

Session 4

Experience Guide

August 18 through October 12



Walton Family Whole Health & Fitness

Session 4

Welcome to Session 4

Registration Opens
Monday, August 11
at 7:00 am

Registration Runs
August 11 – 24

Session 4 Dates
August 18 – October 12



Experiences

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Preferred Registration Method

Go to walmart.clubautomation.com to easily register yourself and your dependents.

Secondary Registration Method

Use the Whole Health & Fitness app to sign up.

Please note, only the primary member can register dependents using the app. For assistance, check out our handy "How To" guides or contact our team at wholehealth@walmart.com.

Important Dates

- Last day to drop a class and receive a prorated refund is August 24
- No classes: Monday, September 1 for Labor Day

Need to Cancel a Class?

If you need to cancel a class registration, please visit the Welcome Desk or email the appropriate program director.

All classes are subject to change. Depending on time of registration, classes could be full. If a class does not meet minimum enrollment, a member of the Whole Health & Fitness team will notify you.



Welcome to Whole Health

Whole Health is an approach to health and well-being that centers around you and what is important to you. You are put in control of your well-being, with focuses on self-care, skill building, and support. Whole Health encourages you to set goals based on what is important to you, and work toward those goals with your health team, community resources, or Whole Health experiences!

Taking Charge Series

Take charge of your life and health through a complimentary group experience, where you'll create lasting behavior change, gain self-awareness, and explore what truly matters to you. This evergreen program can be joined at any time! Taking Charge is a group facilitated experience designed to:

- Explore your Purpose & Values
- Develop a Growth Mindset
- Take Meaningful Action
- Build a Community of Support

How to Take Charge

- Join an **Intro to Whole Health** session
- Complete at least 2 **My Purpose** sessions
- Complete at least 6 sessions from **Areas of Self-Care**

WHOLE HEALTH

Once you've completed at least 9 sessions of Taking Charge, reach out to your Whole Health team in Rest & Recharge to redeem a prize!

Check Out the App. for Class Dates & Times!

Intro to Whole Health

Evaluate where you are and where you want to be with your Personal Well-being Plan.

My Purpose

Connect with what matters to you, your purpose. Examine values and value conflicts, and align your actions and behaviors to who you are and what you truly want your health for.

- | | |
|---------------|--------------|
| • My Gifts | • My Values |
| • My Passions | • My Why |
| • My Stories | • My Choices |

Explore Areas of Self-Care

Each session the facilitator will check in with you on your meaningful action steps, then explore a unique area of self-care, and provide a Pause. Notice.

Choose. Whole Health experience.

- | | |
|----------------------|--------------------|
| • Moving My Body | • Power of My Mind |
| • My Relationships | • My Career |
| • My Care Team | • My Food & Drink |
| • My Rest & Recharge | • My Surroundings |
| • My Money | • My Community |



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Whole Health



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Taking Charge Series (6-weeks)
Tuesdays 7:15 pm-8:15 pm at Inhale
18+ Years | Cost \$40.00

Take charge of your life and health through this 6-week group experience designed to support your well-being journey. You'll begin with Intro to Whole Health to create a personalized plan, then continue with weekly sessions to check in, build skills, stay accountable, and make meaningful changes. Taking Charge helps you explore your Purpose & Values, develop a Growth Mindset, take meaningful action, and build a supportive community.

Tapping Through the Chakras
Tuesdays 11:00 am-11:45 am at Learn 1
13+ Years | Cost \$40.00

Join Bex for a powerful 4-week journey through the physical and energetic body. You can expect to connect to your physical body and breath in subtle preparation to enter your energetic body, specifically focused on the 7 traditional chakras (root to crown). You will be guided through a process using EFT (Emotional Freedom Technique), better known as tapping. EFT combines Chinese Medicine and modern psychology rewiring old patterns and beliefs.



Breathing Better with Dr. Justin Ternes
Tuesdays 11:00 am-11:45 am at Studio 5
18+ Years | Cost \$85.00

Breathing Better is an 8-week group program designed to enhance lung capacity, reduce stress, and improve nervous system regulation. Begin with foundational breathing exercises, gradually advancing to empowering practices that uplift physical health, mental clarity, and energy. Suitable for beginners, yet welcoming to all experience levels, this program fosters a transformative journey for mind, body, and spirit.

Book Club
Last Thursday of the Month 7:15 am-7:45 am at Common Ground
13+ Years | Free

Join our welcoming community book club this August as we read *The Next Right Thing*—a thoughtful and encouraging guide to making decisions with peace and purpose.





August



All Access Calendar

Complimentary Experiences

Available to Members & Walmart & Sam's Club Associates

Sun.

Mon.

Tue.

Wed.

Thurs.

Fri.

Sat.

Members

Login to your online account at walmart.clubautomation.com to register for Whole Health Experiences.

Associates

Sign up for a free Whole Health for All membership to access Whole Health Experiences by emailing wholehealth@walmart.com

1

2

Intro to Whole Health
11:15 am-12:15 pm

Baby & Me Yoga
9:00 am-9:45 am

Soundbath
10:00 am-10:30 am

3

Yoga for Pregnancy
2:00 pm-3:00 pm

4

Mindful Movement
Breathwork
Meditation
6:30 am-7:00 am
Stretch & Tone
7:30 am-8:00 am
Taking Charge
My Food & Drink
5:30 pm-6:30 pm

5

Pause.
Notice. Choose.
8:00 am-8:15 am
Embody
11:30 am-12:30 pm
Intro to Whole Health
6:15 pm-7:15 pm
Bingo
6:00 pm-7:00 pm

6

Wednesday Walk
8:30 am-9:00 am
Taking Charge
Purpose-My Gifts
11:30 am-12:30 pm
Workshop
Emotional Freedom
Technique (Tapping)
6:15 pm-6:45 pm

7

HIGH Yo
7:30 am-8:00 am

8

9

Baby & Me Yoga
9:00 am-9:45 am

Nature
Connect & Reset
10:00 am-10:30 am

10

Yoga for Pregnancy
2:00 pm-3:00 pm

11

Mindful Movement
Eccentrics
6:30 am-7:00 am
Stretch & Tone
7:30 am-8:00 am
Adult Mindful Art
5:30 pm-6:30 pm

12

Pause.
Notice. Choose.
8:00 am-8:15 am
Embody
11:30 am-12:30 pm
Bingo
6:00 pm-7:00 pm

13

Wednesday Walk
8:30 am-9:00 am
Nature Tour
11:30 am-12:15 pm
Taking Charge
Purpose-My Values
11:30 am-12:30 pm

14

HIGH Yo
7:30 am-8:00 am
Star Wars Trivia
6:00 pm-7:00 pm
Intro to Whole Health
6:15 pm-7:15 pm

15

16

Baby & Me Yoga
9:00 am-9:45 am
Family Funday
10:00 am-11:00 am

17

Yoga for Pregnancy
2:00 pm-3:00 pm

18

Mindful Movement
Yoga
6:30 am-7:00 am
Stretch & Tone
7:30 am-8:00 am
Taking Charge
My Money
5:30 pm-6:30 pm

19

Embody
11:30 am-12:30 pm
Pause.
Notice. Choose.
8:00 am-8:15 am
Bingo
6:00 pm-7:00 pm

