEST ARKANSAS REAL ESTATE
Bella Vista, Bentonville, Rogers, Centerlon,
Pea Ridge, Gravette, Garfield
479-644.1853 * athomeholl@gmail.com
Specializing in Bella Vista* 18+ Years Bella Vista Resident

**Above Par Lawn Care & Landscaping**

Licensed & Insured

Free Estimates - Call Jeremy
479-426-8868

**Brookfield Assisted Living**

3 Highlands Crossing Drive • Bella Vista, AR 72715
★ Tours Daily ★
479-855-5600

**Tom Martfeld & Associates**

321 W. Poplar St., Rogers, AR 72756 • (479) 636-9051

Find out why more people are coming to us for their Medicare Supplement and Medicare Advantage coverage. Great Rates and Great Service from America’s leading insurers.

GIVE US A CALL.
We offer the best plans, the best price, with the best service.

We offer Medicare Supplement, Medicare Advantage and Medicare Rx plans from Arkansas Blue Cross Blue Shield, Humana, Coventry and many other carriers.

**Lakepoint Restaurant**

Lakepoint Restaurant was voted the “Very Best” in the Fine Dining Category by Celebrate Arkansas readers, along with Ruth’s Chris Steakhouse and Bordinos!

**FREE Market Analysis**

Don’t Sell Your Home... Without Knowing What it’s Worth in TODAY’s Market

ANNETTE GORE
Office: 479-254-4535
Cell: 479-640-5087
AnnetteGoreTeam@gmail.com
RE/MAX Real Estate Results
(Keep this coupon, it never expires)

With 31+ years experience in Real Estate, and her family moving to Bella Vista in 1965, Annette’s Father was an Engineer for Cooper Development and he helped design the Bella Vista Community.