

Session 5

Experience Guide

October 20 through December 21



Walton Family Whole Health & Fitness

Session 5

Welcome to Session 5

Registration Opens
Monday, October 13
at 7:00 am

Registration Runs
October 13-26

Session 5 Dates
October 20-December 21



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 October 26
- No classes: November 24-30 for Thanksgiving Week

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 |



Session 5

All Access



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Book Club

Last Thursday of the Month 7:15 am-7:45 am at Inhale
13+ Years | Free

Welcome to this month's book club! We're so excited to be diving into *Great Big Beautiful Life* by Emily Henry—a story full of heart, connection, and big emotions. Grab your copy, bring your thoughts, and join us for great conversation and community.



Your Birth, Your Way

A Whole Health Pregnancy Experience

Sundays 3:00-5:00 pm at Inhale
Cost \$300.00 per Duo

This 8-week maternal health program is designed to empower six expecting Mothers and their partners through evidence-based education, hands-on support, and Whole Health values. Facilitated by Bentonville Birth Services, the program includes childbirth education, comfort techniques, advocacy tools, and postpartum planning, all within a supportive community setting.



Festive & Nourished

An Empowered Approach to Holiday Eating

Tuesdays 4:30-5:30 pm at Inhale
18+ Years | Cost \$75.00



Plus a Nutrition
Kitchen Experience

Celebrate the Season without Sacrificing Your Well-Being

The holidays are full of joy, connection, and let's be honest, a lot of food. This 7-week program led by your dietitian is designed to help you stay energized, balanced, and confident through every potluck, tailgate, and holiday exchange.

Through the lens of Whole Health, we'll explore how food connects to your emotional, physical, and social well-being. You'll walk away with practical strategies, personalized tools, and a supportive community to help you feel your best without missing out on the moments that matter.



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

Intro to
Whole Health
6:15 pm-7:15 pm

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
Embodiment
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
7:30 am-8:00 am
Nutrition Workshop
Winning During
Holiday Eating
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
Embodiment
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
Embodiment
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
Embodiment
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

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
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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

Session 5

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 (13+). Team up in Family Classes (ages 5+) for tasty, memorable moments, or unwind in Pairing Classes (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



Session 5

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

HydroMassage Lounge
Human Touch Massage Chairs
CryoLounge+
Normatec Compression Boots,
Hips, & Sleeves
Celluma Pro

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 5

Registered Dietitian Nutrition Consultations



Personalized Support for Your Whole Health Journey!

Our one-on-one consultations are designed to meet you exactly where you are. Whether you're looking to build healthier habits, explore tailored meal plans, or set meaningful goals, your Registered Dietitian will guide you in creating a sustainable relationship with food, one that supports your body, mind, and lifestyle without restriction or overwhelm.

Why It Works

- Build a supportive connection with your dietitian
- Review health history, goals, motivators, and challenges
- Complete an InBody scan to understand your body composition
- Set SMART goals that are clear, achievable, and meaningful
- Personalized nutrition plan that supports your Whole Health journey
- Establish accountability in a judgement-free zone

Pricing

Session Package	Package Price
90-minute package (includes 60-minute initial appointment & one 30-minute follow up session)	\$115

NUTRITION

Stop by the Rest & Recharge desk or give us a call at 479-375-3402 to set up an appointment with Audrey or Shelah, your registered dietitians



Audrey Williams
MS, RD, LD

Shelah Unruh
RD, LD, CDCES



Consultation
Request



The Difference Between Nutrition Consultation & Health Coaching

Nutrition Consultations are provided by our licensed Registered Dietitians (RDs), who specialize in Medical Nutrition Therapy (MNT). They offer personalized guidance tailored to your specific health conditions, including customized meal plans, nutrition education, & expert resources to support your wellness goals.

Health Coaching supports you in any goal—nutrition or otherwise. Our coaches partner with you to identify your priorities, set achievable goals, & build lasting habits. With strategies for motivation and accountability, they help you gain confidence and take charge of your Whole Health journey.

Session 5

Aquatics



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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.



