



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. - 6 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 am Water Fitness 11 a.m. Silver Splash 9 a.m. SS BOOM 10:30 a.m. Chair Yoga	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 9 a.m. Silver Sneakers Cardio	6 - 9 a.m. Lap swim 9 - 10 a.m. Water Walking 10 am Water Fitness 11 a.m. Silver Splash 9 a.m. SS Boom 10:30 a.m. Chair Yoga	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 9 a.m. Silver Sneakers Cardio	6 - 9 a.m. Lap swim 9 - 10 a.m. Water Walking 10 am Water Fitness 11 a.m. Silver Splash 9 a.m. SS Boom 10:30 a.m. Chair Yoga	6:30 - 9 a.m. Lap swim 9 a.m. Power H2O 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 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	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

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

Version 3.2020

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!



BOOM! – This class provides a diverse format and will incorporate dance-based fitness moves, yoga, pilates, and team concepts. There are two criteria for this classes: 1) All participants must be able to transition from standing to the floor (mats are used) and back. 2) No chairs are used in these classes for assistance. *Free to Silver Sneakers and 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.*



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

\$0 member w/Photo Activity Card • \$3 paper member card • \$5 sponsored guest • \$2.25 facility use for class/\$2.50 guest
• \$0 child 6-15 with Photo ID Activity Card • \$2 child 6-15 paper member card • \$4 guest child 6-15
• \$0 child 5 & under with Photo ID Activity Card • \$1 child 5 and under paper member card • \$2 guest child 5 and under

BELLA VISTA
PROPERTY OWNERS ASSOCIATION