



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
A.M. 9 - 10 a.m. Adult Swim 10 - noon Open Swim	6 - 9 a.m. Lap swim 9 - 10 a.m. Water Walking 10 - 11 a. m. Adult Swim 9 a.m. Silver Sneakers BOOM 10:30 a.m. Chair Yoga 11 a.m. Silver Splash	6 - 9 a.m. Lap swim 9 - 10 a.m. Water Walking 9 a.m. Silver Sneakers Cardio 10 - 1 p.m. Adult Swim	6 - 9 a.m. Lap swim 9 - 10 a.m. Water Walking 10 - 11 a. m. Adult Swim 9 a.m. *Total Body Workout 10:30 a.m. Chair Yoga 11 a.m. Silver Splash	6 - 9 a.m. Lap swim 9 - 10 a.m. Water Walking 9 a.m. Silver Sneakers Cardio 10 - 1 p.m. Adult Swim	6 - 9 a.m. Lap swim 9 - 10 a.m. Water Walking 10-11 a. m. Adult Swim 9 a.m. *Total Body Workout 10:30 a.m. Chair Yoga 11 a.m. Silver Splash	6:30 - 9 a.m. Lap swim 10- 1 p.m. Adult swim
	P.M. Noon - 4 p.m. Open Swim 4 - 6 p.m. Adult Swim	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 - 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	Noon - 1 p.m. Adult Swim 1 - 4 p.m. Open Swim 4 - 6 p.m. Adult Swim 6 - 8 p.m. Open Swim

 = Fitness Class
 = Water Fitness Class
 (meets in pool)

Version 5.2019



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***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.*



Silver Splash - This aqua class offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and special Silver Sneakers kickboards are used to develop strength, balance and coordination. Instructor: Mary Guenther. *Free to Silver Sneakers and Silver & Fit members. 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