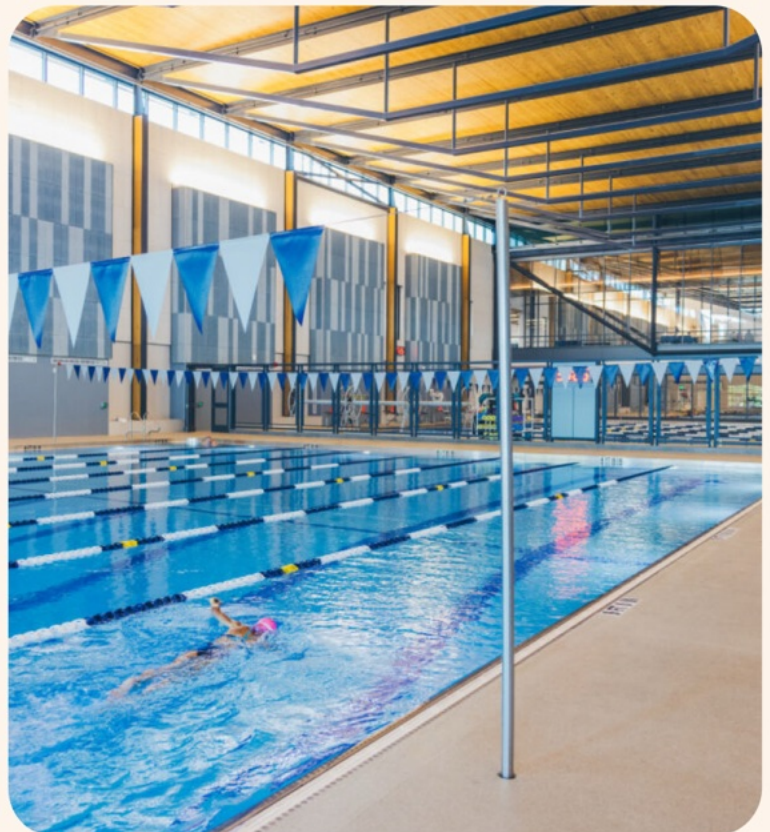
Aquatics Private Instruction

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

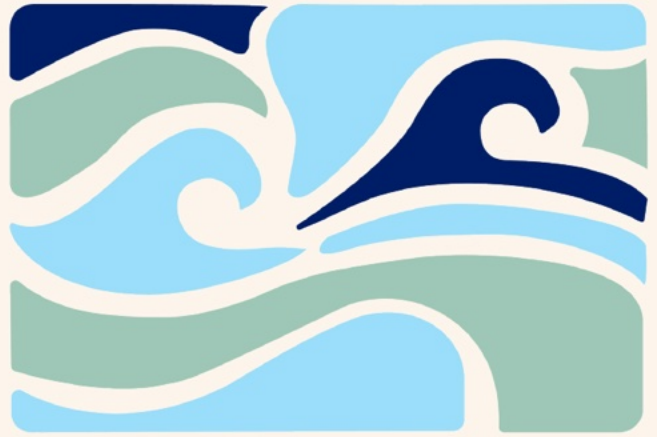
Questions?

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



Session 5 Pool Hours

October 20-December 21



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 5

Aquatics



Parent Child-Intro to Survival Swim

Age 1-3 Years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	5:00-5:30 pm	Tami	Activity

