

UPDATED

S U M M E R 2 0 1 9

WELLNESS SCHEDULE



NEW Dance with Baby Class
Mon. & Fri. Yoga Time Change

Effective August 12th - September 30th



 @playbentonville

 Friends of Bentonville Parks & Recreation

www.playbentonville.com

BENTONVILLE COMMUNITY CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN 5:10A - 5:50A STUDIO	GROUP X 5:10A - 6:00A STUDIO	SPIN 5:10A - 5:50A STUDIO	GROUP X 5:10A - 6:00A STUDIO	SPIN 5:10A - 5:50A STUDIO	BARRE 8:20A - 9:20A STUDIO
FLOW & RESTORE 5:10A - 6:10A HICKORY	COMBAT CONDITIONING 6:10A - 6:55A STUDIO	FLOW & RESTORE 5:10A - 6:10A HICKORY	COMBAT CONDITIONING 6:10A - 6:55A STUDIO	FLOW & RESTORE 5:10A - 6:10A HICKORY	YOGA FLOW 9:30A - 10:30A STUDIO
CORE & STRENGTH 6:00A - 6:30A STUDIO	FITNESS OVER 50 7:20A - 8:10A STUDIO	CORE & STRENGTH 6:00A - 6:30A STUDIO	FITNESS OVER 50 7:20A - 8:10A STUDIO	CORE & STRENGTH 6:00A - 6:30A STUDIO	DEEP WATER RUNNING 9:45A - 10:45A POOL
FITNESS FOUNDATIONS 7:15A - 8:00A STUDIO	JUMP START 8:20A - 8:50A GYM	TRX COMBO 7:00A - 8:00A STUDIO	JUMP START 8:20A - 8:50A STUDIO	STRENGTH & STRETCH 7:00A - 8:00A STUDIO	ZUMBA 10:40A - 11:40A STUDIO
CRT 8:10A - 8:55A STUDIO	POWER VINYASA 8:30A - 9:30A HICKORY	CRT 8:10A - 8:55A STUDIO	POWER VINYASA 8:30A - 9:30A HICKORY	CRT 8:10A - 8:55A GYM	
YOGA FLOW 8:45A - 9:45A HICKORY	AQUA AEROBICS 8:45A - 9:45A POOL	FLOW FOUNDATIONS 8:30A - 9:30A HICKORY	AQUA AEROBICS 8:45A - 9:45A POOL	FIT & FUN 8:15A - 8:45A STUDIO	ZUMBA 3:15P - 4:15P STUDIO
SPIN 9:05A - 9:35A STUDIO	BURN & BUILD 9:00A - 9:45A STUDIO	SPIN 9:05A - 9:35A STUDIO	BURN & BUILD 9:00A - 9:45A STUDIO	YOGA FLOW 8:45A - 9:45A HICKORY	YOGA FLOW 4:30P - 5:30P STUDIO
AQUA AEROBICS 9:20A - 10:20A POOL	BARRE 9:50A - 10:30A STUDIO	AQUA AEROBICS 9:20A - 10:20A POOL	SCULPT & STRETCH 9:50A - 10:30A STUDIO	SPIN 9:05A - 9:35A STUDIO	
BARRE 9:45A - 10:30A STUDIO	PILATES 9:50A - 10:30A HICKORY	BARRE 9:45A - 10:30A STUDIO	PILATES 9:50A - 10:30A HICKORY	AQUA AEROBICS 9:20A - 10:20A POOL	
AQUA BOOTCAMP 10:30A - 11:30A POOL	BALANCE & FALL 10:00A - 10:30A LOUNGE	AQUA BOOTCAMP 10:30A - 11:30A POOL	LIMBER & STRETCH 10:00A - 10:30A LOUNGE	BARRE 9:45A - 10:30A STUDIO	
ZUMBA 10:35A - 11:20A STUDIO	AQUA BOOTCAMP 10:00A - 11:00A POOL	ZUMBA 10:35A - 11:20A STUDIO	AQUA BOOTCAMP 10:00A - 11:00A POOL	AQUA BOOTCAMP 10:30A - 11:30A POOL	
BARRE EXPRESS 11:30A - 12:00P STUDIO	CIRCUIT TRAINING 10:35A - 11:20A STUDIO	BARRE EXPRESS 11:30A - 12:00P STUDIO	CIRCUIT TRAINING 10:35A - 11:20A STUDIO	ZUMBA 10:35A - 11:20A STUDIO	
H.I.I.T. TRX 12:10P - 1:00P STUDIO	POWER PUMP 11:30A - 12:00P STUDIO	H.I.I.T. TRX 12:10P - 1:00P STUDIO	POWER PUMP 11:30A - 12:00P STUDIO	BARRE EXPRESS 11:30A - 12:00P STUDIO	
ZUMBA GOLD TONE 12:00P - 1:00P HICKORY	SPIN 12:15P - 12:45P STUDIO	ZUMBA GOLD TONE 12:00P - 1:00P HICKORY	SPIN 12:15P - 12:45P STUDIO	H.I.I.T. TRX 12:10P - 1:00P STUDIO	
	STRONG WOMEN 1:00P - 2:00P STUDIO		STRONG WOMEN 1:00P - 2:00P STUDIO		

