

Riordan Hall

3 Riordan Drive, Bella Vista, AR 72714

Phone: (479) 855-8170



Announcements:

LAST CLASS at Riordan Hall - September 2, 2022

Riordan Hall will be closed September 3rd for 9-12 months for remodel.

- **Fitness 101** - offers FREE instruction on use of all fitness equipment available. To sign up, call Metfield, Branchwood or Riordan Hall. Offered for 1 hour per month at each facility.
- Did you know we offer the following classes?
 - Monday & Wednesday - Yoga on the Beach
 - Saturday - Yoga at Metfield and Branchwood
 - Wednesday - Chair Yoga at Branchwood
 - Monday, Wednesday & Friday - Water Fitness at Kingsdale Pool
 - Monday & Wednesday - Indoor Spin Cycling at Metfield
 - AND MORE!



Download the "My Bella Vista" App on your smart phone today to see the full list of classes offered and facility hours.

Riordan Hall - Hours of Operation

Mon - Thu: 6am - 8pm

Fri: 6am - 6pm

Sat: 7am - 3pm

Sun: 10 am - 3 pm

Riordan Hall



Weekly Schedule of POA Fitness Classes & Local Clubs/Groups meeting at Riordan Hall

Monday

- ★★ 8:30 Chair Yoga
8:30 TOPS
- ★★ 9:00 Boom!
- ★★ 10:00 SS Cardio
11:00 Tap Dance
12:30 Anita's Bridge
12:30 Pinochle
1:00 Line Dancing
3:30 Cloggers
- ★ 6:00pm Yoga Flow

Tuesday

- ★ 7:30 FitBlast
- ★ 8:30 Zumba
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

Thursday

- ★ 7:30 FitBlast
- ★ 8:30 Zumba
8:30 Fly Tyer's Club Meeting
12:00 Tap Dance
12:30 Duplicate Bridge
12:30 Wood Carvers

Friday

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

Saturday

- 8:30 TOPS

★ About POA Fitness Classes at Riordan Hall ★

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)