

# 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  <div style="font-size: 48px; color: #c08040; opacity: 0.5;">A.M.</div>		<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>  <div style="font-size: 48px; color: #c08040; opacity: 0.5;">P.M.</div>		<b>3 pm - Silver Sneakers Classic #</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, resistance elastic tubing and chairs for support.		<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>



## 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



## Kingsdale Outdoor Pool water fitness class schedule:

M/W/F 9:00am Morning Water Fitness  
T/Th 10:00am Power H2O  
T/Th 6:00pm Power H2O  
Sat 9:30am Power H2O

## Yoga on the Beach at Lake Avalon:

M/W 7:45am



**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

## 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). 5/21/19