

WELLNESSES SCHEDULE

EFFECTIVE MONDAY AUGUST 16TH, 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 11:00 AM - 11:45 AM MELODIE	YOGA 11:00 AM - 11:45 AM RANDI	ZUMBA 11:00 AM - 11:45 AM MELODIE	YOGA 11:00 AM - 11:45 AM ERIN	ZUMBA 11:00 AM - 11:45 AM LISA	ZUMBA 10:30 AM - 11:15 AM AMY	
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		
						DANCE FIT 3:00 PM - 3:45 PM JENNY
BARRE 4:00 PM - 4:45 PM JENNIFER		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	CLASSIC BALLET 7:00 PM - 7:45 PM DAVID			

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 FITNESS 9:00 AM - 9:45 AM NICOLE	AQUA FITNESS 8:00 AM - 8:45 AM DNAY	AQUA FITNESS 9:00 AM - 9:45 AM ALLISON	AQUA FITNESS 8:00 AM - 8:45 AM DNAY	AQUA FITNESS 9:00 AM - 9:45 AM NICOLE



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EFFECTIVE MONDAY AUGUST 16TH, 2021



DOWNTOWN ACTIVITY CENTER

STUDIO B				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		BARRE-LESS 9:00 AM - 9:45 AM RACHEL	YOGA 9:00 AM - 9:45 AM RANDI	YOGA DE-STRESS 9:00 AM - 10:00 AM JAMIE
	SPIN 10:00 AM - 10:45 AM CHIP	ZUMBA 10:00 AM - 10:45 AM RENE	SPIN 10:00 AM - 10:45 AM CHIP	YOGA STRETCH AND FLOW 10:15 AM - 11:00 AM JAMIE
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	

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



PLEASE USE THE QR CODE
TO REGISTER FOR CLASSES