

# Session 1, 2026 Experience Guide

January 19 through March 15 and Monthly  
— Explore Your Whole Health Destination —



## Welcome to Whole Health

Whole Health is an approach to well-being that centers around you — your purpose, your goals, and your life. It puts you in control, with a focus on your purpose to be in the moment to support what matters to you. Whether you're exploring your career, moving your body, or connecting with your community, Whole Health Empowers and Equips YOU with the ability to align your purpose and values with your choices and actions to create health and well-being in all areas of your life and work.

Walton Family Whole Health & Fitness

## Session 1

# Welcome to Session 1

**Registration Opens**  
**Monday, January 12**  
**at 7:00 am**

Registration Runs  
January 12 - 25

Session 1 Dates  
January 19 – March 15



## Experiences

Whole Health for All-Complimentary..2  
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### WFWHF Membership

Aquatics.....8  
Fitness.....14  
Recreation.....18  
Youth.....23  
Youth Activity Center.....26

### Preferred Registration Method

Go to [walmart.clubautomation.com](https://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](mailto:wholehealth@walmart.com).

### Important Dates

- Last day to drop a class and receive a prorated refund is January 25
- No classes: March 16 – 29

### 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.*



## Taking Charge

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.

## 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.



**My Career** - Team Building, quiet coworking spaces, Taking Charge Workshop



**Power of My Mind** - Breathwork, Mind & Body classes



**My Relationships** - Family programs, YAC parent-child activities, Common Ground



**My Surroundings** - Nature Walks, Lobby, Sound bath classes,



**My Rest & Recharge** - Massage chairs and services, cryotherapy, red light therapy



**Moving My Body** - State-of-the-art fitness floor, group classes, personal training, swim



**My Food & Drink** - Nutrition consults, healthy café options, meal prep classes



**My Money** - Taking Charge Series



Complimentary

# All Access Experiences

## Step in and Explore Whole Health

*Exclusive Experiences Designed for Members and Walmart & Sam's Club Associates.*

Journey through a space where your Whole Health takes center stage, allowing you to recharge, rediscover your passions, and learn practical ways to live with intention. These experiences aren't just classes; they're opportunities to invest in yourself, connect with others, and create a life that feels aligned.

## Daily Experiences:



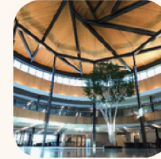
### REST & RECHARGE LOUNGE

Relax and restore with HydroMassage, compression sleeves, and red-light therapy.



### CO-WORKING HALLWAY

Work in a space designed for focus and well-being.



### ROTUNDA & COMMON SPACES

Connect, collaborate, and recharge in inviting community spaces.

## Weekly Experiences:



### INTRO TO WHOLE HEALTH

Align what drives you with a personalized well-being plan in a group coaching experience.



### INTERACTIVE WORKSHOPS

From Healthy Homes, and Doula 101 to Better Performance, learn skills that empower your life and work.



### 30-MINUTE MOVEMENT CLASSES

Empowering and energizing sessions to move your body and calm your mind.



### BINGO NIGHT

Fun, connection, and laughter for all members of the family.



### NEW MOMS CLASSES

From Pregnancy Yoga to Baby & Me Yoga, support for every stage of motherhood.

*"I never realized how much these experiences would change my day. I leave feeling lighter, stronger, and more connected."*

— WFWHF Member

## Monthly Experiences:



### BOOK CLUB

Read. Reflect. Recharge. A purposeful reading and conversation experience that builds community.



### TRIVIA NIGHT

Themed experiences for the whole family. Where fun meets learning and connection.

## Ready to explore?

**Associates:** Email [wholehealth@walmart.com](mailto:wholehealth@walmart.com) for your free membership.

**Members:** Log in at [walmart.clubautomation.com](http://walmart.clubautomation.com) to check the App for dates, times, and to register.



## Step in and Explore Whole Health

Exclusive Experiences Designed for Members and Walmart & Sam's Club Associates.

Your Whole Health journey doesn't stop at complimentary experiences. Our premium offerings give you deeper, personalized ways to recharge, learn, and nourish. From chef-led culinary adventures to restorative therapies and expert coaching, these experiences are designed to elevate your well-being — mind, body, and purpose.

## Session 1: 4 to 8 Week Experiences



## YOUR BIRTH, YOUR WAY

**Sundays** | 3:00–5:00 PM  
Cost: \$300 per duo

## A Whole Health Pregnancy 8-Week Experience

Empower your journey with evidence-based education, hands-on support, and Whole Health values with our **8-week experience**. This includes childbirth education, comfort techniques, advocacy tools, and postpartum planning—all in a supportive community, in partnership with Bentonville Birth Services.

