

WELLNESS SCHEDULE

EFFECTIVE MONDAY OCTOBER 3 2022



BENTONVILLE COMMUNITY CENTER

WELLNESS STUDIO

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 RETTA	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	STRENGTH 6:25 AM - 7:00 AM VAL	POWER PUMP 6:30 AM - 7:00 AM JULIE	STRENGTH 6:25 AM - 7:00 AM VAL		
FIT OVER 50 7:10 AM - 7:55 AM JULIE	FIT OVER 50 7:10 AM - 7:55 AM VAL	FIT OVER 50 7:10 AM - 7:55 AM JULIE	FIT OVER 50 7:10 AM - 7:55 AM VAL		
CRT 8:10 AM - 8:55 AM ABBY	PILATES 8:10 AM - 8:55 AM NICOLE	CRT 8:10 AM - 8:55 AM ABBY	POWER PUMP 8:10 AM - 8:55 AM NICOLE	CRT 8:10 AM - 8:55 AM ABBY	
BARRE 9:00 AM - 9:45 AM RACHEL	BURN & BUILD 9:00 AM - 9:45 AM AMBER	BARRE 9:00 AM - 9:45 AM JENNIFER	BURN & BUILD 9:00 AM - 9:45 AM AMBER	BARRE 9:00 AM - 9:45 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 NICOLE	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	
BOOTCAMP 12:00 PM - 12:45 PM AMBER	SPIN 12:00 PM - 12:45 PM CHIP	BOOTCAMP 12:00 PM - 12:45 PM AMBER	SPIN 12:00 PM - 12:45 PM CHIP	BOOTCAMP 12:00 PM - 12:45 PM NICOLE	
BARRE 4:00 PM - 4:45 PM JENNIFER	ZUMBA 4:00 PM - 4:45 PM TAE		ZUMBA 4:00 PM - 4:45 PM TAE		
STRENGTH 5:00 PM - 5:45 PM LANA	BARRE 5:00 PM - 5:45 PM ALLISON	STRENGTH 5:00 PM - 5:45 PM LANA	SCULPT 5:00 PM - 5:45 PM ALLISON		
ZUMBA 6:00 PM - 6:45 PM AMY	SPIN 6:00 PM - 6:45 PM MICHAEL	ZUMBA 6:00 PM - 6:45 PM AMY	DANCE FIT 6:00 PM - 6:45 PM JENNY		
SURGE FIT 7:00 PM - 7:45 PM KATIE B	DANCE FIT 7:00 PM - 7:45 PM KATIE B		YOGA 7:00 PM - 7:45 PM MICHAELA		

GYMNASIUM

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

SWIMMING POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AQUA FIT 9:00 AM - 9:45 AM ALLISON	AQUA FIT 9:00 AM - 9:45 AM DNEY	AQUA FIT 9:00 AM - 9:45 AM ALLISON	AQUA FIT 9:00 AM - 9:45 AM DNEY	
AQUA BOOTCAMP 10:00 AM - 10:45 AM NICOLE		AQUA BOOTCAMP 10:00 AM - 10:45 AM NICOLE	SWIM SPRINT + STRENGTH 10:00 AM - 10:45 AM AMBER	AQUA ZUMBA 10:00 AM - 10:45 AM TAE

AQUA FIT
6:45 PM - 7:30 PM
ALLISON



PLEASE USE THE QR CODE TO REGISTER FOR CLASSES

DOWNTOWN ACTIVITY CENTER

STUDIO A & B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ADV TAICHI 8:15 AM - 8:45 AM LINDSEY - STUDIO A	HIIT 8:10 AM - 8:40 AM JULIE - STUDIO B	TAICHI 8:15 AM - 9:00 AM LINDSEY - STUDIO A	HIIT 8:10 AM - 8:40 AM JULIE - STUDIO B	GENTLE YOGA FLOW 8:30 AM - 9:15 AM PAULA - STUDIO A
TAICHI 8:45 AM - 9:30 AM LINDSEY - STUDIO A	YOGA 9:05 AM - 9:50 AM MICHAELA - STUDIO A	RIDE & SCULPT 9:05 AM - 9:50 AM ANNA - STUDIO B	YOGA 9:05 AM - 9:50 AM RANDI - STUDIO A	SPIN 9:05 AM - 9:50 AM ANNA - STUDIO B
CRT 9:05 AM - 9:50 AM ANNA - STUDIO B		BARRE 9:15 AM - 10:00 AM RACHEL - STUDIO A		RESTORATIVE YOGA 9:30 AM - 10:15 AM PAULA - STUDIO A
	SPIN 10:00 AM - 10:45 AM CHIP - STUDIO B		SPIN 10:00 AM - 10:45 AM CHIP - STUDIO B	
			MOVE & GROOVE 12:00 PM - 12:45 PM ALLISON - STUDIO A	
	PIYO 4:30 PM - 5:15 PM MELANIE - STUDIO A		PIYO 4:30 PM - 5:15 PM MELANIE - STUDIO A	
POP PILATES 5:30 - 6:15 PM ANNA - STUDIO A	YOGA 5:30 PM - 6:30 PM PAULA - STUDIO A	CRT 5:30 PM - 6:15 PM ANNA - STUDIO B	YOGA 5:30 PM - 6:30 PM PAULA - STUDIO A	
	SPIN 5:30 PM - 6:15 PM ANNA - STUDIO B		SPIN 5:30 PM - 6:15 PM CHIP - STUDIO B	

CLASS LEGEND

SPIN

DANCE
FITNESS

MIND &
BODY

ACTIVE
ADULTS

TONE &
SCULPT

AQUA

Wellness Class Registration

POLICIES

- Register online up until 5:00am the day of class
- Withdraw from class online before the day of class
 - Find this under the Historical Transactions in your ACTIVENET account
- Must be on the roster to attend class
 - Register online up to 5:00am the day of class
 - Register at the front desk the day of class
- Be on time to class or run the risk of losing your spot in class
- 3 No-shows to classes
 - Will be blocked from online registration for one month
 - Must register in person the day of class at the front desk in order to attend class



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TO REGISTER FOR CLASSES

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