



October



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

Wednesday Walk
8:30 am-9:00 am

2

Sunrise High Yo
7:30 am-8:00 am

3

4

Baby & Me Yoga
9:30 am-10:15 am

Workshop
Rest & Recharge
10:00 am-10:30 am

5

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

6

Mindful Movement
Eccentrics
7:30 am-8:00 am

Nutrition Workshop
Weight Management Q&A
11:00 am-11:30 am

Taking Charge
Moving My Body
5:30 pm-6:30 pm

7

Stretch & Tone
7:30 am-8:00 am

Embody
11:30 am-12:30 pm

Bingo
6:00 pm-7:00 pm

8

Wednesday Walk
8:30 am-9:00 am

Nature Tour
11:30 am-12:15 pm

Taking Charge
My Purpose
My Passions
11:30 am-12:30 pm

Workshop
Healthy Homes
5:30 pm-6:45 pm

9

Sunrise Boxing 101
7:30 am-8:00 am

Halloween Movie Trivia
6:00 pm-7:00 pm

10

Pause & Power Up
A Day for Your Mental Health
9:00 am-6:00 pm

11

Baby & Me Yoga
9:30 am-10:15 am

Intro to Whole Health
11:30 am-12:30 pm

12

Yoga for Pregnancy
1:00 pm-2:00 pm

13

Mindful Movement
Bare
7:30 am-8:00 am

Nutrition Workshop
Diets Unpacked: Do They Help Weight Loss?
11:00 am-11:30 am

Adult Mindful Art
5:30 pm-6:30 pm

Taking Charge
My Food & Drink
1:00 pm-2:00 pm

14

Stretch & Tone
7:30 am-8:00 am

Embody
11:30 am-12:30 pm

Bingo
6:00 pm-7:00 pm

15

Wednesday Walk
8:30 am-9:00 am

Taking Charge
My Purpose
My Gifts
11:30 am-12:30 pm

Soundbath
6:00 pm-6:30 pm

16

Sunrise Sunshine & Strength
7:30 am-8:00 am

Intro to Whole Health
4:15 pm-5:15 pm

17

18

Baby & Me Yoga
9:30 am-10:15 am

Coloring & Connections
10:30 am-11:00 am

19

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

20

Mindful Movement
Yolates
7:30 am-8:00 am

Taking Charge
My Rest & Recharge
5:30 pm-6:30 pm

21

Stretch & Tone
7:30 am-8:00 am

Embody
11:30 am-12:30 pm

Bingo
6:00 pm-7:00 pm

22

Wednesday Walk
8:30 am-9:00 am

Taking Charge
My Purpose
My Values
11:30 am-12:30 pm

Workshop
Reiki 101
5:30 pm-6:15 pm

23

Sunrise HighYo
7:30 am-8:00 am

24

25

Baby & Me Yoga
9:30 am-10:15 am

Intro to Whole Health
11:30 am-12:30 pm

26

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

27

Mindful Movement
Pilates
7:30 am-8:00 am

Taking Charge
My Money
5:30 am-6:30 am

28

Stretch & Tone
7:30 am-8:00 am

Embody
11:30 am-12:30 pm

Bingo
6:00 pm-7:00 pm

29

Wednesday Walk
8:30 am-9:00 am

Taking Charge
My Purpose-Why
11:30 am-12:30 pm

30

Book Club
Coffee & Connection
7:15 am-7:45 am

Sunrise SurgeFit
7:30 am-8:00 am

Intro to Whole Health
4:15 pm-5:15 pm

Book Club
Snack & Connection
7:15 pm-7:45 pm

31



October

All Access Calendar

Paid Experiences

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Associates

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1

2

3

4

Nutrition Kitchen
Apple Cider & Biscuits
5:00 pm-6:00 pm
\$35.00

Nutrition Kitchen
Family Class
Pumpkin Gnocchi
10:00 am-11:00 am
\$12.50

Nutrition Kitchen
Family Class
Pumpkin Gnocchi
1:00 pm-2:00 pm
\$12.50

5

6

7

8

Nutrition Kitchen
Fall Flavors
Chef's Table +
Beer Pairing (21+)
5:00 pm-6:00 pm
\$65.00

9

Nutrition Kitchen
Fall Flavors
Chef's Table +
Beer Pairing (21+)
5:00 pm-6:00 pm
\$65.00

10

11

Nutrition Kitchen
Family Class
Spiced Nut &
Seed Brittle
10:00 am-11:00 am
\$12.50

Nutrition Kitchen
Family Class
Spiced Nut &
Seed Brittle
1:00 pm-2:00 pm
\$12.50

12

13

14

15

16

Nutrition Kitchen
Signature Class
Pear Crisps &
Oat Crumble
5:00 pm-6:00 pm
\$35.00

17

18

Nutrition Kitchen
Family Class
Warm Fall Treats:
Apple Crisp
10:00 am-11:00 am
\$12.50

Nutrition Kitchen
Family Class
Warm Fall Treats:
Apple Crisp
1:00 pm-2:00 pm
\$12.50

19

20

21

22

23

Nutrition Kitchen
Chicken &
Dumplings
5:00 pm-6:00 pm
\$35.00

24

25

Nutrition Kitchen
Family Class
Pumpkin Carving
+ Fall Party
10:00 am-11:00 am
\$12.50

Nutrition Kitchen
Family Class
Pumpkin Carving
+ Fall Party
1:00 pm-2:00 pm
\$12.50

26

27

28

29

30

31



Walton Family Whole Health & Fitness