

# Riordan Hall

3 Riordan Drive  
Bella Vista, AR 72714

Phone:  
(479) 855-8170



## November & December 2021 **Announcements:**

November 3, 4, 9, 11 & 17 - 2:00pm - **Medicare Information Educational Seminar.**  
Call/Text Deborah Jonges (561) 252 - 2418 to RSVP. Door prizes and snacks.

Ends November 8 - **Annual Coat Drive (NEW COATS ONLY)**

- Drop-off locations: Branchwood, Metfield & Riordan; Kingsdale Golf; Country Club; Scotsdale

November 10 - 10:00am - **Fitness 101** is a FREE fitness room tutorial. Sign up today!

November 10 - 9:00am - 3:00pm - **COVID and Flu Vaccine Clinic** (must make appointment)

- City of Bella Vista will send out a text alert with more info. Sign up at [www.bellavistaar.gov](http://www.bellavistaar.gov).

November 16 - 12:30pm - **Bias Bowling** starts meeting weekly on Tuesdays at 12:30pm

November 20 - 9:00-11:00am - Dreaming of Mackinaw Island? Sailing the 5 Great Lakes? Come to **Making Memories'** free group tour catalog or visit [www.makingmemoriestours.com](http://www.makingmemoriestours.com) for more info.

December 6 - 10:00am - **Needlework** (meets the first Monday of the month starting December)

December 7 - 5:30-7:30pm - **Pearl Harbor Day Commemoration:** Organized by local veterans; Performances by Perfect Harmony Barbershop Chorus, Bella Vista Sophisticated Ladies Tap Dance and the NWA Jazz and More Orchestra. Doors Open at 5pm.

Reminder: Christmas Bazaar is cancelled this year. Hope to see y'all there next year!

## **Hours of Operation**

Mon - Thurs: 6 am - 8 pm

Friday: 6 am - 6 pm

Saturday: 7 am - 1 pm

(starting 12/4: Sat 7 am - 3 pm)

Sunday: 10 am - 3 pm

## **Holiday Hours**

11/24-11/27: No Fitness Classes

11/25: CLOSED

12/20-1/3: No Fitness Classes

12/24: 7 am - 3 pm

12/25: CLOSED

12/31 & 1/1: 7 am - 3 pm



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## November & December 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
- 11:00 Tap Dance
- 1:00 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
- 12:30 Bias Bowling
- 5:00 Couple's Cribbage
- 5:00 Potluck



### Wednesday

- ★★ 8:30 Chair Yoga
- ★★ 9:00 Boom!
- ★★ 10:00 SS Cardio
- 11:00 Tap Dance
- ★ 1:00 Line Dancing
- 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

### Saturday

- 8:30 TOPS
- 2nd Saturday:  
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 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)