

Experience Guide

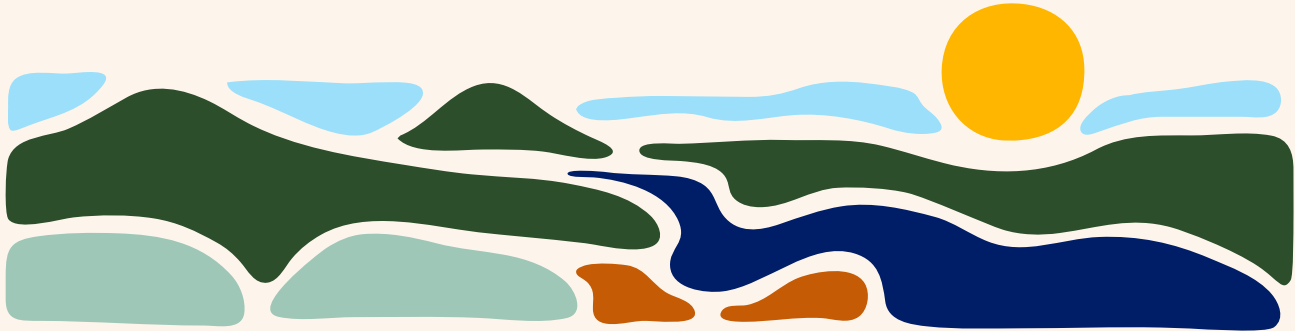
Explore Whole Health

Demos and Experiences from January 15 - February 4



Walton Family
Whole Health & Fitness

Welcome to Whole Health



Walton Family Whole Health & Fitness offers something for everyone – from pickleball courts and pools to the meditation garden and nutrition kitchen. This facility was designed with your input and with the goal of providing a space to help you “live better” and thrive. We’re excited to introduce you to your new space and guide you on your Whole Health journey.

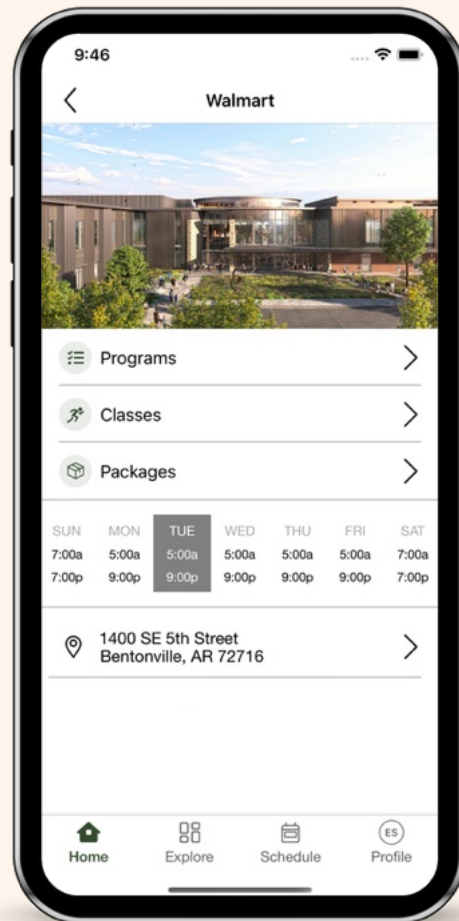
Over the next few weeks, you’ll have the opportunity to try out the new facility, with a robust schedule of activities to get you familiar with all areas. We welcome you to pause, notice all the exciting new opportunities & areas, and choose what matters to you. **We’re so glad you’re here.**

Let’s explore!

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Haven't downloaded the Walton Whole Health & Fitness app?

Maximize time and convenience. Within the app you'll be able to manage your membership, register for classes and experiences, book courts and easily take advantage of all we have to offer.



Get it today!



Aquatics

Dive in and check out our three incredible pools, all conveniently located in one common lifeguarded area where we offer swim lessons, assessments and fitness classes.

Swim Lessons

We proudly offer a Red Cross Learn-to-Swim program that allows everyone the opportunity to learn in a safe environment, at their own pace. The Learn-to-Swim program focuses on building skills one step at a time. By giving learners the opportunity to master one element before moving on to the next, our kids' swim classes make it easy to build confidence in the water. Swim Lessons will resume in February, so stay tuned for more information!

Swim Assessments

All children ages 3-12 years old who would like to participate in group lessons are required to complete a Swim Assessment before registering for a class. Registration for assessments is required. See available assessment times on the Youth Aquatics Experience list on page 4 and register for a time in the Walton Whole Health & Fitness app.

Questions?

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



Pool Hours & Rules

January 15 – February 4

Lap Pool

The lap pool is for aquatic fitness activities only. All swimmers under the age of 12 must pass a swim test.

MONDAY - FRIDAY

5:30 AM - 8:30 PM

SATURDAY

7 AM - 6:30 PM

SUNDAY

7 AM - 6:30 PM

Recreation & Activity Pool

- Parents must be in water with children 12 years of age or under, unless child passes a swim test.
- Inflatables are not permitted.
- Please limit cell phone use during family swim.

Recreation Pool

MONDAY - FRIDAY

11 AM - 2 PM

4 - 8:30 PM

SATURDAY

9 AM - 4 PM

Activity Pool

MONDAY - FRIDAY*

8 AM - 12 PM

4 - 8:30 PM

SATURDAY

8 AM - 6:30 PM

SUNDAY

10 AM - 4 PM

*On Fridays there is Adult Swim (18+) from 8 - 10AM, followed by Tot Swim (Families with children under 5) from 10AM - 12PM.

Aquatics: Adult

January 15 – February 4

Day	Time	Experience	Location	Age
January 16	5:30 - 6:30 AM	Masters Swim	Recreational Pool	18+
January 17	8:30 - 9:15 AM	Deep Water Fitness	Recreational Pool	13+
January 17	5:30 - 6:30 PM	Adult Learn to Swim Demo	Activity Pool	17+
January 18	5:30 - 6:30 AM	Masters Swim	Recreational Pool	18+
January 19	8 - 10 AM	Adult Swim	Activity Pool	18+
January 19	6:15 - 7 PM	SUP Fitness	Recreational Pool	13+
January 22	6:15 - 7 PM	SUP Fitness	Recreational Pool	13+
January 23	5:30 - 6:30 AM	Masters Swim	Recreational Pool	18+
January 23	8:45 - 9:30 AM	Aqua Zumba	Recreational Pool	13+
January 24	8:30 - 9:15 AM	Deep Water Fitness	Recreational Pool	13+
January 25	5:30 - 6:30 AM	Masters Swim	Recreational Pool	18+
January 26	8 - 10 AM	Adult Swim	Activity Pool	18+
January 30	5:30 - 6:30 AM	Masters Swim	Recreational Pool	18+
January 31	8:30 - 9:15 AM	Deep Water Fitness	Recreational Pool	13+
February 1	5:30 - 6:30 AM	Masters Swim	Recreational Pool	18+
February 2	8 - 10 AM	Adult Swim	Activity Pool	18+