20

Wednesday Walk
8:30 am-9:00 am
Taking Charge
My Why
11:30 am-12:30 pm

21

HIGH Yo
7:30 am-8:00 am

22

23

Baby & Me Yoga
9:00 am-9:45 am
Intro to Whole Health
11:15 am-12:15 pm

24

Yoga for Pregnancy
2:00 pm-3:00 pm

25

Mindful Movement
Barre
6:30 am-7:00 am
Taking Charge
My Relationships
5:30 pm-6:30 pm
Stretch & Tone
7:30 am-8:00 am

26

Pause.
Notice. Choose.
8:00 am-8:15 am
Embody
11:30 am-12:30 pm
Bingo
6:00 pm-7:00 pm
Intro to Whole Health
6:15 pm-7:15 pm

27

Wednesday Walk
11:30 am-12:00 pm
Taking Charge
My Story
My Choices
11:30 am-12:30 pm

28

Book Club
Coffee & Connection
7:15 am-7:45 am
HIGH Yo
7:30 am-8:00 am

29

30

Coloring & Connections
10:00 am-11:00 am

31

Yoga for Pregnancy
2:00 pm-3:00 pm





August

All Access Calendar

Paid Experiences

Available to Members & Walmart & Sam's Club Associates



Sun.

Mon.

Tue.

Wed.

Thurs.

Fri.

Sat.

Members

Login to your online account at walmart.clubautomation.com to register for Whole Health Experiences.

Associates

Sign up for a free Whole Health for All membership to access Whole Health Experiences by emailing wholehealth@walmart.com

1

2

Nutrition Kitchen
Breakfast Boost:
Sweet Potato
Pancakes
10:00 am-11:00 am
\$12.50

Nutrition Kitchen
Breakfast Boost:
Sweet Potato
Pancakes
1:00 pm-2:00 pm
\$12.50

3

4

5

6

7

Nutrition Kitchen
Eat for Fuel:
Protein-Rich
Breakfasts
5:00 pm-6:00 pm
\$35.00

8

9

Nutrition Kitchen
Smart Snacking
10:00 am-11:00 am
\$12.50

Nutrition Kitchen
Smart Snacking
1:00 pm-2:00 pm
\$12.50

10

11

12

13

14

Nutrition Kitchen
Fiber First:
Apps from the
Garden
5:00 pm-6:00 pm
\$35.00

15

16

Nutrition Kitchen
No Fry Nuggets
10:00 am-11:00 am
\$12.50

Nutrition Kitchen
No Fry Nuggets
1:00 pm-2:00 pm
\$12.50

17

18

19

20

21

Nutrition Kitchen
Reducing
Inflammation:
Homemade Vinegar
5:00 pm-6:00 pm
\$35.00

22

23

Nutrition Kitchen
Quick Quesadillas
10:00 am-11:00 am
\$12.50

Nutrition Kitchen
Quick Quesadillas
1:00 pm-2:00 pm
\$12.50

24

25

26

27

Nutrition Kitchen
Coastal Chef's Table
+ Wine Pairing 21+
5:00 pm-6:00 pm
\$65.00

28

Nutrition Kitchen
Coastal Chef's Table
+ Wine Pairing 21+
5:00 pm-6:00 pm
\$65.00

29

30

31



Walton Family Whole Health & Fitness

Session 4

Nutrition Kitchen



Welcome to Nutrition Kitchen Experiences!

Discover fun, hands-on cooking classes for all ages at Whole Health & Fitness. Explore new flavors, learn simple skills, and create healthy recipes in our Signature Classes (15+). Team up in Family Classes (ages 5+) for tasty, memorable moments, or unwind at the Chef's Table (21+) with chef-led culinary journeys and perfect beverage pairings. Every class is a chance to eat well, connect, and feel empowered!

Signature Classes

Ages 15+ | Cost \$35.00

Day

Time

Thursdays

5:00-6:00 pm

Family Classes

Ages 5+ | Cost \$12.50

Day

Time

Saturdays

10:00-11:00 am

Saturdays

1:00-2:00 pm

Chef's Table

Ages 21+ | Cost \$65.00

Day

Time

Last Wednesday

5:00-6:00 pm

Last Thursday

5:00-6:00 pm



NUTRITION KITCHEN



Session 4

Rest & Recharge

Hours

Monday-Friday
6:30 am – 8:00 pm

Saturday
8:00 am – 5:00 pm

Sunday
10:00 am – 4:00 pm

Take a Moment for Yourself

Rest, recharge, & come back stronger at our Rest & Recharge Center!
We're proud to offer a variety of recovery services designed to help you relax, rejuvenate, and feel your best.



COMPLIMENTARY

Human Touch Massage Chairs
Hydro Massage Lounge
CryoLounge+
Normatec Compression Therapy
LED Red Light Therapy

No registration required, just stop by the Rest & Recharge desk.

PREMIUM

60 Minute Massage	\$80
90 Minute Massage	\$115
60 Minute Reiki	\$66
Cryotherapy Chamber	\$25
Whole Health Coaching	\$95

Book your appointment at Rest & Recharge desk. Packages available for purchase.

Session 4

Aquatics



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at 7:00 am**

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Red Cross Learn-to-Swim Program

We proudly present the Red Cross Learn-to-Swim program, which provides a safe and supportive environment for everyone to learn at their own pace. The program emphasizes step-by-step skill building, ensuring mastery before progression. Our swim classes foster confidence in the water, making learning both enjoyable and effective.



Swim Lesson Assessments

- Ensures members 3-17 are enrolled in the correct level for their abilities, promoting a better learning environment for all the swimmers in the group.
- Required to be completed by everyone age 3-17 who would like to participate in our Red Cross Learn-to-Swim group lessons.
- Assessment times are available on a monthly basis; dates & times can be found under "Programs" in the app or online account.

Aquatics Private Instruction

Dive into personalized progress with Private Instruction for Aquatics! Whether one-on-one or with a buddy, sessions are tailored to your unique goals and skill level, ensuring focused attention and faster improvement. Our expert instructors make learning fun, safe, and effective!

PRIVATE INSTRUCTION

Questions?

Please reach out to our Aquatics Manager, Tonya Vandermey, at Tonya.Vandermey0@walmart.com.



Session 4 Pool Hours

August 18 - October 12



Lap Pool

25-yard lap pool with 8 lanes and hot tub on deck. For lap swimming use only.

Monday – Friday

5:30 am – 8:30 pm

Saturday & Sunday

7:00 am – 6:30 pm

Recreation Pool

25-yard, 10-lane recreation pool. **Lanes may be limited due to programming.**

Monday – Friday

8:00 am – 1:00 pm

4:00 – 7:00 pm

Saturday

9:00 am – 4:00 pm

Activity Pool

25-yard, 5-lane pool with zero entry and additional water features.

Space & water features may be limited due to programming.

Monday – Friday

8:00 am – 1:00 pm

4:00 – 8:30 pm

Saturday

8:00 am – 6:30 pm

Sunday

10:00 am – 6:30 pm

Questions?

Please reach out to our Aquatics
Director, Brian Peticolas, at
Brian.Peticolas@walmart.com.