(In-person sessions with virtual components)



## HARNESING THE POWER OF YOUR CREATIVITY

**Wednesdays** | 5:30–6:30 PM  
Cost: \$60

## Ever feel like life gets so busy you lose touch with your creative side?

This **8-week experience** is not just about making art, it's about reducing stress, boosting mental clarity, and reconnecting with the part of you that feels alive and curious. Through mindful art and journaling, you'll explore new mediums, answer powerful questions, and create a space that inspires you every day. Step into the new year with creativity as your superpower.



## BREATH FOR POWER

**Thursdays** | 4:00–4:45 PM  
Cost: \$40 | Starts: Jan. 22

## Energy, Focus, &amp; Longevity

This **4-week experience** teaches you the science and practice of breathwork—the same techniques elite performers, and longevity experts use to stay sharp and energized. Each week, you'll learn and practice how to use your breath to:

- Boost mental clarity and productivity at work
- Reduce stress and recover faster
- Support long-term performance and longevity



## ENERGY RESET

**Sundays** | 4:00–5:00 PM  
Cost: \$40 | Starts: Feb. 19

## A Chakra Tapping Experience

This **4-week experience** is all about finding harmony. We'll talk about the seven chakras—your body's energy centers—and how they affect your focus, mood, and overall well-being. Each week, you'll learn simple, practical ways to feel more grounded and energized things you can use at work, at home, and everywhere in between. Start the new year feeling aligned, clear, and ready for what's next.

Two powerful 4-week experiences.  
Sign up for one or both!

“



“**The Your Birth, Your Way experience** gave us confidence and peace of mind. We learned practical tools, connected with other parents, and felt truly supported every step of the way. It wasn't just classes; it was a community that prepared us for one of life's biggest moments.”

— Session 5 Participants, Couple

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“



“Honestly, I didn't think breathwork would do anything for me. But after trying a class, I was blown away. Now, when things get hectic, I take a few intentional breaths and reset. It's incredible how something so simple can have such a big impact on your health and even your performance at work.”

— WFWHF Member, Male

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Premium

# All Access Experiences

## Step in and Explore Whole Health

*Exclusive Experiences Designed for Members and Walmart & Sam's Club Associates.*

## Nutrition Kitchen Experiences

**Create. Connect. Explore.** Hands-on cooking classes for all ages. Learn simple skills, savor new flavors, and enjoy memorable moments with family or friends. Every class is a chance to eat well and feel empowered.



### WEEKLY FAMILY CLASSES

**Ages 5+ | Cost: \$12.50**  
**Saturdays** | 10:00–11:00 AM  
**Saturdays** | 1:00–2:00 PM



### BI-WEEKLY SIGNATURE CLASSES

**Ages 15+ | Cost: \$100 (for two)**  
**1st & 3rd Thursday** | 5:00–6:00 PM



### BI-WEEKLY CHEF'S TABLE

**Ages 21+ | Cost: \$65**  
**2nd & 4th Wednesday** | 5:00–6:00 PM  
**2nd & 4th Thursday** | 5:00–6:00 PM

## Recharge with Personalized Care

### Take a Break. Feel Your Best.

You work hard, now it's time to take a moment for yourself and recharge. Personalized services are here to help you restore balance and energy, supporting your whole health.

*Stop by Rest & Recharge desk or schedule ahead — same-day appointments available!*



### REGISTERED DIETITIAN SESSION

Personalized meal planning and nutrition strategies for optimal health.

**Cost: \$115 (90 min)**



### WHOLE HEALTH COACHING SESSION

Holistic coaching to align physical, mental, and lifestyle goals.

**Cost: \$95 (60 min)**



### REIKI SESSION

Gentle energy healing to reduce stress and promote relaxation.

**Cost: \$66 (60 min)**



### MASSAGE SESSION

Therapeutic massage to ease muscle pain and enhance recovery and circulation.

**Cost: \$115 (90 min) | \$80 (60 min)**



### CRYOTHERAPY SESSION

Cold therapy to reduce inflammation and boost recovery.

**Cost: \$25/session**  
*First session is complimentary*

## Ready to explore?

**Associates:** Email [wholehealth@walmart.com](mailto:wholehealth@walmart.com) for your free membership.

**Members:** Log in at [walmart.clubautomation.com](https://walmart.clubautomation.com) to check the App for dates, services, & to sign-up.

"Best stress relief ever. I walked out feeling lighter and ready for anything."

"Surprisingly calming, and it also helped me reset and clear my mind."

"Simple tips changed my energy and focus for every day."



