

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 8 a.m. Chair Yoga 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 a.m. Yoga Flow 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



Reservations for lap swimming 479-855-8181

Silver & Fit / Renew Active:
Classes above are covered by Silver & Fit / Active Renew EXCEPT:
YOGA FLOW

Silver Sneakers:
Classes above are covered by Silver Sneakers EXCEPT:
Power H2O YOGA FLOW WaterWorks!

Daily Entrance Fees

\$0 member w/Photo Activity Card • \$3 paper member card • \$5 sponsored guest • \$2 member facility use for class/\$2.50 guest +class fees
 • \$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