Aquatics: Youth

January 15 – February 4

Day	Time	Experience	Location	Age
January 17	9:30 - 10:30 AM	Parent Child Swim Demo	Activity Pool	6 months - 3 years
January 19	10AM - 12 PM	Tot Swim**	Activity Pool	5 & under
January 25	5 - 7 PM	Swim Assessments*	Activity & Rec Pools	4+
January 26	10 AM - 12 PM	Tot Swim**	Activity Pool	5 & under
January 26	5 - 7 PM	Swim Assessments*	Activity & Rec Pools	4+
January 29	5 - 7 PM	Swim Assessments*	Activity & Rec Pools	4+
February 2	10 AM - 12 PM	Tot Swim**	Activity Pool	4+

* Ensures students are enrolled in correct level of swim lessons. Must register in Walton Whole Health & Fitness app.

**Time designated for families of children ages 5 and under. Held in zero depth area only.

Fitness

We have everything you need to support your fitness journey, whether you're just getting started, or are an avid gym-goer.

Group Fitness Classes

Our classes are designed to provide participants with a fun, motivating, and well-rounded fitness experience. Whether you're looking to center yourself in a Mind Body class or sweat it out with a high-intensity workout, we have a class for you! (Premium classes offered as free demos during January.)

Small Group Training

From bootcamp to yoga, to kickboxing and self-defense we have something for everyone. Register in your Walton Whole Health & Fitness app or drop-in during our demo week to experience all we have to offer. (Classes available for members 18 and up, and youth 13-15 who have completed a Teen Weight Room Intro.)

Intros & Assessments

Our Intros and Assessments provide options to set the foundation for your fitness journey.

Questions?

Please reach out to our Fitness Director, Brandon Jansen, at Brandon.Jansen0@walmart.com.



Group Fitness Schedule: January 15 - February 4

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

Premium classes will be offered as free demos during January. All other group fitness classes are included with membership.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING	Bootcamp 5:15 – 6AM Studio: 1	Cardio Pulse 5:15 – 6AM Studio: 1	Bootcamp 5:15 – 6AM Studio: 1	Cardio Pulse 5:15 – 6AM Studio: 1	Bootcamp 5:15 – 6AM Studio: 1		
	◆ Box&Burn 5:15 – 6:15AM Studio: 4	LIFT 5:15 – 6AM Studio: 2	◆ Box&Burn 5:15 – 6:15AM Studio: 4	LIFT 5:15 – 6AM Studio: 2	◆ Box&Burn 5:15 – 6:15AM Studio: 4		
	RPM 6:15 – 7AM Studio: 3		RPM 6:15 – 7AM Studio: 3		RPM 6:15 – 7AM Studio: 3		
	◆ Hot Yoga 6:15 – 7:15AM Studio: 5	Mat Pilates 6:15 – 7AM Studio: 6	◆ Hot Yoga 6:15 – 7:15AM Studio: 5	Mat Pilates 6:15 – 7AM Studio: 6	◆ Hot Pilates Sculpt 6:15 – 7:15AM Studio: 5		
	◆ FIT ZONE 6:15 – 7:15AM The Zone	◆ FIT ZONE 6:15 – 7:15AM The Zone	◆ FIT ZONE 6:15 – 7:15AM The Zone	◆ FIT ZONE 6:15 – 7:15AM The Zone			
MID-MORNING	Qigong 8:30 – 9:15AM Studio: 5	Barre Fusion 8:30 – 9:15AM Studio: 6	Qigong 8:30 – 9:15AM Studio: 5	Barre Fusion 8:30 – 9:15AM Studio: 6	Mat Pilates 8:30 – 9:15AM Studio: 5	◆ FIT ZONE 9 – 10AM The Zone	◆ Box&Burn 8:15 – 9:15AM Studio: 4
	Zumba 8:30 – 9:15AM Studio: 3	High Fitness 8:30 – 9:15AM Studio: 3	Zumba 8:30 – 9:15AM Studio: 3	High Fitness 8:30 – 9:15AM Studio: 3	Zumba 8:30 – 9:15AM Studio: 3	◆ Hot Yoga 9 – 10AM Studio: 5	Barre Fusion 8:15 – 9:15AM Studio: 6
	LIFT 8:30 – 9:15AM Studio: 2	LIFT 8:30 – 9:15AM Studio: 2	LIFT 8:30 – 9:15AM Studio: 2	Surge Strength 8:30 – 9:15AM Studio: 2	LIFT 8:30 – 9:15AM Studio: 2	Bootcamp 10:15 – 11AM Studio: 1	
	◆ Round House 9:30 – 10:30AM Studio: 4	Surge Strength 9:30 – 10:15 a.m. Studio: 2	◆ FIT ZONE 9:30 – 10:30AM The Zone	Surge Strength 9:30 – 10:15 a.m. Studio: 2	◆ FIT ZONE 9:30 – 10:30AM The Zone	Zumba Step 10:15 – 11AM Studio: 3	
	Surge Fit 9:30 – 10:15AM Studio: 2	◆ Hot Yoga 9:30 – 10:30AM Studio: 5	Surge Fit 9:30 – 10:15AM Studio: 2	◆ Hot Yoga 9:30 – 10:30AM Studio: 5	Surge Fit 9:30 – 10:15AM Studio: 2	Restorative Yoga 10:30 – 11:15AM Studio: 5	
	Gentle Flow 10:15 – 11AM Studio: 5		Gentle Flow 10:15 – 11AM Studio: 5		Gentle Flow 10:15 – 11AM Studio: 5		