Walton Family
Whole Health & Fitness

Session 4

Aquatics



Parent Child 1

Ages 6 months-18 months | Cost \$75.00

Day	Time	Instructor	Pool
Tuesday	4:00-4:30 pm	Jo	Activity
Wednesday	4:30-5:00 pm	Rose	Activity
Friday	9:00-9:30 am	Tami	Activity
Saturday	9:00-9:30 am	Rose	Activity

Parent Child 2

Ages 18 months-4 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	9:00-9:30 am	Jo	Activity
Monday	4:30-5:00 pm	Rachel	Activity
Wednesday	5:30-6:00 pm	Rachel	Activity
Friday	10:30-11:00 am	Tami	Activity
Saturday	11:00-11:30 am	Rose	Activity

Beginner 3

Age 3 | Cost \$75.00

Day	Time	Instructor	Pool
Monday	5:00-5:30 pm	Rachel	Activity
Tuesday	4:00-4:30 pm	Rebecca	Activity
Wednesday	9:00-9:30 am	Heather	Activity
Wednesday	4:30-5:00 pm	Becca	Activity
Thursday	3:30-4:00 pm	Becca	Activity
Friday	9:30-10:00 am	Tami	Activity

Advanced 3

Age 3 | Cost \$75.00

Day	Time	Instructor	Pool
Monday	9:30-10:00 am	Jo	Activity
Monday	5:30-6:00 pm	Rachel	Activity
Tuesday	5:00-5:30 pm	Jo	Activity
Wednesday	10:00-10:30 am	Heather	Activity
Wednesday	4:00-4:30 pm	Becca	Activity
Thursday	10:00-10:30 am	Jo	Activity
Thursday	4:00-4:30 pm	Becca	Activity
Friday	10:00-10:30 am	Tami	Activity

Preschool 1

Ages 4-5 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	10:00-10:30 am	Jo	Activity
Monday	4:00-4:30 pm	Ali	Activity
Monday	6:00-6:30 pm	Rachel	Activity
Tuesday	4:30-5:00 pm	Jo	Activity
Tuesday	5:30-6:00 pm	Rebecca	Activity
Tuesday	6:00-6:30 pm	Jo	Activity
Wednesday	10:30-11:00 am	Heather	Activity
Wednesday	5:00-5:30 pm	Rose	Activity
Wednesday	5:30-6:00 pm	Becca	Activity
Thursday	9:30-10:00 am	Jo	Activity
Thursday	4:30-5:00 pm	Becca	Activity
Friday	11:00-11:30 am	Tami	Activity
Saturday	10:00-10:30 am	Rose	Activity

Preschool 2

Ages 4-5 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	11:00-11:30 am	Jo	Activity
Monday	4:30-5:00 pm	Ali	Activity
Tuesday	4:30-5:00 pm	Rebecca	Activity
Tuesday	6:00-6:30	Rebecca	Activity
Wednesday	9:30-10:00 am	Heather	Activity
Wednesday	4:00-4:30 pm	Rose	Activity
Wednesday	5:30-6:00 pm	Rose	Activity
Wednesday	6:00-6:30 pm	Becca	Activity
Thursday	10:30-11:00 am	Jo	Activity
Thursday	5:00-5:30 pm	Ali	Activity
Thursday	5:30-6:00 pm	Becca	Activity
Friday	9:30-10:00 am	Rachel	Activity
Saturday	10:30-11:00 am	Rose	Activity

Session 4

Aquatics



Preschool 3

Ages 4-5 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	10:30-11:00 pm	Jo	Activity
Monday	5:00-5:30 pm	Ali	Activity
Tuesday	5:00-5:30 pm	Rebecca	Activity
Wednesday	11:00-11:30 am	Heather	Activity
Wednesday	5:00-5:30 pm	Rachel	Activity
Wednesday	6:00-6:30 pm	Rose	Activity
Thursday	11:00-11:30 am	Jo	Activity
Thursday	4:30-5:00 pm	Ali	Activity
Thursday	5:00-5:30 pm	Becca	Activity
Saturday	9:30-10:00 am	Rose	Activity

Fantastic 5

Age 5 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	4:00-4:30 pm	Karen	Activity
Monday	5:30-6:00 pm	Ali	Activity
Tuesday	5:30-6:00 pm	Jo	Activity
Wednesday	4:30-5:00 pm	Rachel	Activity
Wednesday	6:00-6:30 pm	Christina	Activity
Thursday	5:30-6:00 pm	Ali	Activity
Saturday	11:30-12:00 pm	Rose	Activity

Level 1

Ages 6-12 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	5:00-5:30 pm	Karen	Activity
Monday	6:00-6:30 pm	Ali	Activity
Tuesday	4:30-4:30 pm	Karen	Activity
Tuesday	5:30-6:00 pm	Karen	Activity
Wednesday	9:30-10:00 am	Donna	Activity
Wednesday	4:00-4:30 pm	Heather	Activity
Wednesday	6:00-6:30 pm	Rachel	Activity
Wednesday	6:00-6:30 pm	Heather	Activity
Thursday	4:30-5:00 pm	Karen	Activity
Thursday	6:00-6:30 pm	Becca	Activity

Intro to Swim

Ages 6-12 years | Cost \$75.00

Day	Time	Instructor	Pool
Wednesday	5:00-5:30 pm	Heather	Activity
Thursday	5:30-6:00 pm	Karen	Activity

Level 3

Ages 6-12 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	4:30-5:00 pm	Sarah	Rec
Monday	5:00-5:30 pm	Sarah	Rec
Monday	5:30-6:00 pm	Rose	Rec
Tuesday	4:30-5:00 pm	Ali	Rec
Tuesday	6:00-6:30 pm	Ali	Rec
Wednesday	10:00-10:30 am	Donna	Rec
Wednesday	4:00-4:30 pm	Karen	Rec
Wednesday	5:30-6:00 pm	Christina	Rec
Wednesday	4:30-5:00 pm	Sarah	Rec
Wednesday	6:30-7:00 pm	Christina	Rec
Thursday	4:30-5:00 pm	Rose	Rec
Thursday	6:00-6:30 pm	Sarah	Rec
Friday	4:00-4:30 pm	Tami	Rec
Friday	4:30-5:00 pm	Ali	Rec
Friday	5:00-5:30 pm	Tami	Rec
Friday	5:30-6:00 pm	Rose	Rec
Saturday	9:30-10:00 pm	Sarah	Rec
Saturday	10:00-10:3 pm	Hunter	Rec
Saturday	11:00-11:30 pm	Hunter	Rec

Level 2

Ages 6-12 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	4:30-5:00 pm	Karen	Activity
Monday	6:30-7:00 pm	Ali	Activity
Tuesday	4:30-5:00 pm	Karen	Activity
Tuesday	6:00-6:30 pm	Karen	Activity
Wednesday	10:00-10:30 am	Donna	Activity
Wednesday	4:30-5:00 pm	Heather	Activity
Wednesday	5:30-6:00 pm	Heather	Activity
Wednesday	6:30-7:00 pm	Heather	Activity
Thursday	4:00-4:30 pm	Karen	Activity
Thursday	5:00-5:30 pm	Karen	Activity
Thursday	6:00-6:30 pm	Becca	Activity