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

Beginner 3

Age 3 | Cost \$75.00

Day	Time	Instructor	Pool
Monday	10:00-10:30 am	Donna	Activity
Monday	5:00-5:30 pm	Rachel	Activity
Tuesday	4:00-4:30 pm	Rebecca	Activity
Tuesday	4:30-5:00 pm	Heather	Activity
Wednesday	9:00-9:30 am	Heather	Activity
Wednesday	4:30-5:00 pm	Becca	Activity
Wednesday	5:00-5:30 pm	Becca	Activity
Thursday	3:30-4:00 pm	Becca	Activity
Friday	9:30-10:00 am	Tami	Activity
Saturday	9:00-9:30 am	Becca	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	9:00-9:30 am	Stephanie	Activity
Tuesday	4:30-5:00 pm	Jo	Activity
Tuesday	5:00-5:30 pm	Heather	Activity
Tuesday	5:30-6:00 pm	Rebecca	Activity
Tuesday	6:00-6:30 pm	Jo	Activity
Wednesday	5:00-5:30 pm	Rose	Activity
Wednesday	10:30-11:00 am	Heather	Activity
Wednesday	5:30-6:00 pm	Becca	Activity
Thursday	9:30-10:00 am	Jo	Activity
Thursday	3:30-4:00 pm	Rose	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
Saturday	11:00-11:30 am	Becca	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	9:30-10:00 am	Donna	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	10:30-11:00 am	Becca	Activity
Saturday	11:00-11:30 am	Rose	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	4:00-4:30 pm	Heather	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
Saturday	9:30-10:00 am	Becca	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	9:30-10:00 am	Stephanie	Activity
Tuesday	4:30-5:00 pm	Rebecca	Activity
Tuesday	5:30-6:00 pm	Heather	Activity
Tuesday	6:00-6:30 pm	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	4:30-5:00 am	Rose	Activity
Thursday	5:30-6:00 pm	Becca	Activity
Saturday	10:00-10:30 am	Becca	Activity
Saturday	10:30-11:00 am	Rose	Activity

Session 5

Aquatics



Preschool 3

Ages 4-5 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	10:30-11:00 am	Jo	Activity
Monday	5:00-5:30 pm	Ali	Activity
Tuesday	10:00-10:30 am	Stephanie	Activity
Tuesday	5:00-5:30 pm	Rebecca	Activity
Tuesday	6:00-6:30 pm	Heather	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	5:00-5:30 pm	Becca	Activity
Saturday	9:30-10:00 am	Rose	Activity
Saturday	11:30-12:00 pm	Becca	Activity

Fantastic 5

Age 5 years | Cost \$75.00

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

Intro to Swim

Ages 6-12 years | Cost \$75.00

Day	Time	Instructor	Pool
Wednesday	5:00-5:30 pm	Heather	Activity
Saturday	10:00-10:30 am	Silvia	Activity
Saturday	10:30-11:00 am	Henry	Activity

Level 1

Ages 6-12 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	5:00-5:30 pm	Karen	Activity
Monday	5:30-6:00 pm	Cat	Activity
Monday	6:00-6:30 pm	Ali	Activity
Monday	6:30-7:00 pm	Cat	Activity
Tuesday	4:00-4:30 pm	Karen	Activity
Tuesday	6:30-7:00 pm	Heather	Activity
Wednesday	9:30-10:00 am	Donna	Activity
Wednesday	4:00-4:30 pm	Heather	Activity
Wednesday	5:30-6:0 pm	Heather	Activity
Wednesday	6:00-6:30 pm	Rachel	Activity
Wednesday	6:30-7:00 pm	Heather	Activity
Thursday	4:00-4:30 pm	Heather	Activity
Thursday	5:00-5:30 pm	Heather	Activity
Thursday	6:00-6:30 pm	Becca	Activity
Friday	4:00-4:30 pm	Becca	Activity
Friday	5:00-5:30 pm	Becca	Activity
Friday	6:00-6:30 pm	Becca	Rec
Saturday	9:00-9:30 am	Henry	Rec
Saturday	9:30-10:00 am	Silvia	Rec
Saturday	10:00-10:30 am	Henry	Activity
Saturday	11:00-11:30 am	Silvia	Activity
Saturday	11:30-12:00 pm	Henry	Activity

Level 2

Ages 6-12 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	4:00-4:30 pm	Karen	Activity
Monday	4:30-5:00 pm	Karen	Activity
Monday	6:00-6:30 pm	Cat	Activity
Monday	6:30-7:00 pm	Ali	Activity
Monday	7:00-7:30 pm	Cat	Activity
Tuesday	6:30-7:00 pm	Rebecca	Activity
Wednesday	10:00-10:30 am	Donna	Activity
Wednesday	4:30-5:00 pm	Heather	Activity
Wednesday	6:00-6:30 pm	Heather	Activity
Thursday	4:30-5:00 pm	Heather	Activity
Thursday	5:30-6:00 pm	Heather	Activity
Thursday	6:30-7:00 pm	Becca	Rec
Friday	4:30-5:00 pm	Becca	Rec
Friday	5:30-6:00 pm	Becca	Rec
Friday	6:30-7:00 pm	Becca	Rec
Saturday	9:00-9:30 am	Silvia	Activity
Saturday	9:30-10:00 am	Henry	Activity
Saturday	10:30-11:00 am	Silvia	Activity
Saturday	11:00-11:30 am	Henry	Activity
Saturday	11:30-12:00 am	Silvia	Activity