Group Fitness Schedule: January 15 - February 4

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

Premium classes will be offered as free demos during January. All other group fitness classes are included with membership.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	◆ FIT ZONE 11AM – 12PM The Zone	◆ FIT ZONE 11AM – 12PM The Zone	◆ FIT ZONE 11AM – 12PM The Zone	◆ FIT ZONE 11AM – 12PM The Zone	◆ FIT ZONE 11AM – 12PM The Zone	Rhythm Ride 11:15AM – 12PM Studio: 3	Gentle Flow 2:15 – 3PM Studio: 5
	Cardio Pulse 11:15 – 12PM Studio: 1	◆ Box&Burn 12 – 1PM Studio: 4	Cardio Pulse 11:15 – 12PM Studio: 1	◆ Box&Burn 12 – 1PM Studio: 4	Cardio Pulse 11:15 – 12PM Studio: 1	◆ Box&Burn 12 – 1PM Studio: 4	◆ Barbell Strength 2:15 – 3:15 p.m. The Zone
	Essentrics 11:15 – 12PM Studio: 5	◆ Hot Yoga 11:15 – 12:15PM Studio: 5	Essentrics 11:15 – 12PM Studio: 5	◆ Hot Yoga 11:15 – 12:15PM Studio: 5	Restorative Yoga 11:15 – 12:15PM Studio: 5		◆ Hot Yoga 3:30 – 4:30PM Studio: 5
	◆ Round House 11:30 – 12:30PM Studio: 4	LIFT 11:15 – 12PM Studio: 2	◆ Round House 11:30 – 12:30PM Studio: 4	LIFT 11:15 – 12PM Studio: 2			
	Tai Chi 12 – 1PM Studio: 6						
EVENING	Gentle Yoga 5:15 – 6:15PM Studio: 5	◆ Hot Pilates Sculpt 4:15 – 5:15PM Studio: 5	Mat Pilates 4:15 – 5PM Studio: 6	Barre Fusion 5:15 – 6PM Studio: 6			◆ Sound Bath 5 – 6PM Studio: 5
	Zumba 5:15 – 6PM Studio: 3	Barre Fusion 5:15 – 6PM Studio: 6	Meditation 5:15 – 6PM Studio: 5	Fitness Dance 5:15 – 6PM Studio: 3			
	Cardio Pulse 5:15 – 6PM Studio: 1	Fitness Dance 5:15 – 6PM Studio: 3	Zumba 5:15 – 6PM Studio: 3	LIFT 5:15 – 6PM Studio: 2			
	◆ FIT ZONE 6:15 – 7:15PM The Zone	LIFT 5:15 – 6PM Studio: 2	Surge Fit 5:15 – 6PM Studio: 2	◆ FIT ZONE 6:15 – 7:15PM The Zone			
	◆ Round House 6:15 – 7:15 p.m. Studio: 4	◆ FIT ZONE 6:15 – 7:15PM The Zone	◆ FIT ZONE 6:15 – 7:15PM The Zone	◆ Bag Work 6:15 – 7PM Studio: 4			
	Rhythm Ride 6:15 – 7PM Studio: 3	◆ Round House 6:15 – 7:15PM Studio: 4	Bag Work 6:15 – 7PM Studio: 4	Club Fitness 6:15 – 7PM Studio: 3			
	◆ Hot Pilates Sculpt 6:30 – 7:30PM Studio: 5	Club Fitness 6:15 – 7PM Studio: 3	Rhythm Ride 6:15 – 7PM Studio: 3	Gentle Flow 6:15 – 7PM Studio: 5			
	Tai Chi 7 – 8PM Studio: 6	Gentle Flow 6:15 – 7PM Studio: 5	◆ Sound Bath 6:15 – 7:15PM Studio: 5	Bootcamp 7 – 7:45PM Studio: 1			
		Bootcamp 7 – 7:45PM Studio: 1	◆ Box&Burn 7 – 8PM Studio: 4	◆ Box&Burn 7 – 8PM Studio: 4			

Group Fitness Schedule Descriptions

Bagwork: Learn the basic technique of boxing including the boxer's stance, the jab, the cross, the hook, uppercut punches, and use of the heavy bag.

Barre Fusion: A total body workout that targets, shapes, and defines all major muscle groups through resistance-based strength trainings.

Bootcamp: Strengthen your body by pushing and pulling your weight while improving cardio through circuit drills.

Box&Burn: A boxing conditioning class that includes an intense cardio warmup, boxing with intervals of bodyweight exercises, and core work.

Cardio Pulse: A Myzone-based class that will challenge you to move through each of the 5 heart-rate zones. (A Myzone is not required for participation.)

Club Fitness: Designed to get your heart rate pumping by combining cardiovascular and strength building exercises while moving to the best hip hop tunes.

Essentrics: Essentrics is a full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. Perfect for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries and unlocks tight joints.

FIT ZONE: Experience the thrill of high-intensity interval training in our Fit Zone class; a dynamic 60-minute workout combining cardiovascular and strength exercises.

Fitness Dance: Move and groove to the sound of today's tunes. Dancing is a fun way to burn calories and break a sweat without the impact.

Gentle Flow: A gentle Yoga that encourages physical, mental, and emotional relaxation. Practiced at a slow pace, focusing on long holds, deep stretching and breathing to help release stress, tension and tightness. Appropriate for all levels. This class is not heated.

High Fitness: Have you heard? AEROBICS is Back! Bigger, Better, HIGHER! A choreographed workout that alternates between cardio peaks and toning tracks that will take your heart rate to the sky and strength to the next level.

Hot Pilates Sculpt: Musically driven heated class using Pilates ring, ball, small hand weights, bands and gliders to lengthen and strengthen your entire body with an emphasis on your core strength.

Hot Yoga: "Pause, Notice, Choose" empowers you. Pause to catch your breath and realign. Notice the heat and your body's responses. Choose poses that challenge and invigorate you. Reflect: How can you harness this empowerment beyond your yoga practice?

LIFT: A functional-fitness class geared to improve muscular strength and endurance using a variety of different implements.

Mat Pilates: Focuses on proper core training to improve muscle strength and length, mobility, stabilization, and body alignment.

Meditation: During Meditation, you will settle into stillness. Pause to let go of distractions. Notice your breath, thoughts, and emotions without attachment. Choose the focus of your meditation, whether it's the breath, a mantra, or a sensation. Reflect: How can the insights gained in meditation guide your choices outside of your practice?

Qigong: A mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique

Restorative Yoga: When your mind and body need to slow down and recover. Emphasis on slow, easy transitions, awareness of movement and intentional breathing. This class is not heated.

Rhythm Ride: Which artist will win? Listen to the latest mash ups of your favorite artist while cycling to the beat in this versus music battle.

Round House: In this high-energy class, you will go through 12 rounds of kickboxing movements, combining punches, kicks, and dynamic cardio exercises. Each round will focus on different techniques, allowing you to improve your form, coordination, and overall fitness.

RPM: Go the distance in this cycling class. Each day the primary focus will change from power, to endurance, and hills.

Sound Bathing: Join a relaxing pause in your day with a sound bath meditation. All you need is yourself and if you choose, a blanket. Sound baths can help: reduce anxiety, decrease stress hormones, improve sleep and mood.

