

Walton Family Whole Health & Fitness

Group Fitness Schedule: July 1 – July 7

■ Aquatics |
 ■ Mind Body |
 ■ Dance |
 ■ Spin |
 ■ Strength |
 ■ Total Fitness |
 ◆ Premium

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	Body Blast 5:15-6:00 AM Studio: 1	Bootcamp 5:15-6:00 AM Studio: 1	Body Blast 5:15-6:00 AM Studio: 1		Body Blast 5:15-6:00 AM Studio: 1		
	◆ 12 Rounds 5:15-6:15 AM Studio: 4	LIFT 5:15-6:00 AM Studio: 2	◆ 12 Rounds 5:15-6:15 AM Studio: 4		◆ 12 Rounds 5:15-6:15 AM Studio: 4		
	RPM 6:15-7:00 AM Studio: 3		RPM 6:15-7:00 AM Studio: 3		RPM 6:15-7:00 AM Studio: 3		
	◆ Heated Yoga 6:15-7:15 AM Studio: 5		◆ Heated Yoga 6:15-7:15 AM Studio: 5				
		Mat Pilates 6:15-7:00 AM Studio: 6					
	◆ FIT ZONE 6:15-7:15 AM The Zone	◆ FIT ZONE 6:15-7:15 AM The Zone	◆ FIT ZONE 6:15-7:15 AM The Zone		◆ FIT ZONE 6:15-7:15 AM The Zone		
						◆ Heated Yoga 7:30-8:30 AM Studio: 5	
Mid-Morning	Qi Gong 8:30-9:15 AM Studio: 5	Barre Fusion 8:30-9:15 AM Studio: 6	Qi Gong 8:30-9:15 AM Studio: 5		Mat Pilates 8:30-9:15 AM Studio: 6	◆ 12 Rounds 8:15-9:15 AM Studio: 4	Barre Fusion 8:15-9:00 AM Studio: 6
	Deep Water 8:30-9:15 AM Recreation Pool		Deep Water 8:30-9:15 AM Recreation Pool			◆ FIT ZONE 9:00-10:00 AM The Zone	◆ 12 Rounds 8:15-9:15 AM Studio: 4
	Mat Pilates 8:30-9:15 AM Studio: 6	Breathwork Meditation 8:30-9:15 AM Studio: 5	Mat Pilates 8:30-9:15 AM Studio: 6				◆ 12 Rounds 10:15-11:15 AM Studio: 4
		High Fitness 8:30-9:15 AM Studio: 3				RPM 9:15-10:00 AM Studio: 3	◆ Heated Yoga 10:30-11:30 AM Studio: 5
	Body Blast 8:30-9:15 AM Studio: 1		Body Blast 8:30-9:15 AM Studio: 1		Body Blast 8:30-9:15 AM Studio: 1	Bootcamp 10:15-11:00 AM Studio: 1	
	LIFT 8:30-9:15 AM Studio: 2	LIFT 8:30-9:15 AM Studio: 2	LIFT 8:30-9:15 AM Studio: 2			Zumba Step 10:15-11:00 AM Studio: 3	
	◆ FIT ZONE 9:30-10:30 AM The Zone	◆ CARDIO ZONE 9:30-10:30 AM The Zone	◆ FIT ZONE 9:30-10:30 AM The Zone		◆ FIT ZONE 9:30-10:30 AM The Zone	◆ TEEN FIT ZONE 10:30-11:30 AM The Zone	
		◆ Heated Yoga 9:30-10:30 AM Studio: 5			Stretch & Tone 9:30-10:15 AM Studio: 6	Restorative Yoga 10:30-11:15 AM Studio: 5	
	Surge Fit 9:30-10:15 AM Studio: 1	Surge Strength 9:30-10:15 AM Studio: 1					

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch & Afternoon		◆ 12 Rounds 11:00-12:00 PM Studio: 4			◆ 12 Rounds 11:00-12:00 PM Studio: 4	Rhythm Ride 11:15-12:00 PM Studio: 3	◆ Prenatal Yoga 2:00-3:15 PM Inhale
	◆ FIT ZONE 11:15-12:15 PM The Zone	◆ FIT ZONE 11:15-12:15 PM The Zone	◆ FIT ZONE 11:15-12:15 PM The Zone		◆ FIT ZONE 11:15-12:15 PM The Zone	◆ 12 Rounds 12:15-1:15 PM Studio: 4	