# January

## 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](http://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](mailto:wholehealth@walmart.com)

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4

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

5

**Intro to Whole Health: A Taking Charge Series**  
4:00 pm - 5:00 pm  
**Mindful Mobility**  
5:30 pm - 6:00 pm

6

**Baby & Me Yoga**  
1:45 pm - 2:30 pm  
**Embodiment - A Way to Release Stress**  
4:00 pm - 5:00 pm  
**Vinaya Yoga: Unwind & Flow**  
5:30 pm - 6:00 pm  
**Bingo**  
6:00 pm - 7:00 pm

7

**My Purpose - My Passions: A Taking Charge Series**  
4:00 pm - 5:00 pm

8

**Bootcamp Express**  
5:30 pm - 6:00 pm  
**Workshop: The MELT Method Intro**  
6:30 pm - 7:30 pm

9

10

**Cardio Kickboxing**  
8:00 am - 8:30 am  
**Workshop: Breathe Better, Move Better - The Real Key to Fitness Part 1**  
9:30 am - 10:30 am

11

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

12

**Intro to Whole Health: A Taking Charge Series**  
4:00 pm - 5:00 pm  
**Adult Mindful Art**  
5:30 pm - 6:00 pm  
**Mindful Mobility**  
5:30 pm - 6:00 pm

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**Workshop: Clean Start Nutrition - Healthy Gut**  
4:00 pm - 5:00 pm  
**Embodiment - A Way to Release Stress**  
4:00 pm - 5:00 pm  
**Vinaya Yoga: Unwind & Flow**  
5:30 pm - 6:00 pm  
**Bingo**  
6:00 pm - 7:00 pm

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**My Purpose - My Gifts: A Taking Charge Series**  
4:00 pm - 5:00 pm  
**Workshop: Doula 101**  
5:30 pm - 6:30 pm

15

**Trivia Night**  
6:30 pm - 8:00 pm

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**Bootcamp Express**  
8:00 am - 8:30 am

18

19

**Intro to Whole Health: A Taking Charge Series**  
4:00 pm - 5:00 pm  
**Mindful Mobility**  
5:30 pm - 6:00 pm

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**NWA Velocity-Active Commuter Academy 101**  
12:00 pm - 12:30 pm  
**Baby & Me Yoga**  
1:45 pm - 2:30 pm  
**Embodiment - A Way to Release Stress**  
4:00 pm - 5:00 pm  
**Vinaya Yoga: Unwind & Flow**  
5:30 pm - 6:00 pm  
**Bingo**  
6:00 pm - 7:00 pm

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**My Purpose - My Values: A Taking Charge Series**  
4:00 pm - 5:00 pm  
**Workshop: Settling In Well - Creating a Healthy Home After Relocation**  
5:30 pm - 6:30 pm

22

**Bootcamp Express**  
5:30 pm - 6:00 pm

23

24

**Cardio Kickboxing**  
8:00 am - 8:30 am

25

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

26

**Intro to Whole Health: A Taking Charge Series**  
4:00 pm - 5:00 pm  
**Mindful Mobility**  
5:30 pm - 6:00 pm

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**NWA Velocity-Soft Surface Trail Riding 101**  
12:00 pm - 12:30 pm  
**My Food my Drink: A Taking Charge Series**  
4:00 pm - 5:00 pm  
**Embodiment - To Release Stress**  
4:00 pm - 5:00 pm  
**Vinaya Yoga: Unwind & Flow**  
5:30 pm - 6:00 pm  
**Bingo**  
6:00 pm - 7:00 pm

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**Workshop: Lunch & Learn EFT Tapping**  
11:30 am - 12:15 pm  
**My Purpose - My Why: A Taking Charge Series**  
4:00 pm - 5:00 pm

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**Bootcamp Express**  
5:30 pm - 6:00 pm  
**Book Club: Read, Reflect, Connect.**  
5:30 pm - 6:00 pm  
**Workshop: Lymphatic Drainage & Wellness Flow**  
6:30 pm - 7:30 pm

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**Bootcamp Express**  
8:00 am - 8:30 am  
**Baby & Me Yoga**  
9:30 am - 10:15 am



Walton Family Whole Health & Fitness



# January

## Nutrition Kitchen Premium Experiences

Available to Members & Walmart & Sam's Club Associates



Sun. Mon. Tue. Wed. Thurs. Fri. Sat.

