

BENTONVILLE PARKS & RECREATION

WELLNESS SCHEDULE

EFFECTIVE SUNDAY AUGUST 17, 2025

BENTONVILLE COMMUNITY CENTER

WELLNESS STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SPIN 5:30 AM - 6:15 AM RETTA	BOOTCAMP 5:30 AM - 6:15 AM RETTA	SPIN 5:30 AM - 6:15 AM LEIGH	BOOTCAMP 5:30 AM - 6:15 AM RETTA	SPIN 5:30 AM - 6:15 AM MICHAEL	
	POWER PUMP 6:30 AM - 7:00 AM JULIE		BOOTCAMP 6:30 AM - 7:00 AM JULIE		BOOTCAMP 6:30 AM - 7:15 AM BROOKE	
	FIT OVER 50 7:10 AM - 7:55 AM JULIE		FIT OVER 50 7:10 AM - 7:55 AM JULIE	FIT OVER 50 7:10 AM - 7:55 AM ANDI		
	STRENGTH 8:10 AM - 8:55 AM ANNA	STRENGTH 8:10 AM - 8:55 AM JEN	JABS & ABS 8:10 AM - 8:55 AM LANA	SPIN 8:10 AM - 8:55 AM JULIE	STRENGTH 8:10 AM - 8:55 AM ANNA	
	BARRE 9:05 AM - 9:50 AM RACHEL	BURN & BUILD 9:05 AM - 9:50 AM AMBER	BURN & BUILD 9:05 AM - 9:50 AM AMBER	BURN & BUILD 9:05 AM - 9:50 AM AMBER	BARRE 9:05 AM - 9:50 AM RACHEL	SURGE FIT 9:30 AM - 10:15 AM KATIE B
	SURGE FIT 10:00 AM - 10:45 AM CHANEL	BARRE 10:00 AM - 10:45 AM LISA	SURGE FIT 10:00 AM - 10:45 AM CHANEL	BARRE 10:00 AM - 10:45 AM LISA	SURGE FIT 10:00 AM - 10:45 AM LANA	ZUMBA 10:30 AM - 11:30 AM AMY
	DANCE FIT 11:00 AM - 11:45 AM JOHANNA	YOGA 11:00 AM - 11:45 AM RANDI	DANCE FIT 11:00 AM - 11:45 AM KATIE F	YOGA 11:00 AM - 11:45 AM ERIN	ZUMBA 11:00 AM - 11:45 AM LISA	
	STRENGTH 12:00 PM - 12:45 PM ANNA	TONE 12:00 PM - 12:45 PM KATIE H.	POWER PILATES 12:00 PM - 12:45 PM ANNA		POWER PILATES 12:00 PM - 12:45 PM ANNA	
DANCE FIT 3:00 PM - 4:00 PM JENNY		KIDS FIT AGES 5 - 11 3:15 PM - 3:45 PM LACHELLE	KIDS FIT AGES 5 - 11 3:15 PM - 3:45 PM LACHELLE			
	YOGA 4:00 PM - 4:45 PM LAUREL	DANCE FIT 4:00 PM - 4:45 PM LACHELLE	YOGA 4:00 PM - 4:45 PM LACHELLE	ZUMBA 4:00 PM - 4:45 PM RACHEL		
	STRENGTH 5:00 PM - 5:45 PM LANA		STRENGTH 5:00 PM - 5:45 PM CHANEL	SURGE FIT 5:00 PM - 5:45 PM KATIE B		
	ZUMBA 6:00 PM - 7:00 PM AMY	DANCE FIT 6:00 PM - 6:45 PM KATIE B	ZUMBA 6:00 PM - 7:00 PM AMY	DANCE FIT 6:00 PM - 6:45 PM JENNY	ZUMBA PLUS ZUMBA TONING 5:45 PM - 6:45 PM TAE	

GYMNASIUM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	JUMP START 8:20 AM - 8:50 AM AMBER		JUMP START 8:20 AM - 8:50 AM AMBER	



BENTONVILLE PARKS & RECREATION

WELLNESS SCHEDULE

EFFECTIVE SUNDAY AUGUST 17, 2025

SWIMMING POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AQUA ZUMBA 8:00 AM - 8:45 AM RAFAEL		AQUA ZUMBA 8:00 AM - 8:45 AM RAFAEL		AQUA ZUMBA 9:00 AM - 9:45 AM AMY
	AQUA BOOTCAMP 10:00 AM - 10:45 AM AMBER	AQUA BOOTCAMP 10:00 AM - 10:45 AM AMBER	AQUA BOOTCAMP 10:00 AM - 10:45 AM AMBER	AQUA FIT 10:00 AM - 10:45 AM D'NAY

HICKORY ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CORE 9:05 AM - 9:50 AM ANNA		POWER BARRE 9:05 AM - 9:50 AM RACHEL		POP PILATES 9:05 AM - 9:50 AM ANNA

CITIZENS LOUNGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BALANCE & STRENGTH 11:15 AM - 11:45 AM LACHELLE	STRETCH & FLEXIBILITY 11:15 AM - 11:45 AM LACHELLE		

BENTONVILLE PUBLIC LIBRARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOGALATES 9:15 AM - 10:00 AM LAUREL	YOGA 9:15 AM - 10:00 AM LAUREL		ADV TAICHI 9:15 AM - 10:00 AM LINDSEY	YOGA 9:15 AM - 10:00 AM RANDI
			TAICHI 10:00 AM - 10:45 AM LINDSEY	

DOWNLOAD OUR BENTONVILLE
PARKS & RECREATION APP TO
SIGN UP FOR CLASSES.

CLASS LEGEND

SPIN	DANCE FITNESS	MIND & BODY	ACTIVE ADULTS	TONE & SCULPT	AQUA
------	------------------	----------------	------------------	------------------	------

50+ FRIENDLY

