

BENTONVILLE COMMUNITY CENTER

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DOWNTOWN ACTIVITY CENTER

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CLASS DESCRIPTIONS

wellness & fitness



BARRE I SCULPT

Barre is a low impact class designed to strengthen, tone, and balance the whole body. It will include workouts that incorporate ballet barre, light weights & other equipment. Each class includes an effective sequence of toning with the emphasis on core, arms, glutes, and thighs.

BURN AND BUILD

Burn and Build is a high-intensity class that alternates intervals of cardio and strength training in choreographed routines set to music.

HIIT

High-intensity interval training (HIIT) is a popular workout that involves exerting your maximum energy during short periods of time. HIIT workouts require bursts of high intensity strength and cardio exercises followed by brief periods of recovery.

JUMP START

Jump Start is a high intensity, half hour class that focuses on plyo-metric, cardio and body weight exercises. All fitness levels are encouraged.

PIYO

Piyo is a total-body strengthening workout. Poses such as plank, side plank, core work, lunges and squats are key elements to engage the large and small muscles of the body.

STRENGTH

Strength is a high-rep, targeted, all weight training workout; set to music you know and love; that will leave you feeling lean and strong.

BOOTCAMP

BootCamp is a freestyle cardio and strength class that incorporates intervals, circuits, drills, weights, core, and functional moves.

CRT- CARDIO RESISTANCE TRAINING

CRT class will alternate intervals of cardio drills and strength training exercises for a full body workout that will help you reach your fitness goals whether you are a novice participant or an athlete that wants to push your limits.

HIGH FITNESS

High Fitness is a class that transforms old school aerobics into a highly addictive new fitness experience that combines simple, modern fitness techniques with music you know and love.

PILATES / POP PILATES

Pilates combines the stretch, focus and balance of a yoga practice with the stability that comes from Pilates exercises. This class has a yoga pace and feel while incorporating Pilates exercises to develop shoulder, core and pelvic stability.

POWER PUMP

Power Pump is a strength class using weights to increase muscle strength and tone. The workout is fast paced, working each muscle group for a total body strength workout.

SURGE FITNESS

Surge Fitness is an energizing HIIT workout that will get you results fast! High intensity cardio tracks that push fat burning systems into high gear are intertwined with high-rep strength training tracks that shape and tone your body for maximum results.



MIND & BODY

RESTORATIVE YOGA

Restorative Yoga is a form of yoga in which you are not expected to break a single drop of sweat, but slowly open up your body with few stretched poses. Restorative yoga, as the name suggests, helps to heal your body and restore your energies in a relaxed way.

YOGA

Yoga is a class that moves through fluid sequences of poses linked with the breath. This practice will tone and strengthen muscles, increase balance and coordination, reduce stress and anxiety and increase self-awareness.



DANCE FITNESS

DANCE FIT I MOVE & GROOVE

Dance Fit combines Latin and international, pop and hip-hop music with easy to follow and energizing dance moves to keep you moving and having fun. Routines incorporate fast and slow rhythms, basic dance footwork, and lots of energy with each instructor's own personal twist.

50+

ACTIVE ADULT

FITNESS OVER FIFTY

Fitness Over Fifty is a class that includes exercises for the total body in order to improve muscle strength and endurance, balance and posture. Participants will use equipment with emphasis on correct technique. Class is designed for beginners, as well as the individual that may be getting back into an exercise program. Exercises will be adapted for individuals as needed.



AQUATIC FITNESS

AQUA FITNESS

Aqua Fitness is a class designed to focus on cardiovascular fitness, muscular endurance, and flexibility. Class is open to all levels of fitness and a great option for swimmers and non-swimmers.

AQUA ZUMBA

Aqua Zumba is less impact on your joints so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

TAI CHI / ADV TAI CHI

Tai Chi an ancient Chinese discipline of meditative movements practiced as a system of exercises.

ZUMBA

Zumba is an exhilarating, effective, easy-to-follow Latin inspired, calorie burning dance fitness party that's moving millions of people toward joy and health.

AQUA BOOTCAMP

Aqua Bootcamp is a high intensity workout in water. It is designed to focus on cardiovascular fitness, muscular endurance, and flexibility.

SWIM SPRINT + STRENGTH

This fast paced class will combine swimming sprints in the pool with strength exercises on the pool deck. We will be climbing out of the pool after each sprint to do a set of strength exercises. Get ready for a challenging total body workout that will get that heart pumping. Must be able to swim at least 1 length of the pool without stopping.



SPIN

SPIN

Whether you're a beginner or avid cyclist, SPIN class is for you! Instructors focus on fun and challenging rides with steady progressions towards the end of each format. Different rides include, but are not limited to, intervals, strength, split rides, race day, combo and variety.