




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: 7a.m. - 5 p.m.
Sunday: 10 a.m.—4 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 a.m. –1 p.m. Adult Swim A.M.	6 - 9 a.m. Lap swim 9 - 10 a.m. Water Walking 10 a.m. Water Fitness 11 a.m. Silver Splash	6 - 9 a.m. Lap swim 9 - 10 a.m. Water Walking 9 a.m. Silver Sneakers BOOM 10 a.m. Silver Sneakers CARDIO 10 a.m. Power H2O 11 a.m. Power H2O	6 - 9 a.m. Lap swim 9 - 10 a.m. Water Walking 10 a.m. Water Fitness 11 a.m. Silver Splash	6 - 9 a.m. Lap swim 9 - 10 a.m. Water Walking 9 a.m. Silver Sneakers BOOM 10 a.m. Silver Sneakers CARDIO 10 a.m. Power H2O 11 a.m. Power H2O	6 - 9 a.m. Lap swim 9 - 10 a.m. Water Walking 10 a.m. Water Fitness 11 a.m. Silver Splash	7-9:30 a.m. Lap swim 9:30a.m. Power H2O 10:30– Noon Adult Swim
	1 - 4 p.m. Open Swim P.M.	Noon - 1 p.m. Adult 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 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	Noon - 1 p.m. Adult 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

 =Fitness Class
 =Water Fitness Class
 (meets in pool)
 = Open Swim; children



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 Saturday: 7 a.m. - 5 p.m.
 Sunday: 10 a.m. - 4 p.m.

We do take reservations for lap swimming 479-855-8181

Silver & Fit / Renew Active: No worries, all classes at Branchwood Recreation are covered by Silver & Fit / Active Renew!

Silver Sneakers Eligible Classes:
 All classes in the above schedule are covered by Silver Sneakers at Branchwood Recreation EXCEPT:
Power H2O
WaterWorks!