<b>Members</b> Login to your online account at <a href="https://walmart.clubautomation.com">walmart.clubautomation.com</a> to register for Whole Health Experiences.					1	2	3
<b>Associates</b> Sign up for a free Whole Health for All membership to access Whole Health Experiences by emailing <a href="mailto:wholehealth@walmart.com">wholehealth@walmart.com</a>							<b>Nutrition Kitchen Family Classes: Biscuits &amp; Homemade Jelly</b> 10:00 am - 11:00 am \$12.50 1:00 pm - 2:00 pm \$12.50
4	5	6	7	8	9	10	
				<b>Nutrition Kitchen Signature Classes: Sourdough Master Class, Part 1</b> 5:00 pm - 6:00 pm \$100 (2 classes)		<b>Nutrition Kitchen Family Classes: Chicken Potsticker</b> 10:00 am - 11:00 am \$12.50 1:00 pm - 2:00 pm \$12.50	
11	12	13	14	15	16	17	
			<b>Nutrition Kitchen Chef's Table: French Coastal + Wine Pairing</b> 5:00 pm - 6:00 pm \$65	<b>Nutrition Kitchen Chef's Table: French Coastal + Wine Pairing</b> 5:00 pm - 6:00 pm \$65		<b>Nutrition Kitchen Family Classes: Protein Power Muffins</b> 10:00 am - 11:00 am \$12.50 1:00 pm - 2:00 pm \$12.50	
18	19	20	21	22	23	24	
				<b>Nutrition Kitchen Signature Classes: Sourdough Master Class, Part 2</b> 5:00 pm - 6:00 pm \$00 (Included part 1)		<b>Nutrition Kitchen Family Classes: Chicken Noodle Soup</b> 10:00 am - 11:00 am \$12.50 1:00 pm - 2:00 pm \$12.50	
25	26	27	28	29	30	31	
			<b>Nutrition Kitchen Chef's Table: French Coastal + Wine Pairing</b> 5:00 pm - 6:00 pm \$65	<b>Nutrition Kitchen Chef's Table: French Coastal + Wine Pairing</b> 5:00 pm - 6:00 pm \$65		<b>Nutrition Kitchen Family Classes: Winter Pizza Party</b> 10:00 am - 11:00 am \$12.50 1:00 pm - 2:00 pm \$12.50	



Walton Family Whole Health & Fitness



## Session 1

# Aquatics



Moving My Body

**Registration Opens  
Monday  
January 12 at 7:00 am**

**Registration Runs  
January 12 - 25**

**Session 1 Dates  
January 19 – March 15**



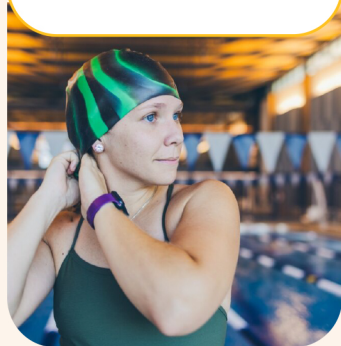
## Red Cross Learn-to-Swim Program

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**

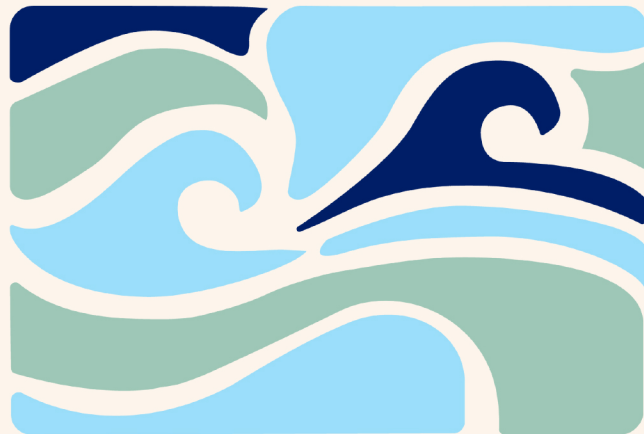
## Questions?

Please reach out to our Aquatics Manager, Tonya Vandermey, at [Tonya.Vandermey0@walmart.com](mailto:Tonya.Vandermey0@walmart.com).



# Session 1 Pool Hours

January 19 – March 15



## 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 pm – 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 pm – 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](mailto:Brian.Peticolas@walmart.com).

Walton Family  
Whole Health & Fitness



# Session 1

# Aquatics



Moving My Body

## Parent Child: 4-5 Months

Age 4 & 5 months | Cost \$75.00

Day	Time	Instructor	Pool
Friday	8:30-9:00 am	Tami	Activity

## Parent Child 1

Ages 6 months-18 months | Cost \$75.00

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

## Beginner 3

Age 3 | Cost \$75.00

Day	Time	Instructor	Pool
Monday	9:00-9:30 am	Jo	Activity
Monday	10:00-10:30 am	Donna	Activity
Monday	5:00-5:30 pm	Rachel	Activity
Tuesday	4:00-4:30 am	Rebecca	Activity
Tuesday	4:30-5:00 pm	Heather	Activity
Wednesday	9:00-9:30 am	Becca	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
Saturday	10:30-11:00 am	Jennifer	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	5:00-5:30 pm	Heather	Activity
Tuesday	5:30-6:00 pm	Rebecca	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
Wednesday	6:00-6:30 pm	Rachel	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	10:00-10:30 am	Rachel	Activity
Saturday	10:00-10:30 am	Jennifer	Activity
Saturday	11:00-11:30 am	Becca	Activity
Saturday	11:30-12:00 pm	Jennifer	Activity

## Parent Child: Intro to Survival Swim

Age 1-3 Years | Cost \$75.00

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

## Parent Child 2

Ages 18 months-4 years | Cost \$75.00

Day	Time	Instructor	Pool
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

## 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
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
Saturday	11:00-11:30 am	Jennifer	Activity