Session 5

Aquatics



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	5:00-5:30 pm	Madison	Rec
Tuesday	6:00-6:30 pm	Ali	Rec
Tuesday	6:30-7:00 pm	Dane	Rec
Wednesday	10:30-11:00 am	Donna	Activity
Wednesday	4:00-4:30 pm	Karen	Rec
Wednesday	4:30-5:00 pm	Sarah	Rec
Wednesday	5:00-5:30 pm	Karen	Rec
Thursday	10:30-11:00 am	Rose	Rec
Thursday	4:30-5:00 pm	Ali	Rec
Thursday	6:00-6:30 pm	Sarah	Rec
Thursday	6:30-7:00 pm	Ali	Rec
Friday	4:00-4:30 pm	Karen	Rec
Friday	4:30-5:00 pm	Ali	Rec
Friday	5:30-6:00 pm	Rose	Rec
Saturday	10:00-10:30 am	Hunter	Rec
Saturday	10:30-11:00 am	Sarah	Rec
Saturday	11:00-11:30 am	Hunter	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
Tuesday	5:00-5:30 pm	Dane	Rec
Tuesday	6:00-6:30 pm	Madison	Rec
Tuesday	6:30-7:00 pm	Madison	Rec
Wednesday	4:30-5:00 pm	Christina	Rec
Thursday	10:00-10:30 am	Rose	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
Saturday	9:30-10:00 am	Hunter	Rec
Saturday	11:00-11:30 am	Sarah	Rec
Saturday	11:30-12:00 pm	Hunter	Rec

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	4:30-5:00 pm	Dane	Rec
Tuesday	5:30-6:00 pm	Madison	Rec
Tuesday	6:00-6:30 pm	Sarah	Rec
Tuesday	6:30-7:00 pm	Ali	Rec
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	10:00-10:30 am	Rose	Activity
Thursday	4:00-4:30 pm	Karen	Rec
Thursday	6:00-6:30 pm	Sarah	Rec
Friday	4:00-4:30 pm	Rose	Rec
Friday	4:30-5:00 pm	Karen	Rec
Friday	5:00-5:30 pm	Rose	Rec
Friday	6:30-7:00 pm	Ali	Rec
Saturday	9:00-9:30 am	Hunter	Rec
Saturday	10:00-10:30 am	Sarah	Rec
Saturday	10:30-11:00 am	Hunter	Rec

Teen Beginner

Ages 13+ years | Cost \$125.00

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

Teen Intermediate

Ages 13+ years | Cost \$125.00

Day	Time	Instructor	Pool
Wednesday	6:00-7:00 pm	Christina	Rec
Thursday	4:30-5:30 pm	Karen	Rec

Swim Team Prep

Ages 6-17 years | Cost \$85.00

Day	Time	Instructor	Pool
Tuesday	4:00-5:00 pm	Madison	Rec
Wednesday	5:30-6:30 pm	Sarah	Rec
Friday	5:30-6:30 pm	Ali	Rec
Saturday	9:00-10:00 am	Zach	Rec

Session 5

Aquatics



Youth Rec League

Ages 6-17 years | Cost \$100.00

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

Youth Rec League

Ages 11-17 | Cost \$120.00

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

Adult Intro to Swim

Age 18+ | Cost \$125.00

Day	Time	Instructor	Pool
Monday	6:00-7:00 am	Rachel	Rec
Monday	5:30-6:30 pm	Karen	Activity
Tuesday	4:30-5:30 pm	Karen	Activity
Tuesday	5:30-6:30 pm	Karen	Activity
Tuesday	6:30-7:30 pm	Karen	Activity
Wednesday	7:00-8:00 am	Donna	Rec
Wednesday	11:00-12:00 pm	Donna	Activity
Wednesday	6:30-7:30 pm	Rose	Activity
Friday	5:00-6:00 pm	Karen	Rec
Saturday	10:00-11:00 am	Karen	Rec
Saturday	11:00-12:00 pm	Karen	Rec

