

# 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
<b>10 a.m. –1 p.m.</b> <b>Adult Swim</b>	6 - 9 a.m. Lap Swim 9 - 11 a.m. Water Walking  11 a.m. Silver Splash	6 - 9 a.m. Lap Swim 9 - 11 a.m. Water Walking 9 a.m. Silver Sneakers BOOM 10 a.m. Silver Sneakers CARDIO	6 - 9 a.m. Lap Swim 9 - 11 a.m. Water Walking 9 a.m. Chair Yoga 11 a.m. Silver Splash	6 - 9 a.m. Lap Swim 9 - 11 a.m. Water Walking 9 a.m. Silver Sneakers BOOM 10 a.m. Silver Sneakers CARDIO	6 - 9 a.m. Lap Swim 9 - 11 a.m. Water Walking  11 a.m. Silver Splash	7- 9:30 a.m. Lap Swim 9 a.m. Yoga Flow 9:30 - 10:30 a.m. Water Walking 10:30 – Noon Adult Swim
	<div style="border: 1px solid black; padding: 5px;"> <span style="display: inline-block; width: 10px; height: 10px; background-color: #006400; margin-right: 5px;"></span> =Fitness Class  <span style="display: inline-block; width: 10px; height: 10px; background-color: #0070C0; margin-right: 5px;"></span> =Water Fitness Class                      (meets in pool)  <span style="display: inline-block; width: 10px; height: 10px; background-color: #FF4500; margin-right: 5px;"></span> = Open Swim; children                 </div>					
<b>1 - 4 p.m.</b> <b>Open Swim</b>	12 - 1 p.m. Adult Swim 1 - 4 p.m. Open Swim 4 - 6 p.m. Adult Swim 6 - 8 p.m. Open Swim	11 - 1 p.m. Adult Swim 1 - 4 p.m. Open Swim 4 - 6 p.m. Adult Swim 6 - 7 p.m. Lap Swim (No Reservations) 7 - 8 Open Swim	12 - 1 p.m. Adult Swim 1 - 4 p.m. Open Swim 4 - 6 p.m. Adult Swim 6 - 8 p.m. Open Swim	11 - 1 p.m. Adult Swim 1 - 4 p.m. Open Swim 4 - 6 p.m. Adult Swim 6 - 7 p.m. Lap Swim (No Reservations) 7- 8 Open Swim	12 - 1 p.m. Adult Swim 1 - 4 p.m. Open Swim 4 - 6 p.m. Adult Swim 6 - 8 p.m. Open Swim	Noon - 5 p.m. Open Swim
	Version 06 2022					

A.M.

P.M.



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:  
**YOGA FLOW**

**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