## Preschool 2

Ages 4-5 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	11:00-11:30 am	Jo	Activity
Monday	4:00-4:30 pm	Cat	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 pm	Rose	Activity
Thursday	5:30-6:00 pm	Becca	Activity
Friday	10:00-10:30 am	Rachel	Activity
Saturday	9:30-10:00 am	Jennifer	Activity
Saturday	11:30-12:00 pm	Becca	Activity



## Session 1

# Aquatics



Moving My Body

### 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
Monday	5:30-6:00 pm	Cat	Activity
Tuesday	10:00-10:30 am	Stephanie	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	5:00-5:30 pm	Becca	Activity
Saturday	10:00-10:30 am	Becca	Activity

### Preschool 4

Ages 4-5 years | Cost \$75.00

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

### Intro to Swim

Ages 6-12 years | Cost \$75.00

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

### Level 1

Ages 6-12 years | Cost \$75.00

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

# Session 1

# Aquatics



Moving My Body

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

## Level 5

Ages 6-12 years | Cost \$75.00

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

## Level 5

Ages 6-12 years | Cost \$75.00

Day	Time	Instructor	Pool
Friday	5:30-6:00 pm	Karen	Rec
Friday	6:30-7:00 pm	Karen	Rec
Saturday	9:00-9:30 am	Henry	Rec
Saturday	10:00-10:30 am	Silvia	Rec
Saturday	10:30-11:00 am	Henry	Rec
Saturday	11:00-11:30 pm	Sarah	Rec
Saturday	11:30-12:00 pm	Silvia	Rec

# Session 1

# Aquatics



Moving My Body

## Swim Team Prep

Ages 6-17 years | Cost \$85.00

Day	Time	Instructor	Pool
Mon	4:00-5:00 pm	Madison	Rec
Tues	6:00-7:00 pm	Dane	Rec
Wed	5:30-6:30 pm	Sarah	Rec
Fri	5:00-6:00 pm	Madison	Rec

## Teen Intermediate

Ages 6-17 years | Cost \$75.00

Day	Time	Instructor	Pool
Wed	6:00-6:30 pm	Christina	Rec
Thur	4:30-5:00 pm	Karen	Rec

## Adult Intro to Swim

Age 17+ | Cost \$75.00

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

## Adult Women Only

Age 17+ | Cost \$75.00

Day	Time	Instructor	Pool
Monday	6:00-6:30 pm	Karen	Activity
Monday	6:30-7:00 pm	Karen	Activity
Friday	9:30-10:00 am	Karen	Activity

## Youth Rec League: 11-17 Years

Ages 11-17 years | Cost \$120.00

Day	Time	Instructor	Pool
M/W/F	6:00-7:00 pm	Madison/ Jen/Rose	Rec

## Teen Beginner

Ages 11-17 | Cost \$75.00

Day	Time	Instructor	Pool
Wed	6:30-7:00 pm	Becca	Activity
Thur	6:00-6:30 pm	Becca	Activity

## 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/Thur	5:00-6:00 pm	Sarah/Ali	Rec

## Adult Advanced Beginner

Age 17+ | Cost \$75.00

Day	Time	Instructor	Pool
Monday	6:00-6:30 pm	Rose	Rec
Tuesday	5:30-6:00 pm	Dane	Rec
Wednesday	7:00-7:30 am	Donna	Rec
Wednesday	7:30-8:00 am	Donna	Rec
Wednesday	6:00-6:30 pm	Karen	Rec
Thursday	6:00-6:30 pm	Karen	Rec
Thursday	6:30-7:00 pm	Karen	Rec
Friday	6:00-6:30 pm	Karen	Rec
Saturday	11:00-11:30 am	Henry	Rec

## Adult Intermediate

Age 17+ | Cost \$75.00

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

## Adult Male Only

Age 17+ | Cost \$75.00

Day	Time	Instructor	Pool
Saturday	10:00-10:30 am	Henry	Activity



## Session 1

# Fitness



Moving My Body

January Monthly  
Programs Run  
January 5-February 1

### 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!

### Premium Group Fitness Class Pricing

Join our Premium Group Fitness classes and experience a workout like no other!  
Premium - Mind/Body Classes | \$5 per class OR \$30 per month  
Premium - Fitness Classes | \$5 per class OR \$30 per month  
Premium - All Class Pass | \$50 per month

## FITNESS

### Group Fitness Schedule: January 5 - February 1

■ 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		
	* FIT ZONE 5:15-6:15 AM The Zone	* FIT ZONE 5:15-6:15 AM The Zone	* FIT ZONE 5:15-6:15 AM The Zone	* FIT ZONE 5:15-6:15 AM The Zone	* FIT ZONE 5:15-6:15 AM The Zone		
	Barre Fusion 5:15-6:00 AM Studio: 6		Barre Fusion 5:15-6:00 AM Studio: 6		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			
	Spin Lab 6:15-7:00 AM Studio: 3	Mat Pilates 6:15-7:00 AM Studio: 6	Spin Lab 6:15-7:00 AM Studio: 3	Mat Pilates 6:15-7:00 AM Studio: 6	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 Yoga 6:15-7:15 AM Studio: 5		
	* FIT ZONE 6:30-7:30 AM The Zone	* FIT ZONE 6:30-7:30 AM The Zone	* FIT ZONE 6:30-7:30 AM The Zone	* FIT ZONE 6:30-7:30 AM The Zone	* FIT ZONE 6:30-7:30 AM The Zone		