Surge Fit: High intensity cardio that pushes fat burning systems into high gear are intertwined with high-rep strength training to shape and tone your body for maximum results.

Surge Strength: Surge Strength is a high-rep, targeted, ALL weight training workout - set to music you know and love!

Tai Chi: A tai chi practice involves slow-motion flow — and with that comes a cadre of health benefits, too, including better balance, mobility, and coordination.

Zumba: "Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves with Latin dance for an interval-style, calorie-burning dance fitness party.

Zumba Step: Zumba Step combines the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba brings to the dance-floor.

Small Group Training

January 15 – 20

Day	Time	Experience	Location
January 15	8:30 - 9 AM	Bootcamp	Turf Area
January 15	3 - 3:30 PM	Cardio Kickboxing	Turf Area
January 16	8:30 - 9 AM	Abs & Core	Abs & Core
January 16	10 - 10:30 AM	Functional Mobility	Abs & Core
January 17	10 - 10:30 AM	Agility Drills	Turf Area
January 17	3 - 3:30 PM	TRX Training	Turf Area
January 18	8:30 - 9 AM	Abs & Core	Abs & Core
January 18	10 - 10:30 AM	Functional Mobility	Abs & Core
January 18	4:30 - 5 PM	Functional Mobility	Abs & Core
January 19	9 - 9:30 AM	Senior Fitness	Turf Area
January 19	9:30 - 10 AM	Functional Mobility	Abs & Core
January 19	10:30 - 11 AM	Floor Core	Abs & Core
January 19	4:30 - 5 PM	Sucker Punch	Turf Area
January 20	8 - 8:30 AM	Metcon	Turf Area
January 20	10 - 10:30 AM	Foam Rolling	Abs & Core
January 20	11:15 - 11:45 AM	Sport Specific: Basketball	Turf Area

Small Group Training

January 21 – 27

Day	Time	Experience	Location
January 21	8:30 - 9 AM	Abs & Core	Abs & Core
January 21	10 - 10:30 AM	Functional Mobility	Abs & Core
January 22	8 - 8:30 AM	Functional Training	Turf Area
January 22	9:30 - 10 AM	Circuit Training	Turf Area
January 23	9 - 9:30 AM	Ab Circuit	Abs & Core
January 23	10 - 10:30 AM	Reax	Abs & Core
January 24	5:30 - 6 AM	Powerlifting	Turf Area
January 24	11 - 11:30 AM	Olympic Weightlifting	Turf Area
January 25	6:30 - 7 AM	Ab Circuit	Abs & Core
January 25	12 - 12:30PM	Reax	Abs & Core
January 25	4:30 - 5 PM	Functional Mobility	Abs & Core
January 26	8:30 - 9 AM	TRX Training	Turf Area
January 26	9:30 - 10 AM	Functional Mobility	Abs & Core
January 26	10:30 - 11 AM	Floor Core	Abs & Core
January 26	6 - 6:30 PM	Rotational Sports	Turf Area
January 27	9 - 9:30 AM	Athleticism & Agility	Turf Area
January 27	10 - 10:30 AM	HIIT	Abs & Core
January 27	11:15 - 11:45 AM	Sport Specific: Volleyball	Turf Area

Small Group Training

January 28 – February 4

Day	Time	Experience	Location
January 28	8:30 - 9 AM	Ab Circuit	Abs & Core
January 29	11:30 AM - 12 PM	Senior Fitness	Turf Area
January 30	7 - 7:30 AM	Dynamic Stretching	Abs & Core
January 30	12 - 12:30 PM	Balance	Abs & Core
January 31	5:30 - 6 AM	Sport Specific: Baseball	Turf Area
January 31	5 - 5:30 PM	Powerlifting	Turf Area
February 1	7 - 7:30 AM	Stretching	Abs & Core
February 1	12 - 12:30 PM	Balance	Abs & Core
February 1	4:30 - 5 PM	Functional Mobility	Abs & Core
February 2	6 - 6:30 AM	Functional Training	Turf Area
February 2	7 - 7:30 AM	Primal Strength	Turf Area
February 2	8:30 - 9 AM	Speed Training	Turf Area
February 2	9:30 - 10 AM	Functional Mobility	Abs & Core
February 2	10:30 - 11 AM	Floor Core	Abs & Core
February 3	10 - 10:30 AM	Olympic Weightlifting	Turf Area
February 3	11:15 - 11:45 AM	Sport Specific: Basketball	Turf Area
February 4	7 - 7:30 AM	Dynamic Stretching	Abs & Core

Small Group Training Class Descriptions

Bootcamp: Experience a high-intensity mix of strength, cardio, and agility drills. This challenging workout is designed to push your limits and build resilience.

Cardio Kickboxing: Combine martial art techniques with fast-paced cardio for a total body workout. This energetic class improves strength, flexibility, and endurance.

Core & Abs: Strengthen and tone your core muscles. This session focuses on improving posture and overall core stability.

Functional Mobility: Increase your range of motion and reduce injury risk through mobility exercises with emphasis on joint health and functional movement patterns.

Agility Drills: Enhance your reflexes and improve athletic performance through dynamic drills. Ideal for those looking to increase speed and improve coordination.

TRX Training: Utilize the TRX suspension system to engage all your muscles with gravity-based exercises. Great for building strength, balance, and core stability.

Senior Fitness: Tailored for older adults, this class focuses on improving strength, balance, and flexibility. Enjoy a supportive atmosphere that promotes active aging.

Self Defense: Learn practical self-defense techniques in a safe and supportive environment. This class focuses on awareness, prevention, and effective response strategies.

Metcon: Experience a high-intensity workout that combines strength, cardio, and endurance training. Designed to boost your metabolism and burn calories efficiently.

Yoga: Discover the art of balance, flexibility, and mindfulness in this calming yet challenging class. Suitable for all levels, focusing on physical and mental well-being.

Circuit Training: Rotate through a variety of exercises at different stations, targeting all muscle groups. A fast-paced workout great for endurance and strength.

Ab Circuit: A unique circuit training class focusing on abdominal and core strength. Expect a challenging workout that tones and strengthens the midsection.

Functional Training: Train your muscles to work together and prepare for daily tasks by simulating common movements. A great class to improve overall strength and balance.

Reax: Utilize the Reax Board's unique, unpredictable platform to enhance balance, coordination, and reactive skills in a challenging, dynamic workout.

Powerlifting: Focus on mastering the three main lifts: squat, bench press, and deadlift. Ideal for building raw strength and power.

Olympic Weightlifting: Learn and practice the techniques of snatch and clean and jerk. This class is great for improving explosive power and overall strength.

