



2019 HOLIDAY

WELLNESS SCHEDULE

NEW YEAR'S WEEK

EFFECTIVE DEC. 30TH - JAN. 5TH



  @playbentonville

 Friends of Bentonville Parks & Recreation

www.playbentonville.com

BENTONVILLE COMMUNITY CENTER

DECEMBER 30TH

SPIN
5:10A - 5:50A STUDIO

CORE & STRENGTH
6:00A - 6:30A STUDIO

FITNESS FOUNDATIONS
7:15A - 8:00A STUDIO

CRT
8:10A - 8:55A STUDIO

YOGA FLOW
8:45A - 9:45A HICKORY

STUDIO

BARRE
9:45A - 10:30A STUDIO

AQUA BOOTCAMP
10:30A - 11:30A POOL

ZUMBA
10:35A - 11:20A STUDIO

BARRE EXPRESS
11:30A - 12:00P STUDIO

H.I.I.T. TRX
12:10P - 1:00P STUDIO

BURN & BUILD
5:00 - 5:50P STUDIO

ZUMBA
6:00P - 7:00P STUDIO

YOGA FLOW
7:00P - 8:00P HICKORY

KETTLEBELL CONCEPTS
7:15 - 8:00P STUDIO

DECEMBER 31ST



NO CLASSES
NEW YEAR'S EVE
NEW YEAR'S DAY

JANUARY 1ST

JANUARY 2ND

COMBAT CONDITIONING
6:10A - 6:55A STUDIO

FITNESS OVER 50
7:20A - 8:10A STUDIO

JUMP START
8:20A - 8:50A STUDIO

POWER VINYASA
8:30A - 9:30A HICKORY

AQUA AEROBICS
8:45A - 9:45A POOL

BURN & BUILD
9:00A - 9:45A STUDIO

SCULPT & STRETCH
9:50A - 10:30A STUDIO

PILATES
9:50A - 10:30A HICKORY

LIMBER & STRETCH
10:00A - 10:30A LOUNGE

CIRCUIT TRAINING
10:35A - 11:20A STUDIO

POWER PUMP
11:30A - 12:00P STUDIO

ZUMBA GOLD DANCE
12:00P - 1:00P HICKORY

SPIN
12:15P - 12:45P STUDIO

STRONG WOMEN
1:00P - 2:00P STUDIO

WARRIORS CIRCUIT
4:00 - 4:50P STUDIO

CARDIO STEP
5:00 - 5:50P STUDIO

ZUMBA
6:00P - 7:00P STUDIO

SPIN
7:10P - 8:00P STUDIO

JANUARY 3RD

SPIN
5:10A - 5:50A STUDIO

CORE & STRENGTH
6:00A - 6:30A STUDIO

STRENGTH & STRETCH
7:00A - 8:00A STUDIO

CRT
8:10A - 8:55A GYM

FIT & FUN
8:15A - 8:45A STUDIO

YOGA FLOW
8:45A - 9:45A HICKORY

SPIN
9:05A - 9:35A STUDIO

AQUA AEROBICS
9:20A - 10:20A POOL

BARRE
9:45A - 10:30A STUDIO

AQUA BOOTCAMP
10:30A - 11:30A POOL

ZUMBA
10:35A - 11:20A STUDIO

H.I.I.T. TRX
12:10P - 1:00P STUDIO

ZUMBA GOLD MIX
12:00P - 1:00P HICKORY

JANUARY 4TH

BARRE
8:20A - 9:20A STUDIO

YOGA FLOW
9:30A - 10:30A STUDIO

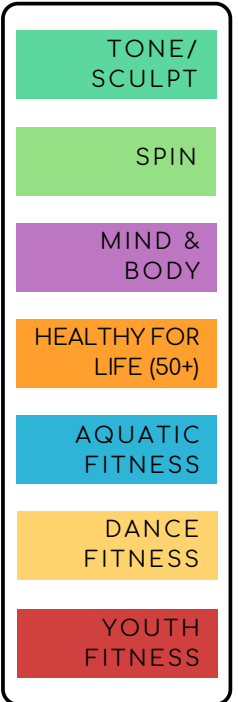
DEEP WATER RUNNING
9:45A - 10:45A POOL

ZUMBA
10:40A - 11:40A STUDIO

JANUARY 5TH

ZUMBA
3:15P - 4:15P STUDIO

CLASS LEGEND



DOWNTOWN ACTIVITY CENTER

DECEMBER 30TH

BASIC LATIN & ZUMBA
10:00A - 11:00A A

BARRE
12:00P - 12:50P A

YOGA FLOW
4:10P - 5:00P A

DECEMBER 31ST



JANUARY 1ST

JANUARY 2ND

TAI CHI
9:00A - 10:00A A

ZUMBA
11:00A - 11:50A A

YOGA FLOW
6:30P - 7:30P A

JANUARY 3RD

GENTLE YOGA
9:00A - 10:00A A

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

JANUARY 4TH

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