## Group Fitness Schedule: January 5 - February 1

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

Mid-Morning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	LIFT 7:30-8:15 AM Studio: 2		LIFT 7:30-8:15 AM Studio: 2		LIFT 7:30-8:15 AM Studio: 2	* Heated Yoga 7:30-8:30 AM Studio: 5	
	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	Barre Fusion 8:30-9:15 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
	Qi Gong 8:30-9:15 AM Studio: 5	High Fitness 8:30-9:15 AM Studio: 3	Qi Gong 8:30-9:15 AM Studio: 5	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	* 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	LIFT 8:30-9:15 AM Studio: 2	* Heated Yoga 9:00-10:00 AM Studio: 5	* Heated Yoga 9:00-10:00 AM Studio: 5
		TRX Yoga 9:00-9:45 AM Studio: 4		TRX Yoga 9:00-9:45 AM Studio: 4		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	
					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	Gentle Flow 10:15-11:00 AM Studio: 5	Gentle Flow 10:15-11:00 AM Studio: 5	Gentle Flow 10:15-11:00 AM Studio: 5	* FIT ZONE 10:30-11:30 AM The Zone	* FIT ZONE 10:30-11:30 AM The Zone





## Group Fitness Schedule: January 5 - February 1

■ 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		Athletic Mobility 11:00-11:45 AM Studio: 6	
	Bootcamp 11:15-12:00 PM Studio: 1	* MetCon 11:15-12:00 PM Studio: 1	Bootcamp 11:15-12:00 PM Studio: 1	* MetCon 11:15-12:00 PM Studio: 1	Bootcamp 11:15-12:00 PM Studio: 1	Pedal Camp 11:15-12:00 PM Studio: 3	
	LIFT 11:15-12:00 PM Studio: 2	LIFT 11:15-12:00 PM Studio: 2	LIFT 11:15-12:00 PM Studio: 2	LIFT 11:15-12:00 PM Studio: 2	LIFT 11:15-12:00 PM Studio: 2		
	* 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		
	Essentrics 11:15-12:00 PM Studio: 6	Rhythm Ride 11:30-12:15 PM Studio: 3	Essentrics 11:15-12:00 PM Studio: 6	Rhythm Ride 11:30-12:15 PM Studio: 3		* 12 Rounds 11:30-12:30 PM Studio: 4	Body Blast 2:00-2:45 PM Studio: 1
	Bootcamp Express 12:15-12:45 PM Studio: 1	* Yoga for Alignment 12:00-1:00 PM Studio: 6	Bootcamp Express 12:15-12:45 PM Studio: 1	* Yoga for Alignment 12:00-1:00 PM Studio: 6	Bootcamp Express 12:15-12:45 PM Studio: 1	* 12 Rounds 12:45-1:45 PM Studio: 4	Gentle Flow 2:15-3:00 PM Studio: 5