Sports Specific: Tailored training that focuses on the skills and fitness needed for specific sports. Ideal for athletes looking to enhance performance.

HIIT: A high-intensity interval workout combining core strengthening exercises with cardio bursts. Focuses on building a strong, stable core and improving overall fitness.

Fitness Experiences

January 15 - February 4

Weight Room Intros for Teens & Adults

Get familiar with the equipment on the weight room floor and how to use it – drop-in, no appointment necessary!

Teens between 13 - 15 must complete a Weight Room Intro to get full access to the cardio and weight room floor.

MONDAY - FRIDAY

5:30 – 7:30 AM

11 AM – 1 PM

5 – 7 PM

SATURDAY

9 – 11 AM

Fitness Assessments

Available for ages 13 and up in the Fitness Assessment room.

Fit3D

A body composition scan that shows a 3D Avatar of yourself, the circumference measurements of your body at key points, and body composition values including body fat percentage and lean muscle mass.

Inbody

A body composition analysis that measures your weight, total skeletal muscle mass, body fat, total body water and provides a full segmental muscle and fat analysis.

MONDAY - FRIDAY

7:30 – 11 AM

1 – 5 PM

7 – 9 PM

SATURDAY

7 – 9 AM

11 AM - 7 PM

Fitness Experiences

January 15 – February 3

Challenges

Available for ages 13 and up.

Show us your strengths – the top male and female of each challenge wins a prize! Stop in anytime Monday - Friday 5 AM – 7 PM or Saturday 7 AM – 2 PM to take on one of our challenges! Can you get the highest score?

January 15 - 20

Vertical Leap:
Turf Area

January 22 - 27

Reax Board:
Abs Room

January 29 - February 3

Hammer Hold:
Free Weights

Myzone

Myzone is an innovative wearable heart rate-based system that uses wireless and cloud technology to monitor physical activity conveniently and accurately. Myzone delivers a fully connected solution for a motivating and gamified wearable experience that monitors heart rate, calories, and time exercising and converts them into MyZone Effort Points (MEPs) with a focus on rewarding effort. Available for purchase at the front desk!

Recreation

Refresh your mind, work your body and enjoy your leisure time with recreational activities! From volleyball, basketball and badminton, to tennis, pickleball and floor hockey – we have all the recreation you need to have fun!

Courts

Our Court Booking system has transferred to a new platform! Book one of our bookable court by logging into the Walton Whole Health & Fitness app. Take a look at our Recreation Courts schedules on pages 20 - 22 to plan on when you want to come and play some ball!



Racquet Lessons

Our tennis lesson programs range from youth classes geared towards young kiddos introducing them to the basic skills of tennis, to our adult lessons, helping fine tune your racquet skills. Or introduce yourself to a new kind of cardio by dropping in on one of our many tennis or pickleball experiences in January!



Questions?

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

Recreation

January 15 – 20

Day	Time	Experience	Location	Age
January 15	9 - 11 AM & 1 - 4 PM	Drop-In Tennis Ball Machine*	Tennis Court 5	16+
January 15	11 - 11:55 AM	Adult Cardio Tennis (3.0+)**	Tennis Court 3 & 4	16+
January 15	6 - 8 PM	Floor Hockey Open Play	Basketball Court 4	13+
January 16	9 - 11 AM & 1 - 4 PM	Drop-In Tennis Ball Machine*	Tennis Court 5	16+
January 16	6 - 6:55 PM	Adult Cardio Tennis (3.0+)**	Tennis Court 3 & 4	16+
January 16	6 - 8 PM	Basketball Skills Challenge	Basketball Court 4	13+
January 17	9 - 11 AM & 1 - 4 PM	Drop-In Tennis Ball Machine*	Tennis Court 5	16+
January 17	11 - 11:55 AM	Adult Cardio Tennis (3.0+)**	Tennis Court 3 & 4	16+
January 17	6 - 8 PM	Drop-In Rec Wallyball Open Play	Wallyball Courts	16+
January 18	9 - 11 AM & 1 - 4 PM	Drop-In Tennis Ball Machine*	Tennis Court 5	16+
January 18	6 - 8 PM	Drop-In Volleyball Open Play	Volleyball Court	16+
January 19	9 - 11 AM & 1 - 4 PM	Drop-In Tennis Ball Machine*	Tennis Court 5	16+
January 19	9 - 11:30 AM	Drop-in Pickleball Open Play	Pickleball Courts	16+
January 19	6 - 8 PM	Drop-In Tseg Ball Open Play***	Basketball Court 4	13+
January 20	2 - 5 PM	Drop-In Tennis Ball Machine*	Tennis Court 5	16+
January 20	11 - 11:55 AM	Adult Cardio Tennis (3.0+)**	Tennis Court 4	16+
January 20	12:30 - 2 PM	Virtual Reality Demo	Pickleball Courts	10+

*Come in & use ball machine for free

**Free class - register through Walton Whole Health & Fitness app

***Combination of ultimate frisbee, basketball, and team handball

Recreation

January 21 – 25

Day	Time	Experience	Location	Age
January 21	2 - 5 PM	Drop-In Tennis Ball Machine	Tennis Court 5	16+
January 21	1 - 1:55 PM	Youth Pickleball Class**	Pickleball Courts	10-17
January 22	9 - 11 AM & 1 - 4 PM	Drop-In Tennis Ball Machine*	Tennis Court 5	16+
January 22	11 - 11:55 AM	Adult Cardio Tennis (3.0+)**	Tennis Court 3 & 4	16+
January 22	6 - 8 PM	Floor Hockey Open Play	Basketball Court 4	13+
January 23	9 - 11 AM & 1 - 4 PM	Drop-In Tennis Ball Machine*	Tennis Court 5	16+
January 23	4 - 5:30 PM	Youth Pickleball Learn N' Play**	Pickleball Courts	10-15
January 23	6 - 8:30 PM	Adult Pickleball Mixer**	Pickleball Courts	16+
January 24	9 - 11 AM & 1 - 4 PM	Drop-In Tennis Ball Machine*	Tennis Court 5	16+
January 24	9 - 11 AM	Adult Pickleball Learn & Play**	Pickleball Courts	16+
January 24	11 - 11:55 AM	Adult Cardio Tennis (3.0+)**	Tennis Court 3 & 4	16+
January 24	6 - 6:55 PM	Cardio Pickleball Class**	Pickleball Courts	10-17
January 24	6 - 8 PM	Drop-In Rec Wallyball Open Play	Wallyball Courts	16+
January 25	9 - 11 AM & 1 - 4 PM	Drop-In Tennis Ball Machine*	Tennis Court 5	16+
January 25	6 - 8 PM	Tennis Round Robin Mixer (3.0 - 4.0)**	Tennis Courts	16+
January 25	6 PM - 8 PM	Drop-In Volleyball Open Play	Volleyball Court	16+