Session 4

Aquatics



Level 4

Ages 6-12 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	4:00-4:30 pm	Rose	Rec
Monday	5:00-5:30 pm	Rose	Rec
Monday	5:30-6:00 pm	Sarah	Rec
Tuesday	6:00-6:30 pm	Sarah	Rec
Tuesday	6:30-7:00 pm	Ali	Rec
Wednesday	10:30-11:00 pm	Donna	Activity
Wednesday	4:00-4:30 pm	Christina	Rec
Wednesday	4:30-5:00 pm	Karen	Rec
Wednesday	5:00-5:30 pm	Sarah	Rec
Thursday	4:00-4:30 pm	Rose	Rec
Friday	4:00-4:30 pm	Rose	Rec
Friday	4:30-5:00 pm	Tami	Rec
Friday	5:00-5:30 pm	Rose	Rec
Friday	6:00-6:30 pm	Tami	Rec
Friday	6:30-7:00 pm	Rose	Rec
Saturday	9:00-9:30 pm	Hunter	Rec
Saturday	10:00-10:30 pm	Sarah	Rec

Level 5

Ages 6-12 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	4:30-5:00 pm	Rose	Rec
Monday	6:00-6:30 pm	Sarah	Rec
Tuesday	4:30-5:00 pm	Sarah	Rec
Wednesday	10:30-11:00 am	Donna	Activity
Wednesday	4:30-5:00	Christina	Rec
Wednesday	6:30-7:00 pm	Karen	Rec
Thursday	4:30-5:00 pm	Sarah	Rec
Friday	4:00-4:30 pm	Ali	Rec
Friday	4:30-5:00 pm	Rose	Rec
Friday	5:00-5:30 pm	Ali	Rec
Friday	6:30-7:00 am	Tami	Rec
Saturday	9:30-10:00 am	Hunter	Rec
Saturday	10:30-11:00 am	Sarah	Rec

Teen Beginner

Ages 11-17 years | Cost \$75.00

Day	Time	Instructor	Pool
Wednesday	6:30-7:00 pm	Becca	Activity
Thursday	6:30-7:00 pm	Ali	Activity

Swim Team Prep

Ages 6-11 years | Cost \$85.00

Day	Time	Instructor	Pool
Wednesday	5:30-6:30 pm	Sarah	Rec
Friday	5:30-6:30 pm	Ali	Rec

Teen Intermediate

Ages 11-17 years | Cost \$75.00

Day	Time	Instructor	Pool
Wednesday	5:30-6:00 pm	Karen	Rec
Thursday	5:00-5:30 pm	Rose	Rec



Session 4

Aquatics



Adult Intro to Swim

Age 18+ | Cost \$75.00

Day	Time	Instructor	Pool
Monday	5:30-6:00 pm	Karen	Activity
Monday	6:30-7:00 pm	Karen	Activity
Tuesday	5:00-5:30 pm	Karen	Activity
Tuesday	6:30-7:00 pm	Rebecca	Activity
Wednesday	11:00-11:30 am	Donna	Activity
Wednesday	6:30-7:00 pm	Rose	Activity
Thursday	6:00-6:30 pm	Karen	Activity
Thursday	6:30-7:00 pm	Karen	Activity

Adult Advanced Beginner

Age 18+ | Cost \$75.00

Day	Time	Instructor	Pool
Monday	6:00-6:30 pm	Rose	Rec
Wednesday	5:00-5:30 pm	Karen	Rec
Friday	5:30-6:00 pm	Tami	Rec
Friday	6:00-6:30 pm	Rose	Rec
Saturday	9:00-9:30 am	Sarah	Rec

Adult Intermediate

Age 18+ | Cost \$75.00

Day	Time	Instructor	Pool
Monday	6:30-7:00 pm	Rose	Rec
Wednesday	6:00-6:30 pm	Karen	Rec
Friday	6:30-7:00 pm	Ali	Rec
Saturday	11:30-12:00 pm	Hunter	Rec

Adult Women Only

Age 18+ | Cost \$75.00

Day	Time	Instructor	Pool
Friday	10:00-10:30 am	Rachel	Activity
Monday	6:00-6:30 pm	Karen	Activity

Adult Men Only

Age 18+ | Cost \$75.00

Day	Time	Instructor	Pool
Saturday	10:30-11:00 am	Hunter	Rec

Rec League

Ages 6-17 years | Cost \$90.00

Day	Time	Instructor	Pool
Mon & Wed	4:30-5:30 pm	Marie/Adam	Rec
Tue & Thu	5:00-6:00 pm	Sarah/Ali	Rec

Rec League

Ages 11-17 | Cost \$120.00

Day	Time	Instructor	Pool
Mon, Wed, Fri	6:00-7:00 pm	Madison	Rec

Masters Swim Month-by-Month

Age 18+ | Cost \$35.00

Day	Time	Instructor	Pool
Mon & Wed	11:30-12:00 pm	Madison	Rec
Tue & Thu	5:30-6:30 am	Morgan	Rec

AQUATICS



Session 4

Fitness



Registration for Monthly Programs

Opens

September 1 at 7:00 am

September Monthly Programs Run

September 7–October 4

Monthly Programs

Join us for a Pilates Reformer or Group Training Program. With month-to-month registration at affordable pricing, these programs are designed to fit into your hectic schedule. And with small class sizes, you'll enjoy a personalized experience tailored just for you!

Group Fitness Classes

Experience movement the Whole Health way- classes designed with everyone in mind! Join a Mind + Body class like Sound Bath or Breath & Stress Reset to nurture your emotional well-being and foster resilience, build strength with Fit Zone or LIFT, or join a movement-based class to get energized and have fun. Sign up online under "Classes." For questions, contact Zac at zach.lewis@walmart.com. Register for classes up to one week in advance.

FITNESS

Group Fitness Schedule: August 4 – August 31

■ 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	Bootcamp 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	LIFT 5:15-6:00 AM Studio: 2	* 12 Rounds 5:15-6:15 AM Studio: 4		
	Barre Fusion 5:15-6:00 AM Studio: 6	TRX 6:15-7:00 AM Studio: 4		TRX 6:15-7:00 AM Studio: 4	Barre Fusion 5:15-6:00 AM Studio: 6		
	Spin Lab 6:15-7:00 AM Studio: 3		Spin Lab 6:15-7:00 AM Studio: 3		Spin Lab 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	* Heated Yoga 6:15-7:15 AM Studio: 5	* Heated Yoga 6:15-7:15 AM Studio: 5	* Heated Pilates Sculpt 6:15-7:15 AM Studio: 5		
		Mat Pilates 6:15-7:00 AM Studio: 6		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	* FIT ZONE 6:15-7:15 AM The Zone	* Heated Yoga 7:30-8:30 AM Studio: 5	