# Group Fitness Schedule: January 5 - February 1

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Evening	Mat Pilates 4:15-5:00 PM Studio: 6	Stretch 4:15-5:00 PM Studio: 6	Mat Pilates 4:15-5:00 PM Studio: 6	Stretch 4:15-5:00 PM Studio: 6	Mat Pilates 4:15-5:00 PM Studio: 6		* Heated Yoga 3:30-4:30 PM Studio: 5
	TRX 5:00-5:45 PM Studio: 4		TRX 5:00-5:45 PM Studio: 4		* 12 Rounds 5:00-6:00 PM Studio: 4		* Sound Bath 5:00-6:00 PM Studio: 5
		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			
	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			
	* Express Pilates Yoga Fusion 5:15-6:00 PM Studio: 5	Yoga 5:15-6:00 PM Studio: 5	* Express Pilates Yoga Fusion 5:15-6:00 PM Studio: 5	Yoga 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	Barre Fusion 5:15-6:00 PM Studio: 6	Barre Fusion 5:15-6:00 PM Studio: 6		
	* FIT ZONE 5:30-6:30 PM The Zone	* FIT ZONE 5:30-6:30 PM The Zone	* FIT ZONE 5:30-6:30 PM The Zone	* FIT ZONE 5:30-6:30 PM The Zone			
	* 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			
	* Sound Bath 6:15-7:15 PM Studio: 5	Gentle Flow 6:15-7:00 PM Studio: 5	* Sound Bath 6:15-7:15 PM Studio: 5	Gentle Flow 6:15-7:00 PM Studio: 5	Yoga 6:00-6:45 PM Studio: 5		
	Breath & Stress Reset 6:15-7:00 PM Studio: 6	Essentrics 6:15-7:00 PM Studio: 6	Breath & Stress Reset 6:15-7:00 PM Studio: 6		Warrior Flow 6:00-6:45 PM Studio: 6		
	Rhythm Ride 6:15-7:00 PM Studio: 3	Club Fitness 6:15-7:00 PM Studio: 3	Rhythm Ride 6:15-7:00 PM Studio: 3	Club Fitness 6:15-7:00 PM Studio: 3			
	Body Blast 6:30-7:15 PM Studio: 1	Bootcamp 6:30-7:15 PM Studio: 1	Body Blast 6:30-7:15 PM Studio: 1	Bootcamp 6:30-7:15 PM Studio: 1			
	* FIT ZONE 6:45-7:45 PM The Zone	* FIT ZONE 6:45-7:45 PM The Zone	* FIT ZONE 6:45-7:45 PM The Zone	* FIT ZONE 6:45-7:45 PM The Zone			
	Tai Chi 7:15-8:00 PM Studio: 6				Tai Chi 7:00-7:45 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				
	Restore & Meditate 7:30-8:15 PM Studio: 5		Restore & Meditate 7:30-8:15 PM Studio: 5				
	Warrior Flow 8:15-9:00 PM Studio: 6						



## Session 1

# Recreation



Moving My Body

**Registration Opens**  
**Monday, January 12**  
**at 7:00 am**

**Registration Runs**  
**January 12 - 25**

**Session 1 Dates**  
**January 19 – March 15**



## 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](mailto: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







## 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/PE Games

Class	Day	Time	Cost
Youth Volleyball 8-11 Years	Tuesday	4:00-4:55 pm	\$62.00
Youth PE Games 8-12 yr olds	Tuesday	5:00-5:55 pm	\$62.00
Youth PE Games 13-17 yr olds	Friday	7:00-7:55 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 - Drop in play	Monday	11:00-12:55 pm	\$5.00
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 - Intro	Wednesday	6:00-6:55 pm	\$62.00
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 Skills 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





## 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 Skills 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



## Adult Sports

## Adult Tennis | Age 16+ Years

Class	Day	Time	Cost
Tennis - 3.5	Wednesday	9:00-9:55 am	\$62.00
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
Tenniss - 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	Time
Thursday	6:00-9:00 pm

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

Day	Time
Saturday	10:00-10:55 am

**Adult PE Games 18+**

Day	Time	Cost
Monday	7:00-8:00 pm	\$62/\$10

**Adult Wiffle Ball League**  
 Age 18+ | Cost \$20

Day	Time
Thursday	6:30-8:30 pm

## Session 1

# Youth



Moving My Body

**Registration opens  
Monday, January 12  
at 7:00 am**

Registration runs  
January 12–25

**Session 1 Dates  
January 19–March 15**

### 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. Drop-In Classes are now part of the premium add-on service or Drop in for \$5/class via your Online Account or the Whole Health & Fitness App. Registration opens 1 Week in Advance.

## Youth Fitness Schedule

January 5 - February 1

Drop-In Classes are now part of the premium add-on service or Drop in for \$5/class via your Online Account or the Whole Health & Fitness App. Registration opens 1 Week in Advance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth Bootcamp 4:30 pm - 5:00 pm Ages 6-9		Youth Bootcamp 4:30 pm - 5:00pm Ages 6-9	Youth Bootcamp 6:15 pm - 6:45 pm Ages 6-9		Ninja Challenge 9:00 pm - 9:45 pm Ages 6-9	
Youth FitZone 5:15 pm - 6:00 pm Ages 10-13	Super - Fit 5:15 pm - 6:00 pm Ages 10-13	Youth FitZone 5:15 pm - 6:00 pm Ages 10-13	Youth FitZone 7:00 pm - 7:45 pm Ages 10-13	Youth Yoga 5:15 pm - 6:00 pm Ages 6-9	Ninja Challenge 12:15 pm - 12:45 pm Ages 6-9	
	Super - Fit 6:15 pm - 6:45 pm Ages 6-9	Youth Yoga 4:00 pm - 4:30 pm Ages 4-6			Ninja Challenge 12:45 pm - 1:30 pm Ages 10-13	
		Youth Yoga 4:45 pm - 5:15 pm Ages 7-9				
		Youth Yoga 5:30 pm - 6:00 pm Ages 10-13				