	Bootcamp 11:15-12:00 PM Studio: 1	LIFT 11:15-12:00 PM Studio: 2	Bootcamp 11:15-12:00 PM Studio: 1		Bootcamp 11:15-12:00 PM Studio: 1	(Interns Only)* Zumba 12:30-1:15 PM Studio: 3	◆ TEEN FIT ZONE 1:15-2:15 PM The Zone
	Essentrics 11:15-12:00 PM Studio: 6	Qi Gong 11:15-12:00 PM Studio: 6	Essentrics 11:15-12:00 PM Studio: 6		Restorative Yoga 11:15-12:00 PM Studio: 5	(Interns Only)* Intern Yoga 2:00-3:00 PM Studio: 5	(Interns Only)* Meditation & Sound 2:00-3:00 PM Studio: 5
		Rhythm Ride 11:30-12:15 PM Studio: 3					◆ FIT ZONE 2:30-3:30 PM The Zone
	Bootcamp Express 12:15-12:45 PM Studio: 1		Bootcamp Express 12:15-12:45 PM Studio: 1		Bootcamp Express 12:15-12:45 PM Studio: 1		
		Embody 11:30-12:15 PM Inhale					
Evening	(Interns Only)* Dynamic Breathwork 5:00-5:45 PM Studio: 6		Mat Pilates 4:15-5:00 PM Studio: 6				
		◆ Prenatal Yoga 4:15-5:30 PM Inhale	Meditation 5:15-6:00 PM Studio: 5				(Interns Only)* Bootcamp 4:00-5:00 PM The Zone
	Gentle Flow 5:15-6:00 PM Studio: 5	Barre Fusion 5:15-6:00 PM Studio: 6	Barre Fusion 5:15-6:00 PM Studio: 6				◆ Sound Bath 5:00-6:00 PM Studio: 5
	Zumba 5:15-6:00 PM Studio: 3						
	Hydro Tone 5:30-6:15 PM Recreation Pool		Surge Fit 5:15-6:00 PM Studio: 2				
	◆ 12 Rounds 6:00-7:00 PM Studio: 4	(Interns Only)* ◆ 12 Rounds 6:00-7:00 PM Studio: 4	◆ 12 Rounds 6:00-7:00 PM Studio: 4		◆ 12 Rounds 5:00-6:00 PM Studio: 4		
	Dynamic Breathwork 6:00-6:45 PM Studio: 6						
			◆ Heated Yoga 6:15-7:15 PM Studio: 5		Yoga 6:00-6:45 PM Studio: 6		
	(Interns Only)* LIFT 6:00-6:45 PM Studio: 2	Essentrics 6:15-7:00 PM Studio: 6					
	◆ FIT ZONE 6:15-7:15 PM The Zone	◆ FIT ZONE 6:15-7:15 PM The Zone	◆ FIT ZONE 6:15-7:15 PM The Zone				
	Rhythm Ride 6:15-7:00 PM Studio: 3	Club Fitness 6:15-7:00 PM Studio: 3	Rhythm Ride 6:15-7:00 PM Studio: 3				
	Body Blast 6:30-7:15 PM Studio: 1	Bootcamp 6:30-7:15 PM Studio: 1	Body Blast 6:30-7:15 PM Studio: 1				
		◆ Sound Bath 7:15-8:15 PM Studio: 5	Breath Express 7:30-8:00 PM Studio: 5				
	Tai Chi 7:00-7:45 PM Studio: 6	◆ Primal Movement 7:15-8:15 PM Studio: 4			Tai Chi 7:00-7:45 PM Studio: 6		
Fitness Dance 7:15-8:00 PM Studio: 3							

Class Descriptions			
12 Rounds	Total Fitness	Premium	12 rounds combines mitt & bag work, cardio drills, core exercises, and strength training for a high-intensity workout guaranteed to make you sweat. You'll master footwork and punching combinations while enhancing your cardio conditioning. Shoes are required, and gloves and wraps are highly recommended.
