

Metfield Clubhouse



3 Euston Rd - (479) 855-8165

Fitness Class Schedule - Effective September 19, 2022

Monday

- ★★ 8:15 - 9:05 am Chair Yoga
- ★★ 9:15 - 10:00 am Boom!
- ★★ 10:15 - 11:00 am SS Cardio
- ★ 5:45 - 6:30 pm Cycling

Wednesday

- ★★ 8:15 - 9:05 am Chair Yoga
- ★★ 9:15 - 10:00 am Boom!
- ★★ 10:15 - 11:00 am SS Cardio
- ★ 5:45 - 6:30 pm Cycling

Saturday

- ★ 8:30 - 9:30 am Yoga Flow

Tuesday

- ★ 7:30 - 8:15 am FitBlast
- ★ 8:30 - 9:15 am Zumba
- ★ 6:00 - 7:00 pm Yoga Flow

Thursday

- ★ 7:30 - 8:15 am FitBlast
- ★ 8:30 - 9:15 am Zumba

About POA Fitness Classes

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.

Please bring your own mat.

Chair Yoga/Yoga Stretch includes a complete series of seated and standing yoga poses. No floor work. Restorative breathing exercises and a final relaxation period will promote stress reduction and mental clarity.

Low Impact **Zumba** is a 45 minute class featuring Latin-inspired dance moves. Fun music and a party atmosphere may just make you forget you're exercising.

Boom! provides a diverse format and is created for active Baby Boomers and older adults. It incorporates dance fitness moves, yoga, Pilates, hand-held weights, elastic bands and team concepts.

Class criteria:

1. Participants must be able to transition from standing to the floor and back (mats are used)
2. No chairs are used in this class for assistance.

Please bring your own mat.

SS (Silver Sneakers) Cardio combines fun with fitness to increase your cardiovascular and muscular endurance with a circuit workout. Upper body strength work with hand-held weights, elastic bands and a ball is alternated with non-impact cardio moves.

Yoga Flow will lead you through a series of poses that will strengthen your body while restoring peace of mind, body and spirit. Seated, standing and floor poses included. Try our morning class to get your day started, or join our evening class to wind your day down.

Please bring your own mat.

Upbeat music and **Cycling** drills on stationary bikes equates to the ultimate cardio workout. Class is taught at a moderate to high intensity level.

Please bring your water bottle and hand towel.

★ = 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)