

# 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>A.M.</b> 9 - 10 a.m. Adult Swim 10 - noon Open Swim	6 - 9 a.m. Lap swim 9 - 10 a.m. Water Walking 10 am Water Fitness 11 a.m. Silver Splash	6 - 8 a.m. Lap swim 8 a.m. Power H2O 9 - 10 a.m. Water Walking 10 a.m. Power H2O 11 - 1 p.m. Adult Swim	6 - 9 a.m. Lap swim 9 - 10 a.m. Water Walking 10 am Water Fitness 11 a.m. Silver Splash	6 - 8 a.m. Lap swim 8 a.m. Power H2O 9 - 10 a.m. Water Walking 10 a.m. Power H2O 11 - 1 p.m. Adult Swim	6 - 9 a.m. Lap swim 9 - 10 a.m. Water Walking 10 am Water Fitness 11 - 1 p.m. Adult Swim	6:30 - 9 a.m. Lap swim 9 a.m. Power H2O 10- 1 p.m. Adult swim
	9 a.m. Silver Sneakers BOOM 10:30 a.m. Chair Yoga	9 a.m. Silver Sneakers Cardio	9 a.m. Total Body Workout 10:30 a.m. Chair Yoga	9 a.m. Silver Sneakers Cardio	9 a.m. Total Body Workout 10:30 a.m. Chair Yoga	= Fitness Class = Water Fitness Class (meets in pool)
<b>P.M.</b> 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 p.m. WaterWorks! 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. WaterWorks! 7 - 8 p.m. Open 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
	Version 5.2019					

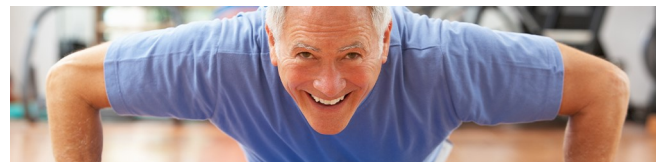
### Silver & Fit Eligible Classes:

No worries, all classes at Branchwood Recreation are covered by Silver & Fit!

### Silver Sneakers Eligible Classes:

All classes in the above schedule are covered by Silver Sneakers at Branchwood Recreation EXCEPT:

- Power H2O
- WaterWorks!
- Total Body Workout



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



**Water Works!** - This interactive water fitness class helps improve flexibility and cardiovascular endurance. Props may be used to increase strength and conditioning. A great after work or evening stress reliever. Instructor: Sue Parker. Free to Silver & Fit members. Others may 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