Aqua Fit	Aquatics	Included	Dive into a low-impact workout suitable for all levels with Aqua Fit! Harnessing the resistance of water, this class improves cardiovascular health, strength, and conditioning while keeping stress off your joints.
Barre Fusion	Mind Body	Included	A total body workout that targets, shapes, and defines all major muscle groups through resistance-based strength trainings.
Bootcamp	Total Fitness	Included	Strengthen your body by pushing and pulling your weight while improving cardio through circuit drills.
Body Blast	Total Fitness	Included	This instructor-led class will leave you feeling energized, accomplished, and ready to tackle anything that comes your way. Body Blast is designed to push your limits with a combination of intense bursts of exercise followed by short periods of rest, allowing you to maximize calorie burn and build muscular endurance in a shorter amount of time.
Breath Express	Mind Body	Included	Experience the same benefits of dynamic breathwork in less time (30 minutes). Practice a variety of breathing exercises and techniques geared to increase energy, improve lung capacity, stretch the body, and release stress. This class consists of a moderate level of movement and intensity but is great for all levels of breathers!
Breathwork Meditation	Mind Body	Included	Through conscious and active breathing exercises, you will connect deeper to a state of mindfulness and meditation. Pause. Notice. Choose. Breathe. This is a great class for beginners and those interested in a gentle, calming, and mindful flow.
CARDIO ZONE	Total Fitness	Premium	Cardio Zone is a revolutionary workout designed to maximize your metabolism's calorie-burning capabilities using Myzone heart rate technology. Prepare to reach your target heart rate zone through a dynamic combination of cardio equipment and muscle-building exercises. This class integrates treadmills, rowing machines, bikes, and more to challenge your cardiovascular system, while incorporating strength training for a full-body workout. A Myzone heart rate monitor is highly recommended to track your progress in real-time, but it is not required to participate.
Dynamic Breathwork	Mind Body	Included	Join our dynamic breathwork class where you will practice a variety of breathing exercises and techniques geared to increase energy, improve lung capacity, stretch the body, and release stress. This class consists of a moderate level of movement and intensity, but is great for all levels of breathers!
Club Fitness	Strength	Included	Club Fitness is designed to get your heart rate pumping by combining cardiovascular and strength building exercises while moving to the best hip hop tunes.
Deep Water	Aquatics	Included	A non-weight bearing class that offers a high intensity challenge to improve balance strengthen your core and reduce body fat.
Embody	Mind Body	Included	This class is designed to teach simple methods for living fully in the body that can be practiced daily. It is through the body we connect to intuition, utilize and own personal power, and process stress naturally. This allows us to show up in the world with empathy, clarity, and empowerment. We practice body-directed movement, sound, tapping, journaling, meditation, breathwork, and voluntary group discussion. Please bring pen and journal.
Essentrics	Mind Body	Included	Essentrics is a full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. Perfect for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries and unlocks tight joints.
FIT ZONE	Total Fitness	Premium	Experience the thrill of all-around training in our FIT ZONE class; a dynamic 60-minute workout combining cardiovascular, strength and power exercises.
Fitness Dance	Dance	Included	Move and groove to the sound of today's tunes. Dancing is a fun way to burn calories and break a sweat without the impact.
Gentle Flow	Mind Body	Included	A gentle flow that encourages physical, mental, and emotional relaxation. Practiced at a slow pace, focusing on long holds, deep stretching and breathing to help release stress, tension and tightness. Appropriate for all levels. This class is not heated.
High Fitness	Dance	Included	Have you heard? AEROBICS is Back! Bigger, Better, HIGHer! A choreographed workout that alternates between cardio peaks and toning tracks that will take your heart rate to the sky and strength to the next level.
Heated Pilates Sculpt	Mind Body	Premium	Musically driven heated class using Pilates ring, ball, small hand weights, bands and gliders to lengthen and strengthen your entire body with an emphasis on your core strength.
