

WELLNESS SCHEDULE

EFFECTIVE MONDAY JULY 12TH, 2021

BENTONVILLE COMMUNITY CENTER

WELLNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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		
			SURGE FIT 6:30 AM - 7:15 AM KATIE			
CRT 8:10 AM - 8:55 AM ABBY	FIT OVER 50 8:00 AM - 8:45 AM PAULA	CRT 8:10 AM - 8:55 AM ABBY	PILATES 8:00 AM - 8:45 AM PAULA	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		
DANCE FIT 10:00 AM - 10:45 AM NICOLE	BARRE 10:00 AM - 10:45 AM LISA	POWER PUMP 10:00 AM - 10:45 AM NICOLE	BARRE 10:00 AM - 10:45 AM LISA	BOOTCAMP 10:00 AM - 10:45 AM NICOLE	ZUMBA 10:30 AM - 11:15 AM AMY	
ZUMBA 11:00 AM - 11:45 AM MELODIE	CIRCUIT TRAINING 11:00 AM - 11:45 AM CHIP	ZUMBA 11:00 AM - 11:45 AM MELODIE	CIRCUIT TRAINING 11:00 AM - 11:45 AM CHIP	ZUMBA 11:00 AM - 11:45 AM LISA		
HIIT 12:00 PM - 12:45 PM AMBER	SPIN 12:00 PM - 12:45 PM CHIP	HIIT 12:00 PM - 12:45 PM AMBER	SPIN 12:00 PM - 12:45 PM CHIP	SPIN 12:00 PM - 12:45 PM CHIP		
	KIDS FIT 3:00 PM - 3:30 PM NICOLE					
	KIDS HIP HOP 3:40 PM - 4:10 PM NICOLE					
BARRE 4:00 PM - 4:45 PM JENNIFER	KIDS FIT 4:20 PM - 4:50 PM NICOLE	POP PILATES 4:00 PM - 4:45 PM JENNIFER				
BURN & BUILD 5:00 PM - 5:45 PM AMBER	INDIAN DANCE 5:00 PM - 5:45 PM ADRIJA	BURN & BUILD 5:00 PM - 5:45 PM AMBER	ZUMBA 5:00 PM - 5:45 PM KATHERINE			
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	ZUMBA 6:00 PM - 6:45 PM JENNY		
	HIGH FITNESS 7:00 PM - 7:45 PM KATIE	YOGA 7:00 PM - 7:45 PM RANDI				
						DANCE FIT 3:00 PM - 3:45 PM JENNY

GYMNASIUM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	JUMP START 8:20 AM - 8:50 AM AMBER		JUMP START 8:20 AM - 8:50 AM AMBER	
YOGA 9:05 AM - 9:50 AM ERIN	DANCE FIT 9:05 AM - 9:50 AM KATIE		DANCE FIT 9:05 AM - 9:50 AM JOHANNA	YOGA 9:05 AM - 9:50 AM ERIN

SWIMMING POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	AQUA FITNESS 8:00 AM - 8:45 AM DNAY		AQUA FITNESS 8:00 AM - 8:45 AM DNAY	
AQUA FITNESS 9:00 AM - 9:45 AM NICOLE		AQUA FITNESS 9:00 AM - 9:45 AM ALLISON		AQUA FITNESS 9:00 AM - 9:45 AM NICOLE



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DOWNTOWN ACTIVITY CENTER

STUDIO B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ZUMBA 9:00 AM - 9:45 AM KATHERINE	BARRE-LESS 9:00 AM - 9:45 AM RACHEL	YOGA 9:00 AM - 9:45 AM RANDI	YOGA 9:00 AM - 9:45 AM JAMIE
		ZUMBA 10:00 AM - 10:45 AM RENE		
ZUMBA GOLD 11:00 AM - 11:45 AM ALLISON	ZUMBA 11:00 AM - 11:45 AM MELODIE		STRONG WOMEN 11:00 AM - 11:45 AM PAULA	
PILATES 3:00 PM - 3:45 PM NICOLE		PILATES 3:00 PM - 3:45 PM NICOLE		

CLASS LEGEND

SPIN

DANCE
FITNESS

MIND &
BODY

ACTIVE
ADULTS

TONE &
SCULPT

AQUA

KIDS

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



PLEASE USE THE QR CODE
TO REGISTER FOR CLASSES