Group Fitness Schedule: August 4 – August 31

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

Mid-Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	Yoga 7:15-8:00 AM Studio: 6	Mat Pilates 8:30-9:15 AM Studio: 6	Barre Fusion 8:15-9:00 AM Studio: 6	Barre Fusion 8:15-9:00 AM Studio: 6
Deep Water 8:30-9:15 AM Recreation Pool	Aqua Fit 9:15-10:30 AM Recreation Pool	Deep Water 8:30-9:15 AM Recreation Pool	Aqua Fit 9:15-10:30 AM Recreation Pool	Aqua Barre 8:30-9:15 AM Recreation Pool	* 12 Rounds 8:15-9:15 AM Studio: 4	* Heated Yoga 9:00-10:00 AM Studio: 5
Mat Pilates 8:30-9:15 AM Studio: 6		Mat Pilates 8:30-9:15 AM Studio: 6	Barre Fusion 8:30-9:15 AM Studio: 6		StrollerFit 8:15-9:00 AM Studio: Outdoor Pavillion	
StrollerFit 8:15-9:00 AM Studio: Outdoor Pavillion	High Fitness 8:30-9:15 AM Studio: 3		High Fitness 8:30-9:15 AM Studio: 3	Zumba 8:30-9:15 AM Studio: 3	* FIT ZONE 9:00-10:00 AM The Zone	
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		
LIFT 8:30-9:15 AM Studio: 2	LIFT 8:30-9:15 AM Studio: 2	LIFT 8:30-9:15 AM Studio: 2	LIFT 8:30-9:15 AM Studio: 2		* Heated Yoga 9:00-10:00 AM Studio: 5	
* FIT ZONE 9:30-10:30 AM The Zone		* FIT ZONE 9:30-10:30 AM The Zone	TRX Yoga 9:00-9:45 AM Studio: 4	* FIT ZONE 9:30-10:30 AM The Zone	Spin Lab 9:15-10:00 AM Studio: 3	
	LIFT 9:30-10:15 AM Studio: 2		LIFT 9:30-10:15 AM Studio: 2		Bootcamp 10:15-11:00 AM Studio: 1	
	* Heated Yoga 9:30-10:30 AM Studio: 5			Stretch & Tone 9:30-10:15 AM Studio: 6	Zumba Step 10:15-11:00 AM Studio: 3	
Surge Fit 9:30-10:15 AM Studio: 1	Surge Strength 9:30-10:15 AM Studio: 1	Surge Fit 9:30-10:15 AM Studio: 1	Surge Strength 9:30-10:15 AM Studio: 1	Surge Fit 9:30-10:15 AM Studio: 1		
Gentle Flow 10:15-11:00 AM Studio: 5		Gentle Flow 10:15-11:00 AM Studio: 5	* Yoga for Alignment 10:15-11:15 AM Studio: 6	Gentle Flow 10:15-11:00 AM Studio: 5	* FAMILY FIT ZONE 10:30-11:30 AM The Zone	

Session 4

Fitness



Group Fitness Schedule: August 4 – August 31

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

Lunch & Afternoon	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		* 12 Rounds 11:00-12:00 PM Studio: 4		* 12 Rounds 11:00-12:00 PM Studio: 4		Restorative Yoga 10:30-11:15 AM Studio: 5	* FAMILY 12 Rounds 12:00-1:00 PM Studio 4
	* 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	* FIT ZONE 11:15-12:15 PM The Zone	Athletic Mobility 11:00-11:45 AM Studio: 6	* FAMILY FIT ZONE 1:15-2:15 PM The Zone
	Bootcamp 11:15-12:00 PM Studio: 1	LIFT 11:15-12:00 PM Studio: 2	Bootcamp 11:15-12:00 PM Studio: 1	LIFT 11:15-12:00 PM Studio: 2	Bootcamp 11:15-12:00 PM Studio: 1	Pedal Camp 11:15-12:00 PM Studio: 3	
	Essentrics 11:15-12:00 PM Studio: 6		Essentrics 11:15-12:00 PM Studio: 6	Gentle Flow 11:15-12:00 PM Studio: 5	Restorative Yoga 11:15-12:00 PM Studio: 5	* 12 Rounds 11:30-12:30 PM Studio: 4	Body Blast 2:00-2:45 PM Studio: 1
	* Sound Bath 11:15-12:15 PM Studio: 5		* Sound Bath 11:15-12:15 PM Studio: 5	Aqua Ballet 11:30-12:00 PM Recreation Pool			
	Bootcamp Express 12:15-12:45 PM Studio: 1	Pedal Camp 11:30-12:15 PM Studio: 3	Bootcamp Express 12:15-12:45 PM Studio: 1	Pedal Camp 11:30-12:15 PM Studio: 3	Bootcamp Express 12:15-12:45 PM Studio: 1		Gentle Flow 2:15-3:00 PM Studio: 5

Group Fitness Schedule: August 4 – August 31

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

Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Stretch 4:15-5:00 PM Studio: 6	Midday Mobility 3:30-4:15 PM Studio: 5	Stretch 4:15-5:00 PM Studio: 6			* Heated Yoga 3:30-4:30 PM Studio: 5
	* Yoga for Pregnancy 5:00-6:00 PM Studio: 5	Mat Pilates 4:15-5:00 PM Studio: 6	Yoga 5:15-6:00 PM Studio: 5			* Sound Bath 5:00-6:00 PM Studio: 5
TRX 5:00-5:45 PM Studio: 4		TRX 5:00-5:45 PM Studio: 4				
		Restore & Meditate 5:15-6:00 PM Studio: 5				
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	Barre Fusion 5:15-6:00 PM Studio: 6			
Zumba 5:15-6:00 PM Studio: 3	Zumba 5:15-6:00 PM Studio: 3	Zumba 5:15-6:00 PM Studio: 3	Fitness Dance 5:15-6:00 PM Studio: 3			
	LIFT 5:15-6:00 PM Studio: 2	Surge Fit 5:15-6:00 PM Studio: 1	LIFT 5:15-6:00 PM Studio: 2			
Hydro Tone 5:45-6:30 PM Recreation Pool		Hydro Tone 5:45-6:30 PM Recreation Pool				
* 12 Rounds 6:00-7:00 PM Studio: 4		* 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		
Breath & Stress Reset 6:00-6:45 PM Studio: 6	Gentle Flow 6:15-7:00 PM Studio: 5	* Heated Yoga 6:15-7:15 PM Studio: 5	Gentle Flow 6:15-7:00 PM Studio: 5	Yoga 6:00-6:45 PM Studio: 5		
* FIT ZONE 6:15-7:15 PM The Zone	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			
Rhythm Ride 6:15-7:00 PM Studio: 3	* FIT ZONE 6:15-7:15 PM The Zone	Rhythm Ride 6:15-7:00 PM Studio: 3				
Body Blast 6:30-7:15 PM Studio: 1	Club Fitness 6:15-7:00 PM Studio: 3	Body Blast 6:30-7:15 PM Studio: 1	Club Fitness 6:15-7:00 PM Studio: 3			
* Heated Yoga 6:30-7:30 PM Studio: 5	Bootcamp 6:30-7:15 PM Studio: 1		Bootcamp 6:30-7:15 PM Studio: 1			
Tai Chi 7:00-7:45 PM Studio: 6				Warrior Flow 6:00-6:45 PM Studio: 6		
Zumba 7:15-8:00 PM Studio: 3	Fitness Dance 7:15-8:00 PM Studio: 3	Zumba 7:15-8:00 PM Studio: 3		Tai Chi 7:00-7:45 PM Studio: 6		
Warrior Flow 8:00-8:45 PM Studio: 6		Breath & Stress Reset 7:30-8:15 PM Studio: 5				

Session 4

Recreation



Registration Opens
Monday, August 11
at 7:00 am

Registration Runs
August 11 – 24

Session 4 Dates
August 18 – October 12



Court Reservations

Reserve bookable court spaces in your online account. From your portal, book courts, manage your membership, register for classes and experiences, and take advantage of all we have to offer! Take a look at our [Court Booking Policies](#) on our Recreation page!

RECREATION

Golf Simulator

Ready to swing into fun and fitness? Book time in our Golf Simulator! Whether you're perfecting your drive or just looking for a new way to unwind, our simulator offers a realistic golf experience—rain or shine.