Adult Advanced Beginner

Age 18+ | Cost \$125.00

Day	Time	Instructor	Pool
Monday	6:00-7:00 pm	Rose	Rec
Tuesday	5:30-6:30 pm	Dane	Rec
Wednesday	5:30-6:30 pm	Karen	Rec
Thursday	6:30-7:30 pm	Karen	Rec
Friday	6:00-7:00 pm	Karen	Rec
Saturday	11:00-12:00 pm	Zach	Rec

Adult Women Only Learn-to-Swim

Age 18+ | Cost \$125.00

Day	Time	Instructor	Pool
Monday	6:30-7:30 pm	Karen	Activity
Friday	9:30-10:30 am	Rachel	Activity

Adult Intermediate

Age 18+ | Cost \$125.00

Day	Time	Instructor	Pool
Wednesday	5:00-6:00 pm	Christina	Rec
Wednesday	6:30-7:30 pm	Karen	Rec
Thursday	5:30-6:30 pm	Karen	Rec
Friday	6:00-7:00 pm	Rose	Rec
Saturday	9:00-10:00 am	Karen	Activity

Adult Men Only Learn-to-Swim

Age 18+ | Cost \$125.00

Day	Time	Instructor	Pool
Saturday	10:00-11:00 am	Zach	Activity

AQUATICS



Session 5

Fitness



Registration for November Monthly Programs

Opens

October 27 at 7:00 am

November Monthly Programs Run

November 2-November 29

Group Fitness Classes

Experience fitness the Whole Health way - fun, energizing, and made for everyone! Join calming classes like Sound Bath or Breath & Stress Reset, or get energized with FIT ZONE or LiFT. Sign up online under "Classes." For questions, contact Zac at Zach.Lewis@walmart.com.

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!



FITNESS

Group Fitness Schedule: October 6 - November 2

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

Early Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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	* Heated Yoga 6:15-7:15 AM Studio: 5	Spin Lab 6:15-7:00 AM Studio: 3	* Heated Yoga 6:15-7:15 AM Studio: 5	Spin Lab 6:15-7:00 AM Studio: 3		
* Heated Yoga 6:15-7:15 AM Studio: 5	Mat Pilates 6:15-7:00 AM Studio: 6	* Heated Yoga 6:15-7:15 AM Studio: 5	Mat Pilates 6:15-7:00 AM Studio: 6	* Heated Pilates Sculpt 6:15-7:15 AM Studio: 5		
* 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: October 6 - November 2

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	Yoga 7:15-8:00 AM Studio: 6	StrollerFit 8:15-9:00 AM Studio: Outdoor Pavillion	Barre Fusion 8:15-9:00 AM Studio: 6	Barre Fusion 8:15-9:00 AM Studio: 6
	Deep Water 8:15-9:00 AM Recreation Pool	Aqua Fit 9:15-10:30 AM Recreation Pool	Deep Water 8:15-9:00 AM Recreation Pool	Aqua Fit 9:15-10:30 AM Recreation Pool	Aqua Barre 8:15-9:00 AM Recreation Pool		* 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	Mat Pilates 8:30-9:15 AM Studio: 6		
	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		
	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	* FIT ZONE 9:00-10:00 AM The Zone	
	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	
			Aqua Barre 9:15-10:00 AM Recreation Pool	TRX Yoga 9:00-9:45 AM Studio: 4	Aqua Pulse 9:15-10:00 AM Recreation Pool	Spin Lab 9:15-10:00 AM Studio: 3	
	* FIT ZONE 9:30-10:30 AM The Zone	LIFT 9:30-10:15 AM Studio: 2	* FIT ZONE 9:30-10:30 AM The Zone	LIFT 9:30-10:15 AM Studio: 2	* FIT ZONE 9:30-10:30 AM The Zone	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	Restorative Yoga 10:30-11:15 AM Studio: 5	
	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 5