*Come in & use ball machine for free

**Free class - register through Walton Whole Health & Fitness app

***Combination of ultimate frisbee, basketball, and team handball

Recreation

January 26 – 31

Day	Time	Experience	Location	Age
January 26	9 - 11 AM & 1 - 4 PM	Drop-In Tennis Ball Machine*	Tennis Court 5	16+
January 26	9 - 11:30 AM	Drop-in Pickleball Open Play	Pickleball Courts	16+
January 26	6 - 8 PM	Drop-In Tseg Ball Open Play***	Basketball Court 4	13+
January 27	2 - 5 PM	Drop-In Tennis Ball Machine*	Tennis Court 5	16+
January 27	11 - 11:55 AM	Adult Cardio Tennis (3.0+)**	Tennis Court 4	16+
January 27	9 - 11 AM	Virtual Reality Demo Drop-In	Basketball Court 4	10+
January 28	2 - 5 PM	Drop-In Tennis Ball Machine*	Tennis Court 5	16+
January 28	1 - 1:55 PM	Youth Pickleball Class	Pickleball Courts	10-15
January 29	9 - 11 AM & 1 - 4 PM	Drop-In Tennis Ball Machine*	Tennis Court 5	16+
January 29	11 - 11:55 AM	Adult Cardio Tennis (3.0+)**	Tennis Court 3 & 4	16+
January 29	6 - 8 PM	Floor Hockey Open Play	Basketball Court 4	13+
January 30	9 - 11 AM & 1 - 4 PM	Drop-In Tennis Ball Machine*	Tennis Court 5	16+
January 30	6 - 6:55 PM	Adult Cardio Tennis (3.0+)**	Tennis Court 3 & 4	16+
January 30	6 - 8 PM	Drop-In Tseg Ball Open Play***	Basketball Court 4	13+
January 31	9 - 11AM & 1-4PM	Drop-In Tennis Ball Machine*	Tennis Court 5	16+
January 31	11 - 11:55AM	Adult Cardio Tennis (3.0+)**	Tennis Court 3 & 4	16+
January 31	6 - 6:55PM	Cardio Pickleball Class**	Pickleball Courts	16+
January 31	6 - 8PM	Drop-In Rec Wallyball Open Play	Wallyball Courts	16+

*Come in & use ball machine for free

**Free class - register through Walton Whole Health & Fitness app

***Combination of ultimate frisbee, basketball, and team handball

Recreation

February 1 – 4

Day	Time	Experience	Location	Age
February 1	9 - 11 AM & 1 - 4 PM	Drop-In Tennis Ball Machine*	Tennis Court 5	16+
February 1	6 - 8 PM	Drop-In Volleyball Open Play	Volleyball Court	16+
February 2	9 - 11 AM & 1 - 4 PM	Drop-In Tennis Ball Machine*	Tennis Court 5	16+
February 2	9 - 11 AM	Drop-in Pickleball Open Play	Pickleball Courts	16+
February 2	6 - 8 PM	Drop-In Tseg Ball Open Play***	Basketball Court 4	13+
February 3	2 - 5 PM	Drop-In Tennis Ball Machine*	Tennis Court 5	13+
February 3	11 - 11:55 AM	Adult Cardio Tennis (3.0+)**	Tennis Courts 4	16+
February 3	12:30 - 2 PM	Virtual Reality Demo Drop-In	Basketball Court	10+
February 4	2 - 5 PM	Drop-In Tennis Ball Machine*	Tennis Court 5	16+
February 4	1 - 1:55 PM	Youth Pickleball Class	Pickleball Courts	10-15

*Come in & use ball machine for free

**Free class - register through Walton Whole Health & Fitness app

***Combination of ultimate frisbee, basketball, and team handball

Recreation

Open Recreation Games

Games setup on the Turf Field include: cornhole, disc golf, putter golf shuffleboard, spikeball, croquet, etc. Available for 5+ with adult supervision.

Days	Time	Location
Monday - Friday	9 AM - 5:30 PM	Turf Field
Saturday & Sunday	9 AM - 1 PM	Turf Field

Basketball

Free courts - no reservation required.

Days	Time	Location
Monday - Friday	5 AM - 9 PM	Basketball Courts
Saturday & Sunday	7 AM - 7 PM	Basketball Courts

Soccer

Days	Time	Location
Monday - Friday	5 - 9 AM	Turf Field
Saturday & Sunday	7- 9 AM	Turf Field

Recreation

Squash, Racquetball, & Wallyball

Courts are free, but need to be reserved through Walton Whole Health & Fitness app.

Date	Time	Location
Monday - Friday	5 AM – 9 PM	Squash, Racquetball, & Wallyball Courts
Saturday & Sunday	7 AM – 7 PM	Squash, Racquetball, & Wallyball Courts

Volleyball

Courts are free during non-primetime hours. Primetime hours are Monday-Friday from 6 - 9 PM and all day on Saturday and Sunday. Courts can be reserved through Walton Whole Health & Fitness app.

Days	Time	Location
Monday - Thursdays	6 – 9 PM	Volleyball Court
Fridays	9 AM – 9 PM	Volleyball Court
Saturday & Sunday	1 – 7 PM	Volleyball Court

Recreation

Badminton

Courts are free during non-primetime hours. Primetime hours are Monday-Friday from 6 - 9 PM and all day on Saturday and Sunday. Courts can be reserved through Walton Whole Health & Fitness app. For ages 10+. Under 13 must have adult supervision.

Day	Time	Location
Mondays	5 AM - 5:30 PM	Volleyball Court
	6 PM - 9 PM	Turf Field
Tuesdays	5 AM - 5:30 PM	Volleyball Court
	6 PM - 9 PM	Turf Field
Wednesdays	5 AM - 5:30 PM	Volleyball Court
	6 PM - 9 PM	Turf Field
Thursdays	5 AM - 5:30 PM	Volleyball Court
	6 PM - 9 PM	Turf Field
Fridays		
	6 PM - 9 PM	Turf Field
Saturdays	7 AM - 1 PM	Volleyball Court
	1 - 7 PM	Turf Field
Sundays	7 AM - 1 PM	Volleyball Court
	1 - 7 PM	Turf Field

Whole Health

We recognize the diversity of associates and their families, and the needs that matter most to them. We aim to offer experiences around all areas of life and work, and create an inclusive place where everyone has access to Whole Health programming.