SUNDAY

CLASS LEGEND

STONE/SCULPT

SPIN

MIND & BODY

HEALTHY FOR LIFE (50+)

AQUATIC FITNESS

DANCE FITNESS

YOUTH FITNESS

MARTIAL ARTS

BARRE 4:00P - 4:50P STUDIO	POP PILATES 4:00P - 4:50P STUDIO	BARRE 4:00P - 4:50P STUDIO
BURN & BUILD 5:00P - 5:50P STUDIO	CRT 5:00P - 5:50P STUDIO	BURN & BUILD 5:00P - 5:50P STUDIO
ZUMBA 6:00P - 7:00P STUDIO	CALMING YOGA 6:00P - 7:00P LOUNGE	KIDS DANCE 6:00P - 6:30P HICKORY
YOGA FLOW 7:00P - 8:00P HICKORY	ZUMBA 6:00P - 7:00P STUDIO	ZUMBA 6:00P - 7:00P STUDIO
BARRE 7:10P - 8:00P STUDIO	SPIN 7:10P - 8:00P STUDIO	YOGA FLOW 7:00P - 8:00P HICKORY
		TRX FOUNDATIONS 7:10 - 7:55P STUDIO
		WARRIORS CIRCUIT 4:00 - 4:50P STUDIO
		CARDIO STEP 5:00 - 5:50P STUDIO
		CALMING YOGA 6:00P - 7:00P LOUNGE
		ZUMBA 6:00P - 7:00P STUDIO
		SPIN 7:10P - 8:00P STUDIO

DOWNTOWN ACTIVITY CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GENTLE YOGA 9:00A - 10:00A A	TAI CHI 9:00A - 10:00A A	GENTLE YOGA 9:00A - 10:00A A	TAI CHI 9:00A - 10:00A A	GENTLE YOGA 9:00A - 10:00A A
BASIC LATIN & ZUMBA 10:00A - 11:00A A	BARRE EXPRESS 10:15A - 10:50A A	DANCE WITH BABY 10:00A - 11:00A A	BARRE EXPRESS 10:15A - 10:50A A	ZUMBA INTERMEDIATE 10:00A - 11:00A A
BARRE 12:00P - 12:50P A	ZUMBA 11:00A - 11:50A A	BARRE 12:00P - 12:50P A	ZUMBA 11:00A - 11:50A A	
YOGA FLOW 4:10P - 5:00P A	SPIN 12:00P - 12:45P B	YOGA FLOW 4:10P - 5:00P A	SPIN 12:00P - 12:45P B	
ADULT BALLET 6:30P - 7:30P A	PIYO 5:00P - 5:50P A		PIYO 5:00P - 5:50P A	
	YOGA FLOW 6:30P - 7:30P A		YOGA FLOW 6:30P - 7:30P A	

SATURDAY

ZUMBA INTERMEDIATE
10:00A - 11:00A
A

Martial Arts is a paid program suited for all ages and all fitness levels.

Classes meet weekly on Tuesday and Thursday from 6:30p - 7:30p at the Downtown Activity Center

One & Two day per week options available.