

Kingsdale Pool Water Class Schedule

Kingsdale Pool
 1 Riordan Drive Bella Vista, AR 72714
 (785) 855-8173

Hour
 Mon/Wed/Friday 11am-8pm
 Tues/Thurs/Sat/Sun 11am-7pm
 (weather permitting)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Classes	Water Fitness 10-10:45am	Power H2O 9-9:45am Power H2O 10-10:45am WaterWorks! 6-6:45pm	Water Fitness 10-10:45am	Power H2O 9-9:45am Power H2O 10-10:45am WaterWorks! 6-6:45pm	Water Fitness 10-10:45am	Power H2O 9:30-10:30am

Water Fitness- This class will get your body moving and your pulse going. Water Aerobic workouts involve a variety of rhythmic body movements and dance steps performed in the water. This class will help improve your cardiovascular conditioning, balance, strength and flexibility leading to a better muscular tone. This class is taught at low impact level to strengthen and improve our balance and range of motion.



Power H2O- Power H2O is a higher intensity water fitness class set to music to help you get your splash on. The workout is filled with Power moves utilizing your body weight, water dumbbells and noodles, and the added resistance of the water. You will love the cardio and strength benefits of this class plus the added flexibility work. Recent participants shared how this class has even helped improve their golf swing.



Class Fee: \$5 fee per individual class or a punch from the Kingsdale Pool Fitness Punch card payable at the time of the class. The card is good for 10 classes and is \$43.80 with tax. You may purchase these cards at the Kingsdale Pool or Riordan Hall.

- Outdoor Water Fitness Classes are **not** eligible for Silver Sneakers, Silver & Fit, or Active Renew memberships.

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	Activity Card	Member Card	Guests Of Members Only
Daily- ages 6 and older	Included	\$2.00	\$4.00
Daily- ages 5 and younger	Included	\$1.00	\$2.00