Experiences

Whole Health is about meeting you where you are, helping you decide where you want to go, and connecting you with the resources to get there. Drop in for an experience this month to learn more!

Pause. Notice. Choose.

Practicing Pause, Notice, Choose (PNC), builds self-awareness and helps us make more intentional decisions to lead a life centered on our personal purpose.

The practice of PNC is simple and can be achieved in a number of ways. Join us for a PNC Pop-Up in January to learn more about the practice, connect with others in our community, and explore different areas of the new Walton Family Whole Health & Fitness!

Questions?

Please reach out to our Whole Health Director, Brittany Allison, at Brittany.Allison@walmart.com.



Whole Health

January 15 - February 4

Register for the below experiences in your Walton Whole Health & Fitness app or drop in to join!

Date	Time	Experience	Location	Age
January 15	11:30 AM - 12:30 PM	Intro to Whole Health	Inhale Classroom	18+
January 17	11:30 AM - 12:30 PM	Intro to Whole Health	Inhale	18+
January 19	11:30 AM - 12 PM	Taking Charge Experience: Sound Bath	Inhale	18+
January 22	11:30 AM - 12:30 PM	Intro to Whole Health	Inhale	18+
January 24	11:30 AM - 12:30 PM	Intro to Whole Health	Inhale	18+
January 26	11:30 AM - 12 PM	Taking Charge Experience: Yoga Nidra	Inhale	18+
January 29	11:30 AM - 12:30 PM	Intro to Whole Health	Inhale	18+
January 31	11:30 AM - 12:30 PM	Intro to Whole Health	Inhale	18+
February 2	11:30 AM - 12 PM	Taking Charge Experience: Labyrinth	Inhale	18+

Whole Health

Nutrition Kitchen Demos

Winter Green Bowl

January 18 5 PM Nutrition Kitchen

Join us in the Nutrition Kitchen to discuss the health benefits of broccoli, cauliflower, asparagus and ancient grains before learning how to make a quick marinade and properly sear/cook chicken.

Class will receive samples of the dish as well as recipe cards.

Making Granola with Whipped Ricotta & Apple

January 25 5 PM Nutrition Kitchen

Join us in the Nutrition Kitchen to discuss the flavor profile of various apples, the different ingredients to put in granola and the health benefits of each. We'll teach you how to make a healthy, delicious granola and how to whip and flavor ricotta.

Class will receive samples of the dish as well as recipe cards.

Rest & Recharge Demos

Learn about all of the exciting new recovery equipment we have available to you in our brand-new Rest & Recharge area. Drop-in, no appointment necessary!

Celluma LED Light Therapy Compression Boots
Cryochamber Hydromassage

MONDAY - FRIDAY

7 - 10 AM
11 AM - 2 PM
5 - 8 PM

SATURDAY & SUNDAY

10 AM - 2 PM

PNC Pop-ups

January 15 - February 4

Practicing PNC builds self-awareness and helps us make more intentional decisions to lead a life centered on what really matters: our personal purpose. Drop in for a PNC Pop-up!

Date	Time	Experience	Location
January 15	9 - 9:30 AM	Breathwork	Inhale Classroom
January 16	11 - 11:15 AM	Muscle Tension & Relaxation	Inhale Classroom
January 18	5 - 5:15 PM	Mindful Breathing	Inhale Classroom
January 22	9 - 9:30 AM	Yoga	Inhale Classroom
January 23	11 - 11:15 AM	Mindful Walking	Inhale Classroom
January 25	5 - 5:15 PM	Centering	Inhale Classroom
January 29	9 - 9:30 AM	Functional Movement	Inhale Classroom
January 30	11 - 11:15 AM	PACE Breathing	Inhale Classroom
February 1	5 - 5:15 PM	Mindful Walking	Inhale Classroom

Family Funday Activities

Pinch Pot Experience

January 28

2 - 3:30 PM

Inhale Classroom

You and your loved ones are invited to try out a new art experience: pinch pots! Be guided through this simple art practice while enjoying time and laughter with family and friends. We look forward to spending time with you and creating together.

Coloring & Connections

February 3

10 - 11:30 AM

Foyer

Join us for intentional time to slow down and create a collaborative art piece as we connect with others in our community. Learn more about Walton Family Whole Health & Fitness and upcoming Whole Health Experiences. We have something for the whole family!

Open Recreation Games

Monday - Friday

9 AM - 5:30 PM

Turf Field

Saturday - Sunday

9 AM - 1 PM

Turf Field

Enjoy some fun and games with the family during our Open Recreation drop-in times. You and your loved ones are welcome to enjoy our games set up on the Turf Field including: cornhole, disc golf, putter golf shuffleboard, spikeball, croquet, and more! Available for members 5+ with adult supervision.

Youth

At Walton Family Whole Health & Fitness, Whole Health really is for ALL. And that includes the kiddos! With a curated space made for the littles, and programming that encourages mindful movement and community, you'll find there's a Whole Health routine for the entire family to enjoy.

Youth Activity Center Hours

Monday – Friday: 8 AM - 1 PM

Monday - Thursday: 4 - 8 PM

Saturday: 8 AM – 1 PM

Sunday: 1 – 5 PM

Pricing

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

Packages:

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

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

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

Register for the Youth Activity Center and purchase a package in person at the YAC.

Questions?

Please reach out to our Youth Programs Director Terrie Pitts, at Terrie.Pitts0@walmart.com.



Youth Dance & Stretch

January 15 - 20

YAC Studio 3

Drop-in for a dance or stretch experience!

Day	Time	Experience	Age
January 15	9 - 9:30 AM	Intro to Dance	3-5
January 15	9:40 - 10:10 AM	Mommy & Me Dance	1-2
January 15	5 - 5:45 PM	Intro to Dance	6-8
January 15	6 - 6:45 PM	Hip Hop Dance	9-12
January 16	9 - 9:30 AM	Stretch & Flexibility	2-3
January 16	9:40 - 10:10 AM	Stretch & Flexibility	4-5
January 17	10 - 10:30 AM	Rhythm Relays	3-5
January 17	5 - 5:45 PM	Hip Hop Dance	6-8
January 17	6 - 6:45 PM	Intro to Dance	9-12
January 18	10 - 10:30 AM	Stretch & Flexibility	3-5
January 18	10:40 - 11:10 AM	Mommy & Me Dance	1-2
January 19	9:15 - 9:45 AM	Mommy & Me Dance	1-2
January 19	10 - 10:30 AM	Intro to Dance	3-5
January 20	9 - 9:30 AM	Intro to Dance	1-2
January 20	9:30 - 10 AM	Hip Hop Dance	6-9
January 20	10:15 - 11 AM	Hip Hop Dance	10-12

Youth Dance & Stretch

January 22 - 29

YAC Studio 3

Drop-in for a dance or stretch experience!