Fitness



Group Fitness Schedule: October 6 - November 2

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

	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			* 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	Aqua Fit 4 Mamas 11:15-12:00 PM Recreation Pool	* Sound Bath 11:15-12:15 PM Studio: 5	Aqua Ballet 11:15-12:00 PM Recreation Pool	Aqua Hip Hop Fusion 11:15-12:00 PM Recreation Pool	* 12 Rounds 12:45-1:45 PM Studio: 4	
	Bootcamp Express 12:15-12:45 PM Studio: 1	Rhythm Ride 11:30-12:15 PM Studio: 3	Bootcamp Express 12:15-12:45 PM Studio: 1	Rhythm Ride 11:30-12:15 PM Studio: 3	Bootcamp Express 12:15-12:45 PM Studio: 1		* Sound Bath 5:00-6:00 PM Studio: 5

Group Fitness Schedule: October 6 - November 2

■ 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 5:30-6:15 PM Recreation Pool		Hydro Tone 5:30-6:15 PM Recreation Pool	Aqua HIIT 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 5

Recreation



Registration Opens
Monday, October 13
at 7:00 am

Registration Runs
October 13-26

Session 5 Dates
October 20-December 21



No Classes November 24-30

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.

- **Mondays 5:00 – 9:00 pm**
- **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 5

Recreation



Youth Sports

Youth Basketball Skills

Day	Time	Age	Price
Wednesday	4:00-4:55 pm	11-14	\$62.00
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

Youth Soccer

Day	Time	Age	Price
Friday	4:00-4:30 pm	4-5	\$40.00
Friday	4:30-5:00 pm	6-7	\$40.00
Friday	5:00-5:45 pm	8-9	\$50.00
Friday	5:45-6:40 pm	10-12	\$62.00

Youth Volleyball

Class	Day	Time	Cost
Youth 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 (Instructor Approval)	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 - Early Bird Cardio	Thursday	6:00-6:55 am	\$62.00
Tennis - Early Bird Cardio (1-Time)	Thursday	6:00-6:55 am	\$10.00
Tennis - Hit with a Pro	Thursday	7:00-8:25 am	\$90.00
Tennis - Hit with a Pro (1-Time)	Thursday	7:00-8:25 am	\$12.00
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

Volleyball - Adult League

Age 18+ | Cost \$25.00

Day

Thursday

Time

6:00-9:00 pm

Sign up as an Individual

Squash - Adult Intro

Age 16+ | Cost \$62.00

Day

Saturday

Time

10:00-10:55 am

Session 5

Youth



**Registration opens
Monday, October 13
at 7:00 am**

**Registration Runs
October 13-26**

**Session 5 Dates
October 20-December 21**

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

October 6th – November 1st

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 4:00-4:30 pm Ages 7-9			Bootcamp 11:00-11:30 am Ages 7-9	
		Youth Yoga 4:00-4:30 pm Ages 4-6			FitZone 11:45-12:30 pm Ages 10-13	
		Youth Yoga 4:45-5:15 pm Ages 7-9				
Bootcamp 4:30-5:00 pm Ages 7-9	Bootcamp 6:15-6:45 pm Ages 7-9	FitZone 4:45-5:30 pm Ages 10-13	Bootcamp 6:15-6:45 pm Ages 7-9	Bootcamp 4:00-4:30 pm Ages 7-9		
FitZone 5:15-6:00 pm Ages 10-13	FitZone 7:00-7:45 pm Ages 10-13	Yoga 5:30-6:00 pm Ages 10-13	FitZone 7:00-7:45 pm Ages 10-13	FitZone 4:45-5:30 pm Ages 10-13		