- **Wednesdays 5:00 – 9:00 pm**
- **Saturdays 9:00 am – 1:00 pm**
- \$20 per hour
- How to Book: Reserve your spot easily in your online account or the app. Just go to [Reservations > Gym > Advanced Options > Golf Simulator](#).

Recreation Private Instruction

Elevate your game with Private Instruction! Enjoy personalized coaching in tennis, pickleball, volleyball, squash and basketball. Our expert instructors tailor each session to your goals, helping you build skills, boost confidence, and have fun on the court.

PRIVATE INSTRUCTION

Questions?

Please reach out to our Recreation Director David Smith at David.Smith8@walmart.com.





Youth Sports

Youth Tennis-Ankle Biters
 Ages 4-5 Years | Cost \$40.00

Day	Time
Monday	4:00-4:30 pm
Monday	5:00-5:30 pm
Tuesday	4:00-4:30 pm
Wednesday	4:00-4:30 pm
Thursday	4:00-4:30 pm
Saturday	9:00-9:30 am
Saturday	12:00-12:30 pm

Youth Tennis-Future Champs
 Ages 8-9 Years | Cost \$50.00

Day	Time
Monday	4:15-4:55 pm
Monday	5:05-5:45 pm
Tuesday	5:05-5:45 pm
Wednesday	5:05-5:45 pm
Thursday	5:05-5:45 pm
Saturday	10:05-10:45 am
Saturday	1:05-1:45 pm

Youth Tennis-Tomorrow's Stars
 Ages 6-7 Years | Cost \$40.00

Day	Time
Monday	4:30-5:00 pm
Monday	5:30-6:00 pm
Tuesday	4:30-5:00 pm
Wednesday	4:30-5:00 pm
Thursday	4:30-5:00 pm
Saturday	9:30-10:00 am
Saturday	12:30-1:00 pm
Saturday	2:30-3:00 pm

Youth Tennis-Novice-Green Dot
 Ages 10+ Years | Cost \$62.00

Day	Time
Wednesday	5:00-5:55 pm
Thursday	5:00-5:55 pm
Saturday	9:00-9:55 am

Youth Tennis-Intermediate-Yellow Ball
 Ages 10+ Years | Cost \$62.00

Day	Time
Tuesday	5:00-5:55 pm
Wednesday	5:00-5:55 pm
Thursday	5:00-5:55 pm
Saturday	10:00-10:55 am

Youth Squash

Day	Time	Age	Price
Saturday	9:00-9:55 am	10-15	\$62.00

Youth Pickleball

Day	Time	Age	Price
Monday	5:00-5:55 pm	10+	\$62.00
Tuesday	5:05-5:45 pm	6-9	\$50.00
Thursday	4:00-4:55 pm	10+	\$62.00
Sunday	12:15-12:55 pm	6-9	\$50.00
Sunday	1:00-1:55 pm	10+	\$62.00



Session 4

Recreation



Youth Sports

Youth Basketball Skills

Day	Time	Age	Price
Thursday	4:00-4:30 pm	5-6	\$40.00
Thursday	4:35-5:15 pm	7-8	\$50.00
Thursday	5:20-6:00 pm	9-10	\$50.00
Wednesday	4:00-4:55 pm	11-14	\$62.00

Youth Color Guard

Day	Time	Age	Price
Wednesday	4:00-4:30 pm	6-7	\$40.00
Wednesday	4:30-5:15 pm	8-10	\$50.00
Wednesday	5:15-6:15 pm	11-14	\$62.00

Youth Volleyball

Class	Day	Time	Cost
Intro to Volleyball 8-11 Years	Tuesday	4:00-4:55 pm	\$62.00
Youth Volleyball 12-15 Years	Tuesday	5:00-5:55 pm	\$62.00
Youth Volleyball 8-11 Years	Thursday	4:00-4:55 pm	\$62.00
Youth Volleyball 12-15 Years	Thursday	5:00-5:55 pm	\$62.00

Adult Sports

Adult Pickleball | Age 16+ Years

Class	Day	Time	Cost
Pickleball - Intro	Monday	9:00-9:55 am	\$62.00
Pickleball - Advanced (Instructor Approval)	Monday	10:00-10:55 am	\$62.00
Pickleball - Intermediate	Monday	11:00 - 11:55 am	\$62.00
Pickleball - Intro	Monday	6:00-6:55 pm	\$62.00
Pickleball - Intermediate	Monday	6:00-6:55 pm	\$62.00
Pickleball - Recreational League	Tuesday	9:00-10:55 am	\$50.00
Pickleball - Recreational League (1-Time)	Tuesday	9:00-10:55 am	\$8.00
Pickleball - Intermediate	Tuesday	12:00-12:55 pm	\$62.00
Pickleball - Intermediate (1-Time)	Tuesday	12:00-12:55 pm	\$10.00
Pickleball - Intermediate League	Tuesday	6:00-7:55 pm	\$50.00
Pickleball - Intermediate League (1-Time)	Tuesday	6:00-7:55 pm	\$8.00
Pickleball - Intermediate League	Wednesday	9:00-10:55 am	\$50.00
Pickleball - Intermediate League (1-Time)	Wednesday	9:00-10:55 am	\$8.00
Pickleball - Cardio	Wednesday	6:00-6:55 pm	\$62.00
Pickleball - Cardio (1 Time)	Wednesday	6:00-6:55 pm	\$10.00
Pickleball - Cardio	Wednesday	7:00-7:55 pm	\$62.00
Pickleball - Cardio (1 Time)	Wednesday	7:00-7:55 pm	\$10.00
Pickleball - Intro	Thursday	9:00-9:55 am	\$62.00
Pickleball - Intermediate Skills & Drills	Thursday	10:00-10:55 am	\$62.00



Adult Sports

Adult Pickleball | Age 16+ Years

Class	Day	Time	Cost
Pickleball - Intro	Thursday	6:00-6:55 pm	\$62.00
Pickleball - Intermediate	Thursday	6:00-6:55 pm	\$62.00
Pickleball - Hit with a pro 3.5+	Friday	9:00-10:00 am	\$62.00
Pickleball - Hit with a pro 3.5 (1 Time)	Friday	9:00-10:00 am	\$10.00
Pickleball - Skills & Drills 2.5+	Friday	10:00-11:00 am	\$62.00
Pickleball Sills and Drills 2.5 + (1-Time)	Friday	10:00-11:00 am	\$10.00
Pickleball - Drop in play	Friday	11:00-12:55 pm	\$5.00
Pickleball - Intro	Sunday	2:00-2:55 pm	\$62.00
Pickleball - Intro	Sunday	2:00-2:55 pm	\$5.00
Pickleball - Drop in play	Sunday	5:00-6:55 pm	\$5.00
Pickleball - Intro	Sunday	5:00-6:55 pm	\$62.00

