

## BENTONVILLE COMMUNITY CENTER

1101 SW Citizens Circle  
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www.playbentonville.com



## DOWNTOWN ACTIVITY CENTER

215 SW A Street  
479.464-7275  
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# CLASS DESCRIPTIONS

wellness & fitness



## STONE & SCULPT

### BARRE

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.

### CLASSIC ADULT BALLET

Classic Adult Ballet is a class that will cover basic ballet positions, steps and vocabulary with a focus on the student's awareness of proper posture and body alignment. Standing barre work and center floor exercises will be given to enhance coordination, strength, balance and flexibility.

### POP PILATES

POP Pilates is Pilates like you've never seen before. It's an incredible fusion of ab-chiseling, total body defining moves choreographed to your favorite Top 40 hits.

### STRONG WOMEN

A certified personal trainer will lead the Strong Women class through various exercises in the studio for a balanced workout.

### BOOTCAMP

Boot Camp 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.

### JUMP START

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

### 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

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.



## 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.



## MIND & BODY

### DE-STRESS YOGA

De-stress Yoga is a mind-body class that combines physical poses, controlled breathing, and meditation or relaxation. It will help reduce stress, lower blood pressure and lower your heart rate.

### PILATES - YOGA FUSION

Pilates - Yoga Fusion 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.



## DANCE FITNESS

### DANCE FIT

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.

### INDIAN DANCE

Indian Dance is a mixed level Bollywood & Bhangra class combines traditional Indian folk and classical dance with Bhangra and contemporary movement like hip hop, jazz, Latin and Belly dance. You will learn technique and choreography that incorporate rhythmic, full body movement.

### ZUMBA GOLD

Zumba Gold is an additional weight-based program that was created for active older adults, who want to use light weights to focus on strengthening the muscles. It's a low- to moderate-intensity workout session designed to reduce the loss of muscle mass and muscle strength that often comes with aging.

50+

## ACTIVE ADULT

### FITNESS OVER FIFTY

A low impact class that includes exercises for the total body in order to improve muscle strength and endurance, balance and posture. Participants will use light resistance 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.

### YOGA STRETCH AND FLOW

With Yoga Stretch and Flow, you will warm up with a yoga flow then release the muscles to find complete relaxation.

### 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.

### 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.

### 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.



## 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.