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
Move With Me	Monday	9:00-9:30 am	walk-2.5	Studio 3	\$64.00
Intro To Dance	Monday	9:30-10:00 am	2 to 3	Studio 3	\$64.00
Ballet & Tap	Monday	10:00-10:45 am	3 to 5	Studio 3	\$80.00
Tumble Tots	Monday	10:45-11:15 am	walk-3.5	Studio 3	\$64.00
Intro to Acro	Monday	11:15-12:00 pm	3 to 6	Studio 3	\$80.00
Tumble Tots	Monday	3:45-4:15 pm	walk-3.5	Studio 3	\$64.00
Intro to Acro	Monday	4:15-5:00 pm	3 to 6	Studio 3	\$80.00
Ballet & Tap	Monday	5:00-5:45 pm	3 to 5	Studio 3	\$80.00
Ballet & Tap	Monday	5:45-6:30 pm	5 to 10	Studio 3	\$80.00
Blacklight Hip Hop	Monday	6:30-7:00 pm	all ages	Studio 3	\$64.00
Dance Combo	Monday	7:00-7:45 pm	7 to 13	Studio 3	\$80.00
Ballet & Tap	Tuesday	9:00-9:45 am	3 to 5	Studio 3	\$80.00
Tumble Tots	Tuesday	9:45-10:15 am	2 to 3.5	Studio 3	\$80.00
Tumble Tots	Tuesday	10:15-10:45 am	walking to 3.5	Studio 3	\$64.00
Intro to Acro	Tuesday	10:45-11:30 am	3 to 6	Studio 3	\$80.00
Blacklight Hip Hop	Tuesday	11:30-12:00 pm	2 to 6	Studio 3	\$64.00
Intro to Dance	Tuesday	3:45-4:15 pm	2 to 4	Studio 3	\$64.00
Rythm Relays	Tuesday	4:15-4:45 pm	3 to 8	Studio 3	\$64.00
Cheer	Tuesday	4:45-5:30 pm	3 to 8	Studio 3	\$80.00
Ballet & Tap	Tuesday	5:30-6:15 pm	3 to 5	Studio 3	\$80.00
Black Light Hip Hop	Tuesday	6:15-6:45 pm	3 to 7	Studio 3	\$64.00
Black Light Hip hop	Tuesday	6:45-7:15 pm	7 to 13	Studio 3	\$64.00
Acro I/II	Tuesday	7:15-8:00 pm	7 to 13	Studio 3	\$80.00
Hula Hooping	Tuesday	5:00-5:45 pm	7 to 12	Studio 1	\$64.00
Ballet & Tap	Wednesday	10:00-10:45 am	3 to 5	Studio 3	\$80.00
Move with Me	Wednesday	10:45-11:15 am	walking to 2	Studio 3	\$64.00
Intro to Dance	Wednesday	11:15-11:45 am	2 to 4	Studio 3	\$64.00
Intro to Acro	Thursday	9:00-9:45 am	3 to 6	Studio 3	\$80.00
Intro to Dance	Thursday	9:45-10:15 am	2 to 4	Studio 3	\$64.00
Move With Me	Thursday	10:15-10:45 am	walk-2.5	Studio 3	\$64.00
Ballet & Tap	Thursday	4:00-4:45 pm	5 to 7	Studio 3	\$80.00
Dance Tech./Tone	Thursday	4:45-5:30 pm	11 to 15	Studio 3	\$80.00
Move with Me	Saturday	9:00-9:30 am	walk-2.5	Studio 3	\$64.00
Intro to Dance	Saturday	9:30-10:00 am	2 to 3.5	Studio 3	\$64.00
Ballet & Tap	Saturday	10:00-10:45 am	3 to 5	Studio 3	\$80.00
Ballet & Tap	Saturday	10:45-11:30 am	5 to 10	Studio 3	\$80.00
Blacklight Hip Hop	Saturday	11:30-12:00 pm	3+	Studio 3	\$64.00

Youth Dance & Movement



Class	Day	Time	Age	Studio	Price
Acro I	Saturday	12:00-12:45 pm	6+	Studio 3	\$80.00
Intro to Acro	Saturday	12:45-1:30 pm	3 to 5	Studio 4	\$80.00
Tumble Tots	Saturday	1:30-2:00 pm	walk to 3.5	Studio 5	\$64.00

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	5 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 Stars



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

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.

**Walton Family
Whole Health & Fitness**

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