

# Branchwood Fitness Class & Pool Schedule

Branchwood Recreation Complex  
222 Glasgow Road, Bella Vista, AR 72715  
(479) 855-8181

## Hours

Mon.— Fri. 6 a.m. - 8 p.m.  
Saturday: 6:30 a.m. - 8 p.m.  
\*\*Sunday: 9 a.m. - 6 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9 - 10 a.m. Adult Swim</b>  <b>10 - noon Open Swim</b>	6 - 9 a.m. Lap swim 9 - 10 a.m. Water Walking  9 a.m. Silver Sneakers BOOM 10 a.m. Water Fitness 10:30 a.m. Chair Yoga 11 a.m. Silver Splash	6 - 9 a.m. Lap swim 9 - 10 a.m. Water Walking  9:15 a.m. Silver Sneakers Cardio  10 a.m. Power H <sub>2</sub> O	6 - 9 a.m. Lap swim 9 - 10 a.m. Water Walking  9 a.m. *Total Body Workout 10 a.m. Water Fitness 10:30 a.m. Chair Yoga 11 a.m. Silver Splash	6 - 9 a.m. Lap swim 9 - 10 a.m. Water Walking  9:15 a.m. Silver Sneakers Cardio  10 a.m. Power H <sub>2</sub> O	6 - 9 a.m. Lap swim 9 - 10 a.m. Water Walking  9 a.m. *Total Body Workout 10 a.m. Water Fitness 10:30 a.m. Chair Yoga 11 a.m. Silver Splash	6:30 - 9 a.m. Lap swim 9 a.m. Power H <sub>2</sub> O  10- 1 p.m. Adult swim
	<div style="display: flex; justify-content: space-between;"> <span style="font-size: 48px; opacity: 0.5;">A.M.</span> <div style="border: 1px solid black; padding: 2px;"> <span style="display: inline-block; width: 10px; height: 10px; background-color: green; margin-right: 5px;"></span> = Fitness Class  <span style="display: inline-block; width: 10px; height: 10px; background-color: blue; margin-right: 5px;"></span> = Water Fitness Class (meets in pool)                     </div> </div>					
<b>Noon - 4 p.m. Open Swim</b>  <b>4 - 6 p.m. Adult</b>	Noon - 1 p.m. Adult Swim 1 - 4 p.m. Open Swim 4 - 6 p.m. Adult Swim 6 - 8 pm. Open Swim	1 - 4 p.m. Open Swim 4 - 6 p.m. Adult Swim 6 p.m. Water Fitness 7 - 8 p.m. Open Swim	Noon - 1 p.m. Adult Swim 1 - 4 p.m. Open Swim 4 - 6 p.m. Adult Swim 6 - 8 p.m. Open Swim	1 - 4 p.m. Open Swim 4 - 6 p.m. Adult Swim 6 p.m. Water Fitness 7 - 8 p.m. Open Swim	Noon - 1 p.m. Adult Swim 1 - 4 p.m. Open Swim 4 - 6 p.m. Adult Swim 6 - 8 p.m. Open Swim	1- 4 p.m. Open swim 4 - 6 p.m. Adult swim 6 - 8 p.m. Open swim
	<div style="display: flex; justify-content: space-between;"> <span style="font-size: 48px; opacity: 0.5;">P.M.</span> </div>					

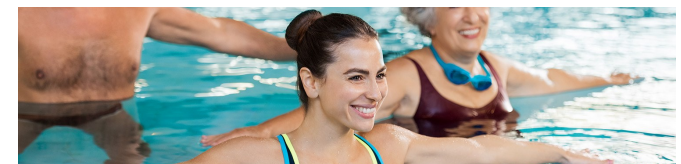
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**Saturday: 6:30 a.m. - 8 p.m.**  
**Sunday: 9 a.m. - 6 p.m.**



**\*Total Body Workout** - Build strength from the inside out. Exercises include pilates, hand weights, core building, stretching and balancing work. This class will be a bit challenging at first, but students will adapt quickly. Bring an exercise mat and water bottle to class. Instructor: Lucy Quarti. *Purchase a 10-class punch card for \$32.55; or pay \$4. per class. Plus \$2.50 facility charge per visit without a POA Photo ID.*



**Power H<sub>2</sub>O.** A higher intensity water class set to music to help you get your splash on. The workout includes power moves utilizing your body weight, water dumbbells & the added resistance of the water. You'll love the cardio and muscle conditioning plus the added flexibility work this class provides. Instructor: Pam Hudec. *Purchase a 10-class punch card for \$32.55; or pay \$4. per class. Plus \$2.50 facility charge per visit without a POA Photo ID.*

## Daily Entrance Fees

- \$3 member with Photo ID
- \$4 paper membership card
- \$5 sponsored guest
- \$2.50 facility use for class
- \$2 child 6-15 with Photo ID
- \$2.50 child 6-15 paper membership card
- \$4 guest child 6-15
- \$1 child 5 and under with Photo ID
- \$1.50 child 5 and under paper membership card
- \$2 guest child 5 and under

**BELLA VISTA**  
PROPERTY OWNERS ASSOCIATION