Adult Tennis | Age 16+ Years

Class	Day	Time	Cost
Tennis - Cardio 3.0	Monday	9:00 - 9:55 am	\$62.00
Tennis - Cardio 3.0 (1-Time)	Monday	9:00 - 9:55 am	\$10.00
Tennis - Intro 2.0	Monday	10:00-10:55 am	\$62.00
Tennis - Cardio 3.0	Monday	11:00-11:55 am	\$62.00
Tennis - Cardio 3.0 (1-Time)	Monday	11:00-11:55 pm	\$10.00
Tennis - 3.5	Monday	12:00-12:55 pm	\$62.00
Tennis - 3.5 (1-Time)	Monday	12:00-12:55 pm	\$10.00
Tennis - 4.0 (Instructor Approval)	Monday	6:00-6:55 pm	\$62.00
Tennis - Cardio 3.0	Monday	7:00-7:55 pm	\$62.00
Tennis - Cardio 3.0 (1-Time)	Monday	7:00 - 7:55 pm	\$10.00
Tennis - Early Bird Cardio	Tuesday	6:00-6:55 am	\$62.00
Tennis - Early Bird Cardio (1-Time)	Tuesday	6:00-6:55 am	\$10.00
Tennis - Hit with a Pro	Tuesday	7:00-8:25 am	\$90.00
Tennis - Hit with a Pro (1-Time)	Tuesday	7:00-8:25 am	\$12.00
Tennis - Intro	Tuesday	9:00-9:55 am	\$62.00
Tennis - 3.0	Tuesday	10:00-10:55 am	\$62.00
Tennis - 4.0	Tuesday	10:00-10:55 am	\$62.00
Tennis - Cardio	Tuesday	11:00-11:55 am	\$62.00
Tennis - Cardio (1-Time)	Tuesday	11:00-11:55 am	\$10.00
Tennis - Cardio 3.0+	Tuesday	6:00-6:55 pm	\$62.00
Tennis - Cardio 3.0+(1-Time)	Tuesday	6:00-6:55 pm	\$10.00
Tennis - Intro	Tuesday	6:00-6:55 pm	\$62.00
Tennis - Intro	Tuesday	7:00-7:55 pm	\$62.00
Tennis - 3.5	Wednesday	9:00-9:55 am	\$62.00



Adult Sports

Adult Tennis | Age 16+ Years

Class	Day	Time	Cost
Tennis - 2.5	Wednesday	10:00-10:55 am	\$62.00
Tennis - Cardio 3.0+	Wednesday	11:00-11:55 am	\$62.00
Tennis - Cardio 3.0+ (1-Time)	Wednesday	11:00-11:55 am	\$10.00
Tennis - Cardio (1 Time drop in)	Wednesday	12:00-12:55 pm	\$10.00
Tennis - 3.5	Wednesday	6:00-6:55 pm	\$62.00
Tennis - Intro	Wednesday	7:00-7:55 pm	\$62.00
Tennis - 4.0 (Instructor Approval)	Thursday	8:30-9:55 am	\$90.00
Tennis - 3.0	Thursday	9:00-9:55 am	\$62.00
Tennis - Cardio 3.0+	Thursday	10:00-10:55 am	\$62.00
Tennis - Cardio 3.0+(1 Time)	Thursday	10:00-10:55 am	\$10.00
Tennis - 3.5/4.0	Thursday	11:00-11:55 am	\$62.00
Tennis - 3.5/4.0 (1-Time)	Thursday	11:00-11:55 am	\$10.00
Tennis - Cardio Intro	Thursday	12:00-12:55 pm	\$62.00
Tennis - Cardio Intro (1-Time)	Thursday	12:00-12:55 pm	\$10.00
Tennis - 2.0/2.5	Thursday	6:00-6:55 pm	\$62.00
Tennis - 3.0	Thursday	7:00-7:55 pm	\$62.00
Tennis Cardio - Intro	Friday	11:00-11:55 am	\$62.00
Tennis Cardio - Intro (1-Time)	Friday	11:00-11:55 am	\$10.00
Tennis - 4.0 Instructor Approval	Friday	12:00-1:00 pm	\$62.00
Tennis - Cardio 3.0 +	Saturday	11:00-11:55 am	\$62.00
Tennis - Cardio 3.0+ (1 Time)	Saturday	11:00-11:55 am	\$10.00

Basketball 3 on 3 League
Age 18+ | Cost \$100.00

Day	Time
Wednesday	6:00-9:00 pm

Squash - Adult Intro
Age 16+ | Cost \$62.00

Day	Time
Saturday	10:00-10:55 am

Volleyball - Adult Intro
Age 18+ | Cost \$62.00

Day	Time
Tuesday	6:00-7:00 pm

Adult Taekwondo Classes
Age 13+ Years | Cost \$120.00

Class	Day	Time
Adult All Levels	Tuesday & Thursdays	7:15-8:00pm

Session 4

Youth



Registration Opens
Monday, August 11
at 7:00 am

Registration Runs
August 11 – 24

Session 4 Dates
August 18 – October 12

Youth Facility Rules

Whole Health is for all – and that includes the kids! We love having children enjoying our space. **Youth under the age of 13 must be directly supervised by a parent, guardian, or sibling at least 16 years old at all times within the facility unless checked into the Youth Activity Center or are in a program or class. They are not permitted in studio spaces unless enrolled in a designated family or youth class that allows their age group.**

Youth Group Fitness Classes

Looking for fun and active ways to keep your kids engaged, but need some flexibility? Check out our drop-in style youth fitness classes, perfect for ages 7-9 and 10-13, all in YAC Studio 2. Register up to a week in advance for only \$5 per drop-in.

Youth Fitness Schedule

August 4-29

Drop-In Classes Available for Registration 1 Week in Advance
for \$5 via your Online Account or the Whole Health & Fitness App.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Bootcamp 11:30 am-12:00 pm Ages 7-9 Coach Jordan	
					FITZONE 12:15 pm-1:00 pm Ages 10-13 Coach Jordan	
		Yoga 4:00 pm-4:30 pm Ages 4-6 Coach Gabby				
Bootcamp 5:00 pm-5:30 pm Ages 7-9 Coach Maria	Bootcamp 5:00 pm-5:30 pm Ages 7-9 Coach Jordan	Yoga 4:45 pm-5:15 pm Ages 7-9 Coach Gabby		Bootcamp 5:00 pm-5:30 pm Ages 7-9 Coach Jordan		
FITZONE 5:45 pm-6:30 pm Ages 10-13 Coach Maria	FITZONE 5:45 pm-6:30 pm Ages 10-13 Coach Jordan	Yoga 5:30 pm-6:00 pm Ages 10-13 Coach Gabby		FITZONE 5:45 pm-6:30 pm Ages 10-13 Coach Jordan		

Walton Family Whole Health & Fitness

Updated Program or Class Child Drop-Off and Pick-Up Policy

To ensure the safest possible environment for all children enrolled in programs and classes at our facility, we are implementing an updated procedure for the drop-off and pick-up of participants under the age of 13.

Parents or guardians must drop off their child either directly with the instructor or at the assigned drop-off/pick-up area before the start of class and pick them up directly from the instructor or assigned drop off/pick up area at the end of class. If a parent or guardian arrives late to class, they must walk their child directly to the designated class or program area to check them in with the instructor or staff on duty. Children under 13 will no longer be permitted to exit classes or programs independently to meet a parent or guardian outside of the designated drop-off/pick-up area.



