

# Metfield Fitness Class Schedule

Metfield Clubhouse  
3 Euston Road, Bella Vista, AR 72714  
(479) 855-8165

**Hours** | Monday-Thursday: 7 a.m. - 8 p.m.  
Friday: 7 a.m. - 6 p.m.  
Saturday: 7 a.m. - 4 p.m.  
Sunday: 10 a.m.—3 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:30 am - Aerobics</b> Drop in workout led by volunteers/friends. POA photo ID or \$2.50		<b>8:30 am - Aerobics</b>		<b>8:30 am - Aerobics</b>	<b>9:00 am -Total Body Workout</b> Build strength from the inside out. Exercises include a mix of pilates, weights, core building, stretching and balancing work. This workout may be a bit challenging at first, but students will adapt quickly; bring an exercise mat and water bottle for class. **\$4 or punch card	
<b>3pm - Silver Sneakers Classic #</b> <b>5:45pm - Indoor Cycling</b> Challenging class pushes to new fitness workout heights; cycling drills with TRX system strength intervals incorporated and set to energetic music. Reserve a bike (479) 855-8165.**\$4 or punch	<b>6:15pm- Fit Blast</b> High intensity, interval style workout, challenging the status quo your body knows—with techniques like cardio blasts, muscle confusion, sports inspired drills and functional bodyweight training, gain a new level of fitness & achievement! **\$4 or punch.	<b>3 pm - Silver Sneakers Classic #</b> <b>5:45pm - Indoor Cycling</b> Call (479) 855-8165 to reserve your bike! **\$4 or punch card	<b>6:15pm- Fit Blast ** class fees: \$4 per class or punch from 10-class punch card</b>	<b>3pm - Silver Sneakers Classic #</b> Certified instructor leads you through a variety of exercises to increase muscular strength and range of movement. Hand weights and elastic tubing for resistance. A chair is available for seated or standing		<i># This class and facility use is free to Silver Sneakers &amp; Silver &amp; Fit members, \$4 drop -in or a \$3 punch from Universal Fitness Class punch card for non-Silver Sneakers &amp; Silver &amp; Fit members; POA members or guests without Silver Sneakers or Silver &amp; Fit memberships must also present a POA issued photo ID or pay \$2.50 facility use fee each visit.</i>

A.M.



## The Back 40 Trails are open in Bella Vista!

Approximately 40 miles of rustic, soft surface trails roll through the east side of Bella Vista and are perfect for mountain biking, hiking or trail running. Each part of the trail is marked with a difficulty rating: Green: Easy; Blue: Moderate; Black: Difficult. Trailheads include Buckingham Trailhead: Trafalger Rd & Buckingham Bear Hollow Trailhead — Gainford Drive and Derwent Lane Lake Ann Trailhead— Castleford Drive and Wem Lane Blowing Springs Park — Blowing Springs Road

## Tai Chi 8-week class sessions at Metfield Clubhouse

Join Master of Acupuncture and Oriental Medicine, Erik Hardin, L.Ac. to learn a gentle form of Martial Arts. 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. Hardin is a certified teacher of qigong/ tai chi, having studied the art form for over 15 years.

These Tai Chi sessions are an 8-class series commitment, with no drop-in options and a maximum of 25 students per session brought to you by Ozark Integrative Medicine and Bella Vista POA Recreation Department.

Call Metfield Clubhouse to inquire when the next 8-class series of Tai Chi has been scheduled: (479) 855-8165 and add your name to the class roster, if interested.



**TRX.Training System**—TRX = “total body resistance exercise.” As opposed to gym machines that target very specific muscles, most TRX exercises work multiple muscles at once, especially the core. There is a simple concept: use your own bodyweight and gravity as resistance to build-up strength. Positioning your body on the cables and ties affects the muscle groups you target, and the intensity of the workout. A poster demonstrating various positioning is on display in the fitness center to assist new users. It is generally advisable to start off with the guidance of a professional trainer.

## Daily Fitness Fees

Fitness Center use: \$3—member with Photo ID • \$4—paper membership card • \$5—sponsored guest \*\*Class fees: \$4 per class or buy a 10-class punch card for \$32.55 (Additional \$2.50 without BV POA photo ID).