Heated Yoga	Mind Body	Premium	Immerse yourself in our Heated Yoga class, where the room is set to a warm 85 degrees, allowing for enhanced flexibility and a deeper mind-body connection. Join us for a revitalizing practice that will leave you feeling invigorated and centered.
Hydro Tone	Aquatics	Included	This intermediate level water aerobics class will expose you to other forms of water fitness combining HIIT (High Intensity Interval Training), Circuit, Cardio and classic water aerobics moves. Stretching, jogging, isolation moves, cardio, water equipment; dumbbells, noodles, and kickboards will all be incorporated for a full body workout. The goal is for a total body conditioning class adding elements for balance and mobility, all set to some great music.
Interns Only Offerings*	All	Included	Classes labeled (interns only) are open to Walmart summer interns only. Registration is required.
LIFT	Total Fitness	Included	A functional-fitness class geared to improve muscular strength and endurance using a variety of different implements.
Mat Pilates	Mind Body	Included	Focuses on proper core training to improve muscle strength and length, mobility, stabilization, and body alignment.
Meditation	Mind Body	Included	During Meditation, you will settle into stillness. Pause to let go of distractions. Notice your breath, thoughts, and emotions without attachment. Choose the focus of your meditation, whether it's the breath, a mantra, or a sensation. Reflect: How can the insights gained in meditation guide your choices outside of your practice?
(Interns Only) Meditation & Sound	Mind Body	Included	Join Hank for a calming transformational experience using mindful breathing, guided meditation and the soothing frequencies of sound bathing.
Prenatal Yoga	Mind Body	Premium	This class is a multifaceted approach that empowers and supports women through each stage of pregnancy and lactation. We will use a combination of gentle stretching, and mindful movement, to safely strengthen your body's natural abilities, while also aiming to deepen the connection you have to yourself, your baby, and your community.
Primal Movement	Total Fitness	Premium	Primal Movement includes a range of movements and combinations that are grouped into categories called the Six Components: wrist mobilizations, activations, form specific stretches, traveling forms, switches & transitions, and flows.
Qi Gong	Mind Body	Included	A mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique.
Restorative Yoga	Mind Body	Included	When your mind and body need to slow down and recover. Emphasis on slow, easy transitions, awareness of movement and intentional breathing. This class is not heated.
Rhythm Ride	Spin	Included	A dynamic beat-based cycle class set to energizing music. Each session is curated to synchronize movement with the beat, ensuring a full-body workout. Cycle shoes not required.
RPM	Spin	Included	Go the distance in this in this cycling class. Each day the primary focus will change from power, to endurance, and hills.
Sound Bathing	Mind Body	Premium	Join a relaxing pause in your day with a sound bath meditation. All you need is yourself and if you choose, a blanket. Sound baths can help reduce anxiety, decrease stress hormones, improve sleep and mood.
Stretch	Mind Body	Included	This all-levels class will assist in allowing the body to extend, open, enhance posture, and lengthen muscles. Class uses foam rollers to aid in muscle recovery.
Surge Fit	Total Fitness	Included	High intensity cardio that pushes fat burning systems into high gear are intertwined with high-rep strength training to shape and tone your body for maximum results.
Surge Strength	Strength	Included	Surge Strength is a high-rep, targeted, ALL weight training workout - set to music you know and love!
Tai Chi	Mind Body	Included	A tai chi practice involves slow-motion flow – and with that comes many health benefits including better balance, mobility, and coordination.
TEEN FIT ZONE	Total Fitness	Premium	Teen Fit Zone is a class designed to enhance overall athletic ability by developing strength, coordination, and knowledge in the weight room. Our goal is to boost their understanding while increasing strength, power, and coordination, with a primary focus on athletic development. We'll achieve this through engaging and varied activities to keep kids both active and interested.
Yoga	Mind Body	Included	An all-levels class consisting of flow series, holding of postures, modifications, yoga props, and peaceful music.
Zumba	Dance	Included	Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves with Latin dance for an interval-style, calorie-burning dance fitness party.
Zumba Step	Dance	Included	Zumba Step combines the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba brings to the dance-floor.