Youth Dance & Movement



Class	Day	Time	Age	Studio	Price
Intro to Dance	Monday	9:00-9:30 am	2 to 3	YAC 3	\$64.00
Move With Me	Monday	9:30-10:00 am	walk to 2	YAC 3	\$64.00
Ballet & Tap	Monday	10:00-10:45 am	3 to 5	YAC 3	\$80.00
Intro to Acro	Monday	10:45-11:30 am	3 to 5	YAC 3	\$80.00
Intro to Acro	Monday	11:30-12:15 pm	5 to 7	YAC 3	\$80.00
Tumble Tots	Monday	12:15-12:45 pm	1 to 3	YAC 3	\$64.00
Tumble Tots	Monday	3:45-4:15 pm	1 to 3	YAC 3	\$64.00
Intro to Acro	Monday	4:15-5:00 pm	3 to 6	YAC 3	\$80.00
Ballet & Tap	Monday	5:00-5:45 pm	3 to 5	YAC 3	\$80.00
Ballet & Tap	Monday	5:45-6:30 pm	5 to 8	YAC 3	\$80.00
Blacklight HipHop	Monday	6:30-7:00 pm	3 to 7	YAC 3	\$64.00
Blacklight HipHop	Monday	7:00-7:30 pm	7+	YAC 3	\$64.00
Hula Hooping	Tuesday	5:00-5:45 pm	7 to 12	YAC 3	\$64.00
Ballet & Tap	Tuesday	9:00-9:45 am	3 to 5	YAC 3	\$80.00
Intro to Cheer	Tuesday	9:45-10:30 am	3 to 7	YAC 3	\$80.00
Tumble Tots	Tuesday	10:30-11:00 am	1 to 3	YAC 3	\$64.00
Intro to Acro	Tuesday	11:00-11:45 am	3 to 6	YAC 3	\$80.00
Acro 1	Tuesday	11:45-12:30 pm	5 to 8	YAC 3	\$80.00
Blacklight Hip Hop	Tuesday	12:30-1:00 pm	3+	YAC 3	\$64.00
Move With Me	Tuesday	3:15-3:45 pm	walk to 2	YAC 3	\$64.00
Intro to Dance	Tuesday	3:45-4:15 pm	2 to 3	YAC 3	\$64.00
Rhythm Relays	Tuesday	4:15-4:45 pm	3 to 7	YAC 3	\$64.00
Intro to Cheer	Tuesday	4:45-5:30 pm	5 to 8	YAC 3	\$80.00
Ballet & Tap	Tuesday	5:30-6:15 pm	3 to 5	YAC 3	\$80.00
Blacklight HipHop	Tuesday	6:15-6:45 pm	3+	YAC 3	\$64.00
Dance Combo	Tuesday	6:45-7:30 pm	8+	YAC 3	\$80.00
Ballet & Tap	Wednesday	10:00-10:45 am	3 to 5	YAC 3	\$80.00
Move with Me	Wednesday	10:45-11:15 am	walking to 2	YAC 3	\$64.00
Intro to Dance	Wednesday	11:15-11:45 am	2 to 4	YAC 3	\$64.00
Intro to Acro	Thursday	9:00-9:45 am	3 to 6	YAC 3	\$80.00
Acro 1	Thursday	9:45-10:30 am	4 to 7	YAC 3	\$80.00
Ballet & Tap	Thursday	4:00-4:45 pm	5 to 7	YAC 3	\$80.00
Dance Combo	Thursday	4:45-5:30 pm	6 to 10	YAC 3	\$80.00
Move With Me	Saturday	9:00-9:30 am	walk to 2	YAC 3	\$64.00
Intro To Dance	Saturday	9:30-10:00 am	2 to 4	YAC 3	\$64.00
Ballet & Tap	Saturday	10:00-10:45 am	3 to 5	YAC 3	\$80.00

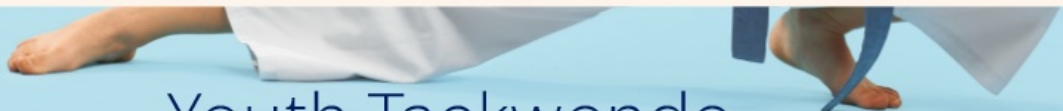
Youth Dance & Movement



Class	Day	Time	Age	Studio	Price
Blacklight Hip Hop	Saturday	10:45-11:15 am	4+	YAC 3	\$64.00
Ballet & Tap	Saturday	11:15-12:00 pm	6 to 9	YAC 3	\$80.00
Acro 1	Saturday	12:00-12:45 pm	5+	YAC 3	\$80.00

Dance classes available for children ages 12 months to 12 years support their full development—physical, cognitive, emotional, and social. Through styles like ballet, tap, creative movement, and other expressive activities, kids gain far more than just the ability to move to music.

Youth Taekwondo



Class	Day	Time	Age	Studio	Price
Taekwondo All Belts	Thursday	4:30-5:00 pm	4 to 6	YAC 1	\$90.00
Taekwondo Lower Belts	Thursday	5:00-5:30 pm	7 to 12	YAC 1	\$90.00
Taekwondo Upper Belts	Thursday	5:30-6:00 pm	7 to 12	YAC 1	\$90.00
Taekwondo Upper Belts	Saturday	9:00-9:30 am	7 to 12	YAC 1	\$90.00
Taekwondo Lower Belts	Saturday	9:30-10:00 am	7 to 12	YAC 1	\$90.00
Taekwondo All Belts	Saturday	10:00-10:30 am	5 to 6	YAC 1	\$90.00

Purpose and Philosophy: The class aims to nurture young students physically, mentally, and emotionally through the disciplined and dynamic art of Taekwondo. Rooted in traditional Korean martial arts, the program emphasizes respect, perseverance, confidence, and self-control.

Tiger Kick



Class	Day	Time	Age	Studio	Price
Tiger Kick	Monday	4:30-5:00 pm	6 to 9	YAC 1	\$64.00

Tiger Kick is a fun and motivational program for children that will help them stay active and healthy. Through engaging activities, they'll improve their fitness while also building confidence and coordination. Each session is filled with exciting challenges and playful teamwork, making fitness fun and enjoyable for all.

All Star



Class	Day	Time	Age	Studio	Price
All Star	Wednesday	4:00 pm-4:45 pm	6 to 9	Turf Field	\$64.00
All Star	Wednesday	5:00 pm-5:45 pm	10 to 12	Turf Field	\$64.00
All Star	Saturday	11:15 am-12:00 pm	9 to 12	Turf Field	\$64.00

A comprehensive athletic training program for children ages 7–12, supporting development through every stage—from foundational biomechanics to age-appropriate strength and heavy weight training, depending on each child's age and readiness.

Session 4

Youth Activity Center

Hours

Monday - Saturday
8:00 am - 1:00 pm

Monday - Thursday
4:00 pm - 8:00 pm

Sunday
1:00 pm - 5:00 pm

Know Before You Go

- Available for ages 6 weeks - 12 years
- **Parents must remain onsite while children are in the YAC**
- Please bring a labeled diaper for children who will need a diaper change
- Food and drinks are not allowed, except for prepared bottles in the Baby Room



Pricing

Single Visit | \$3 per visit per child | 2.5 hours max per visit.

Packages

1 Child | \$15 per month | 2.5 hours max per visit

2+ Children | \$20 per month | 2.5 hours max per visit

*Children may have up to two non-consecutive visits per day – not to exceed 2.5 hours max each visit

Ready to get started?

Register for the YAC or purchase a package in person at the Youth Activity Center! Take a full look at policies, procedures, and the Parent Handbook before you go!



HANDBOOK

Questions?

Please reach out to our Youth Programs Director Karyn Walker, at Karyn.Walker@walmart.com.

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