

Riordan Hall

3 Riordan Drive
Bella Vista, AR 72714

Phone:
(479) 855-8170



September 2021 **Announcements:**



- Sept 4 - Last day of Saturday Yoga class at Riordan. 8:30am class will start at Metfield on Sept 11.
- Sept 6 - Christmas Bazaar Vendor Applications open: Please pick up and return an application at Riordan Hall. Bazaar is held on Nov 13th 9am-2pm.
- Sept 7 (Tuesday) - Line Dance Club's Beginner Class begins
- Sept 13 (Monday) - Fly Tyer's Beginner Class begins
- Sept 13 (Monday) - Fitness 101 at 10:00 am. This is a FREE fitness room tutorial. Sign up at the front desk.
- Sept 14 (Tuesday) - 9:30am Tues & Thurs Morning Yoga Flow class begins
- Sept 23 (Thursday) - Fall Senior Expo 9am - 1pm

Hours of Operation

Mon - Thurs: 6 am - 8 pm

Friday: 6 am - 6 pm

Saturday: 7 am - 1 pm

Sunday: 10 am - 3 pm

Labor Day

7 am - 3 pm

Fitness Center only
(No Classes or Clubs)



September 2021 - Weekly Schedule

Monday

- ★★ 8:30 Chair Yoga
8:30 TOPS
- ★★ 9:00 Boom!
- ★★ 10:00 SS Cardio
12:00 Fly Tyer's
Beginner Class
- 12:30 Anita's Bridge
- 12:30 Pinochle
- 12:45 Line Dancing
- 3:30 Cloggers
- ★ 6:00pm Yoga Flow

Tuesday

- ★ 7:30 FitBlast
- ★ 8:30 Zumba
- ★ 9:30 Morning Yoga Flow
12:30 Duplicate Bridge
12:45 Line Dance
Beginner Class
- 5:00 Couple's Cribbage
- 6:00 Potluck

Wednesday

- ★★ 8:30 Chair Yoga
- ★★ 9:00 Boom!
- ★★ 10:00 SS Cardio
1:00 Tap Dance
- ★ 6:00pm Yoga Flow

Friday

- 8:30 Paint on Your Own
11:30 Line Dance
Beginner Class
- 12:30 Pinochle

Thursday

- ★ 7:30 FitBlast
- ★ 8:30 Zumba
8:30 Fly Tyer's Club Meeting
- ★ 9:30 Morning Yoga Flow
12:00 Tap Dance
12:30 Duplicate Bridge
12:30 Wood Carvers
- 5:00pm Couple's Cribbage

Saturday

- 8:30 TOPS
- 2nd Sat Ozark Creative Artists

About Fitness Classes

SS Cardio combines fun with fitness to increase your cardiovascular and muscular endurance with a power circuit workout. Upper body strength work with hand-held weights, elastic bands and a ball alternated with non-impact aerobic choreography.

Please bring your water bottle.

Chair Yoga/Yoga Stretch instructors will guide your body through a complete series of seated and standing yoga poses. Restorative breathing exercises and a final relaxation pose will promote stress reduction and mental clarity.

Please bring your yoga mat and water bottle.

Boom provides a diverse format and is aimed at Baby Boomers and older adults who want an active workout. It incorporates dance fitness moves, yoga, Pilates, hand-held weight, elastic bands and team concepts.

There are two criteria for these classes:

1. All participants must be able to transition from standing to the floor and back (mats are used)
2. No chairs are used in these classes for assistance.

Please bring your own mat and water bottle.

FitBlast moves quickly from cardio to strength exercises to keep it fun, challenging and effective. Each class is taught at a moderate to intense fitness level & offers a variety of exercises including core work, squats, cardio blasts and more.

(meets in Kingsdale Pavilion - weather permitting)

Please bring your own mat and water bottle.

Yoga Flow will lead you through a series of poses that will strengthen your body while intentionally restoring peace of mind, body and spirit. This workout is perfect for anyone with prior yoga experience. Try our morning class to get your day started, or join our evening class to wind your day down.

Please bring your yoga mat and water bottle.

Low Impact **Zumba** is a 45 minute class combining motivating music and fun dance-type Zumba moves. Come move to the beat and it just might be the most fun part of your day!

Please bring your water bottle.

Clubs/Classes may cost a fee to join. Contact club or group for more information. See front desk for contact information.

★ = Class Fee as follows:

- POA Photo Activity Card Holders: \$4.00 per class or 10-class punch card for \$32.85
- POA Member without Activity Card: class fee as above plus \$2.00 facility-use fee
- Guest of POA member: class fee as above plus \$2.50 facility-use fee

★★ = Silver Sneakers, Silver & Fit, and Active Renew Eligible or Class Fee above (you can utilize any of these three insurance programs to cover the class fee)