### 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	Cost
Hula Hooping	Tuesday	5:00-5:45 pm	7 to 12	Studio 1	\$64
Move With Me	Monday	9:00-9:30 am	walk-2.5	Studio 3	\$64
Dance Discovery (formerly Intro to Dance)	Monday	9:30-10:00 am	1 to 3.5	Studio 3	\$64
Ballet & Tap	Monday	10:00-10:45 am	3 to 5	Studio 3	\$80
Acro Basics: First Flips (formerly intro to acro)	Monday	10:45-11:30 am	3 to 6	Studio 3	\$80
Tumble Tots	Monday	11:30-12:00 pm	walk-3	Studio 3	\$64
Tumble Tots	Monday	3:30-4:00 pm	walk-3	Studio 3	\$64
Acro Basics: First Flips (formerly intro to acro)	Monday	4:00-4:45 pm	3 to 7	Studio 3	\$64
Ballet & Tap	Monday	4:45-5:30 pm	3 to 5	Studio 3	\$80
Blacklight Hip Hop	Monday	5:30-6:00 pm	all	Studio 3	\$64
Ballet & Tap	Monday	6:00-6:45 pm	5 to 10	Studio 3	\$80
Dance Combo	Monday	6:45-7:30 pm	7 to 13	Studio 3	\$80
Ballet & Tap	Tuesday	9:00-9:45 am	3 to 5	Studio 3	\$80
Acro Basics: First Flips (formerly intro to acro)	Tuesday	9:45-10:30 am	3 to 5	Studio 3	\$80
Tumble Tots	Tuesday	10:30-11:00 am	2 to 3.5	Studio 3	\$64
Tumble Tots	Tuesday	11:00-11:30 am	walk-2.5	Studio 3	\$64
Dance Discovery (formerly Intro to Dance)	Tuesday	3:30-4:00 pm	2 to 4	Studio 3	\$64
Rhythym Relays	Tuesday	4:00-4:30 pm	3 to 8	Studio 3	\$64
Cheer	Tuesday	4:30-5:15 pm	3 to 8	Studio 3	\$80
Ballet & Tap	Tuesday	5:15-6:00 pm	3 to 5	Studio 3	\$80
HipHop After Dark (formerly blacklight hip hop)	Tuesday	6:00-6:30 pm	6+	Studio 3	\$64
Next Step Acro: formerly Acro I	Tuesday	6:30-7:15 pm	6+	Studio 3	\$80
Dance Discovery (Formerly Intro to Dance)	Wednesday	9:30-10:15 am	3 to 5	Studio 3	\$80
Homeschool Dance Fusion(new)	Wednesday	10:15-11:30 am	6 to 10	Studio 3	\$80
Acro Basics: First Flips (formerly intro to acro)	Thursday	9:00-9:45 am	3 to 6	Studio 3	\$80
Dance Discovery (formerly Intro to Dance)	Thursday	9:45-10:15 am	2 to 4	Studio 3	\$80
Ballet & Tap	Thursday	4:15-4:45 pm	3 to 5	Studio 3	\$80
Ballet & Tap	Thursday	4:45-5:30 pm	6 to 9	Studio 3	\$80
Move With Me	Saturday	9:00-9:30 pm	walk-2.5	Studio 3	\$64
Dance Discovery (formerly Intro to Dance)	Saturday	9:30-10:00 pm	2 to 3.5	Studio 3	\$64
Ballet & Tap	Saturday	10:00-10:45 am	3 to 5	Studio 3	\$80
Ballet & Tap	Saturday	10:45-11:30 am	5 to 9	Studio 3	\$80
HipHop After Dark: formerly Blacklight Hip Hop	Saturday	11:30-12:00 pm	3+	Studio 3	\$64
Next Step Acro: formerly Acro I	Saturday	12:00-12:45 pm	6+	Studio 3	\$80
Acro Basics: First Flips (formerly intro to acro)	Saturday	12:45-1:30 pm	3 to 5	Studio 3	\$80
Tumble Tots	Saturday	1:30-2:00 pm	walk-3.5	Studio 3	\$64

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	Cost
Taekwondo All Belts	Thursday	4:30-5:00 pm	5 to 6	Studio 1	\$90
Taekwondo Lower Belts	Thursday	5:00-5:30 pm	7 to 12	Studio 1	\$90
Taekwondo Upper Belts	Thursday	5:30-6:00 pm	7 to 12	Studio 1	\$90
Taekwondo Upper Belts	Saturday	9:00-9:30 am	7 to 12	Studio 1	\$90
Taekwondo Lower Belts	Saturday	9:30-10:00 am	7 to 12	Studio 1	\$90
Taekwondo All Belts	Saturday	10:00-10:30 am	5 to 6	Studio 1	\$90

**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	Cost
Tiger Kick	Monday	4:30-5:00 pm	6 to 9	Studio 1	\$64

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.





## Session 1

# Youth Activity Center

### Hours

Monday-Saturday:  
8:00 am – 1:00 pm

Monday-Thursday:  
4:00 – 8:00 pm

Sunday:  
1:00 – 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](mailto:Karyn.Walker@walmart.com).



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Whole Health & Fitness**

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