

November

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

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

Workshop
Rest & Recharge
9:30 am-10:00 am

2

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

3

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

Taking Charge
My Relationships
4:15 pm-5:00 pm

Mindful Movement
Barre
5:30 pm-6:00 pm

4

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

Embodiment
11:30 am-12:30 pm

Baby & Me Yoga
1:45 pm-2:30 pm

Stretch & Tone
5:30 pm-6:00 pm

Bingo
6:00 pm-7:00 pm

5

All Access
Bootcamp Express
7:30 am-8:00 am

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

All Access
Bootcamp Express
5:30 pm-6:00 pm

6

HIGH Yo
7:30 am-8:00 am

Weekly Walk
8:15 am-8:45 am

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

HIGH Yo
5:30 pm-6:00 pm

Workshop
I AM
6:00 pm-6:30 pm

7

All Access
Boxing Express
7:30 am-8:00 am

All Access
Boxing Express
5:30 pm-6:00 pm

8

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

9

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

10

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

Taking Charge
Power of My Mind
4:15 pm-5:00 pm

Mindful Movement
Yolates
5:30 pm-6:30 pm

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

11

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

Embodiment
11:30 am-12:30 pm

Bingo
6:00 pm-7:00 pm

12

All Access
Bootcamp Express
7:30 am-8:00 am

Taking Charge
My Purpose
My Passions
11:30 am-12:00 pm

Healthy Homes for the Holidays
4:30 am-5:30 pm

All Access
Bootcamp Express
5:30 am-8:00 pm

13

HIGH Yo
7:30 am-8:00 am

Weekly Walk
8:15 am-8:45 am

HIGH Yo
5:30 pm-6:00 pm

Gilmore Girls Trivia
6:00 pm-7:30 pm

14

All Access
Cardio Kickboxing
7:30 am-8:00 am

Poolside Soundbath
1:30 pm-2:30 pm

All Access
Jabs and abs
5:30 pm-6:00 pm

15

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

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

16

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

17

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

Taking Charge
My Care Team
4:15 pm-5:00 pm

Mindful Movement
Pilates
5:30 pm-6:00 pm

18

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

Embodiment
11:30 pm-12:15 pm

Baby & Me Yoga
1:45 pm-2:30 pm

Stretch & Tone
5:30 pm-6:00 pm

Bingo
6:00 pm-7:00 pm

19

All Access
Bootcamp Express
7:30 am-8:00 am

Taking Charge
My Purpose - Gifts
11:30 am-12:00 pm

All Access
Bootcamp Express
5:30 pm-6:00 pm

Workshop
Sleep
6:00 pm-7:00 pm

20

Book Club
7:15 am-7:45 am

HIGH Yo
7:30 am-8:00 am

Weekly Walk
8:15 am-8:45 am

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

Book Club
5:30 pm-6:00 pm

HIGH Yo
5:30 pm-6:00 pm

Soundbath
6:00 pm-6:30 pm

21

All Access
Boxing Express
7:30 am-8:00 am

All Access
Boxing Express
5:30 pm-6:00 pm

22

Military Calisthenics
7:15 am-8:00 am

23

24

25

Embodiment
11:30 am-12:30 pm

Bingo
6:00 pm-7:00 pm

26

27

28

29

30



Walton Family Whole Health & Fitness

November

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Associates

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1

Nutrition Kitchen
Cooking with Kids
Mini Pumpkin Pies
10:00 am-11:00 am
\$12.50

Nutrition Kitchen
Cooking with Kids
Mini Pumpkin Pies
1:00 pm-2:00 pm
\$12.50

2

3

4

5

Nutrition Kitchen
Autumn Chefs Table
+ Wine Pairing
5:00 pm-6:00 pm
\$65.00

6

Nutrition Kitchen
Autumn Chefs Table
+ Wine Pairing
5:00 pm-6:00 pm
\$65.00

7

8

Nutrition Kitchen
Cooking with Kids
Charcuterie Board
10:00 am-11:00 am
\$12.50

Nutrition Kitchen
Cooking with Kids
Charcuterie Board
1:00 pm-2:00 pm
\$12.50

9

10

11

12

13

Nutrition Kitchen
Signature Class
Turkey Two Ways
5:00 pm-6:00 pm
\$35.00

14

15

Nutrition Kitchen
Cooking with Kids
Holiday Spiced
Crackers
10:00 am-11:00 am
\$12.50

Nutrition Kitchen
Cooking with Kids
Holiday Spiced
Crackers
1:00 pm-2:00 pm
\$12.50

16

17

18

19

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

20

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

21

22

Nutrition Kitchen
Cooking with Kids
Holiday Bread
Baking
10:00 am-11:00 am
\$12.50

Nutrition Kitchen
Cooking with Kids
Holiday Bread
Baking
1:00 pm-2:00 pm
\$12.50

23

24

25

26

27

28

29

30