Day	Time	Experience	Age
January 22	9:15 - 9:45 AM	Mommy & Me Dance	1-2
January 22	10 - 10:30 AM	Intro to Dance	3-5
January 23	9AM - 9:30 AM	Intro to Dance	3-5
January 23	9:40 - 10:10 AM	Mommy & Me Dance	1-2
January 24	9 - 9:30 AM	Stretch & Flexibility	2-3
January 24	9:40 - 10:10 AM	Stretch & Flexibility	4-5
January 25	10 - 10:30 AM	Rhythm Relays	3-5
January 25	5 - 5:45 PM	Hip Hop Dance	6-8
January 25	6 - 6:45 PM	Intro to Dance	9-12
January 26	9:30 - 10 AM	Stretch & Flexibility	3-5
January 26	10:40 - 11:10 AM	Mommy & Me Dance	1-2
January 27	9 - 9:30 AM	Intro to Dance	1-2
January 27	9:30 - 10 AM	Hip Hop Dance	6-9
January 27	10:15 - 11 AM	Hip Hop Dance	10-12
January 29	10 - 10:30 AM	Stretch & Flexibility	3-5
January 29	10:40 - 11:10 AM	Mommy & Me Dance	1-2

Youth Dance & Stretch

January 29 - February 3

YAC Studio 3

Drop-in to try a dance or stretch experience!

Day	Time	Experience	Age
January 30	9:30 - 10 AM	Stretch & Flexibility	3-5
January 30	10:10 - 10:40 AM	Mommy & Me Dance	1-2
January 31	9 - 9:30 AM	Intro to Dance	3-5
January 31	9:40 - 10:10 AM	Mommy & Me Dance	1-2
January 31	5 - 5:45 PM	Intro to Dance	6-8
January 31	6 - 6:45 PM	Hip Hop Dance	9-12
February 1	9 - 9:30 AM	Stretch & Flexibility	2-3
February 1	9:40 - 10:10 AM	Stretch & Flexibility	4-5
February 2	10 - 10:30 AM	Rhythm Relays	3-5
February 3	9 - 9:30 AM	Intro to Dance	1-2
February 3	9:30 - 10 AM	Hip Hop Dance	6-9
February 3	10:15 - 11 AM	Hip Hop Dance	10-12

Youth TigerKick Demos

January 15 – February 3

Ages 3-5 • Location: YAC Studio 2

TigerKick combines elements of martial arts and obstacle courses, creating a fun, fast-paced fitness program for kids. With 11 powerful animals denoting levels of advancement through the TigerKick program, this system creates a new and exciting way for kids to set goals and measure their progress as they learn new fitness skills and advance to the next avatar levels. Try TigerKick for free, just drop-in!

Day	Time
January 15	10:30 - 11 AM
January 16	11 - 11:30 AM
January 17	9 - 9:30 AM
January 19	10:30 - 11 AM
January 20	11:30 AM - 12 PM
January 22	11 - 11:30 AM
January 23	10 - 10:30 AM
January 24	11 - 11:30 AM
January 25	11 - 11:30 AM
January 26	9 - 9:30 AM

Taekwondo Info Table

Stop in the main lobby and learn all there is to know about our Taekwondo program! Classes focus on physical development, character building, & self-esteem. Our certified instructors work with participants social skills, physical fitness, self-confidence, self-defense, self-control, & respect. Stop in to learn more!

January 25
4:30 - 5:30 PM

January 27
9:30 - 10:30 AM

February 1
4:30 - 5:30 PM

February 3
9:30 - 10:30 AM

Youth Small Group Training

Let your child experience the benefits, support and camaraderie of working in a small group with a trainer and two to five other kids. It's free to try, drop-in for the experience!

Ages 8-10 • Location: YAC Studio 2

Ages 11-13 • Location: YAC Studio 2

Day	Time	Experience	Day	Time	Experience
January 15	5 - 5:30 PM	Functional	January 15	6 - 6:30 PM	Functional
January 18	5 - 5:30 PM	Aerobic	January 16	6:30 - 7PM	Strength & Conditioning
January 22	5 - 5:30 PM	Aerobic	January 17	6:30 - 7 PM	Powerlifting
January 23	5 - 5:30 PM	Functional	January 18	6 - 6:30 PM	Aerobic
January 25	5:30 - 6 PM	Mobility Athletes	January 23	6 - 6:30 PM	Functional
January 29	5:30 - 6 PM	Functional	January 25	6:30 - 7 PM	Mobility Athletes
January 31	5:30 - 6 PM	Mobility Athletes	January 29	6:30 - 7 PM	Functional
February 1	5:30 - 6 PM	Aerobic	January 30	6:30 - 7 PM	Powerlifting
			January 31	6:30 - 7 PM	Mobility Athletes
			February 1	6 - 6:30 PM	Aerobic

Youth Virtual Reality Experiences

January 15 - February 4

Ages 6 - 12

Looking for an immersive experience for kids? Register to try our Virtual Reality Experience. We have multiple time slots available; demos are 15 minutes. Try it for free, drop-in for the experience!

Day	Time	
January 15	4:30 - 6 PM	YAC Studio 1
January 16	5:30 - 7 PM	YAC Studio 1
January 17	5 - 6:30 PM	YAC Studio 1
January 18	5 - 6:30 PM	YAC Studio 1
January 20	10 AM - 12 PM	YAC Studio 1
January 21	2 - 4 PM	YAC Studio 3
January 22	5 - 6:30 PM	YAC Studio 1
January 23	4:30 - 6 PM	YAC Studio 3
January 24	5:30 - 7 PM	YAC Studio 3

Day	Time	
January 25	5 - 6:30 PM	YAC Studio 1
January 27	10 AM - 12 PM	YAC Studio 1
January 28	2 - 4 PM	YAC Studio 1
January 29	4 - 6 PM	YAC Studio 3
January 30	5 - 6:30 PM	YAC Studio 3
January 31	4:30 - 6 PM	YAC Studio 3
February 1	5:30 - 7 PM	YAC Studio 3
February 3	10 AM - 12 PM	YAC Studio 1
February 4	2 - 4PM	YAC Studio 3

Walton Family Whole Health & Fitness

1400 SE 5th Street, Bentonville, AR 72716

479-204-1000

wholehealth@walmart.com

Visit our website:

