

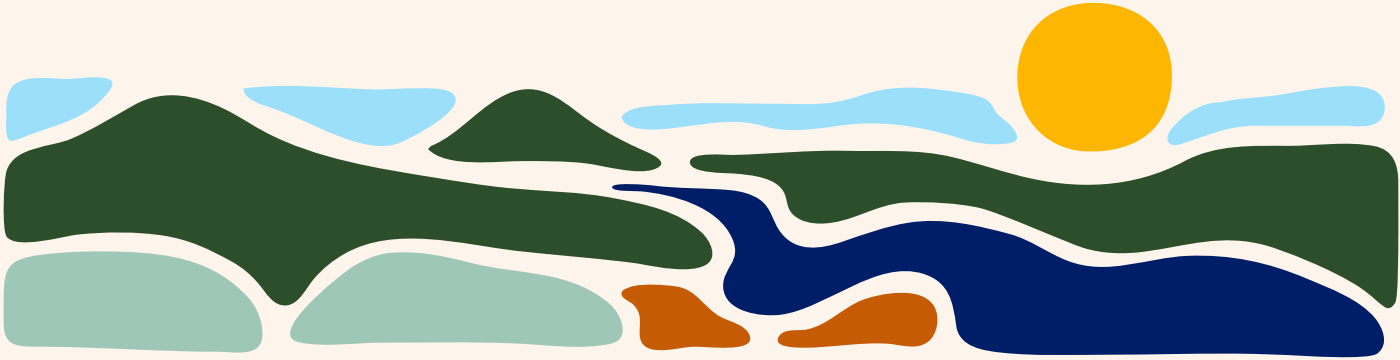
Session 3

Experience Guide



Walton Family
Whole Health & Fitness

Welcome to Whole Health



On **Tuesday**, May 28th beginning at 7:00AM, members will be able to register for Session 3 experiences that will begin June 3rd and go through August 4. **Please note there will be no session classes July 1 - 7.** The preferred method to register is to login to your online account at walmart.clubautomation.com. You will be able to register yourself and your dependents for various experiences and classes.

The secondary method is to register via the Whole Health & Fitness app. As a reminder, only the primary member will be able to register dependents using the app. Check our our handy "[How To](#)" guides should you need further assistance, or reach out to wholehealth@walmart.com.

We can't wait to jump into our Session 3 Experiences!

If you should need to cancel a class registration, please see a Welcome Desk or email wholehealth@walmart.com. The last day to do so for Session 3 is June 9.

There will be no Experience Guide classes July 1 -7 for the holiday week. Classes will resume July 8.

Let's explore!

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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.

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.

Session 3 Registration: May 28 - June 9

Opens online May 28 at 7:00AM

Session 3 Dates: June 3 - August 4



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. 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.

Block Swim Lessons

Block Swim Lessons occur once per day, Monday - Thursday, for a 2 week period. This class structure provides daily reinforcement of skills, often resulting in faster progress than once per week.

Some Pool Rules Highlights

- All swimmers 12 or under must have a parent in the water unless they can pass a Swim Test, which consists of:
 - Swim length of pool without struggle
 - Float on back for 1 minute
 - Tread water for 1 minute
- Parents are not permitted to leave swimmers under 12 unattended in pool unless for a group or private swim lesson
- No food or drinks other than water
- Respect Lifeguards

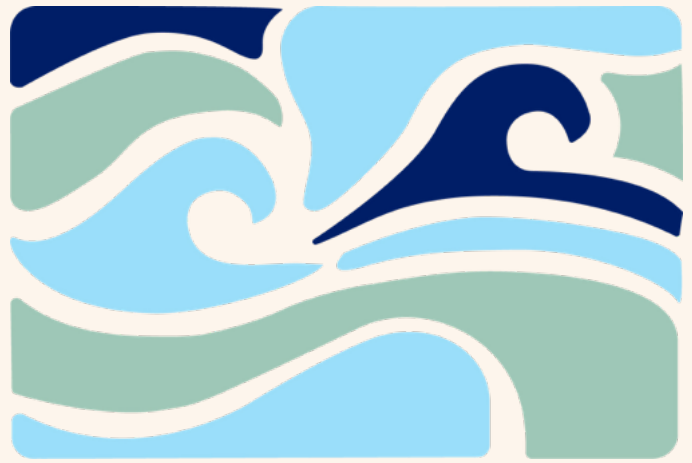
Questions?

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



Session 3 Pool Hours

June 3 - August 4



Lap Pool

25-yard lap pool with 8 lanes and hot tub on deck. For aquatic fitness activity use only.

Monday – Friday

5:30AM – 8:30PM

Saturday

7:00AM – 6:30PM

Sunday

7:00AM – 6:30PM

Recreation Pool

25-yard, 10-lane recreation pool.

Lanes may be limited due to programming

Monday – Friday

12:00pm - 7:00PM

Saturday

9:00AM – 4:00PM

Activity Pool

25-yard, 5-lane pool with zero entry and additional water features.

Space may be limited due to programming

**Monday, Wednesday,
& Friday**

8:00AM – 8:30PM

Tuesday & Thursday

8:00AM – 12:00PM

4:00 – 8:30PM

Saturday

8:00AM – 6:30PM

Sunday

10:00AM – 4:00PM

Questions?

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

Walton Family
Whole Health & Fitness

Block 1

June 3 - 13 | Monday - Thursday

Class	Time	Age	Instructor	Pool
Advanced 3	10:00 - 10:30AM	3	Christina	Activity
Advanced 3	4:00 - 4:30PM	3	Sarah	Activity
Preschool 1	10:30 - 11:00AM	4-5	Christina	Activity
Preschool 1	5:00 - 5:30PM	4-5	Sarah	Activity
Preschool 1	5:30 - 6:00PM	4-5	Sarah	Activity
Preschool 2	9:30 - 10:00AM	4-5	Christina	Activity
Preschool 2	6:00 - 6:30PM	4-5	Sarah	Activity
Preschool 3	9:00 - 9:30AM	4-5	Christina	Activity
Preschool 3	4:30 - 5:00PM	4-5	Sarah	Activity
Level 1	9:00 - 9:30AM	6-12	Jo	Activity
Level 1	10:30 - 11:00AM	6-12	Jo	Activity
Level 1	4:00 - 4:30PM	6-12	Ali	Recreation
Level 1	6:00 - 6:30PM	6-12	Ali	Recreation
Level 2	9:30 - 10:00AM	6-12	Jo	Activity
Level 2	4:30 - 5:00PM	6-12	Ali	Recreation
Level 3	10:00 - 10:30AM	6-12	Jo	Activity
Level 3	5:00 - 5:30PM	6-12	Ali	Recreation
Level 3	6:00 - 6:30PM	6-12	Ali	Activity
Level 4	11:00 - 11:30AM	6-12	Jo	Activity
Level 4	5:30 - 6:00PM	6-12	Ali	Recreation
Level 5	6:30 - 7:00PM	6-12	Ali	Recreation

Block 2

June 17 - 27 | Monday - Thursday

Class	Time	Age	Instructor	Pool
Advanced 3	9:00 - 9:30AM	3	Stephanie	Activity
Advanced 3	4:00 - 4:30PM	3	Ali	Activity
Preschool 1	9:30 - 10:00AM	4-5	Stephanie	Activity
Preschool 1	11:00 - 11:30AM	4-5	Stephanie	Activity
Preschool 1	4:30 - 5:00PM	4-5	Ali	Activity
Preschool 2	10:00 - 10:30AM	4-5	Stephanie	Activity
Preschool 2	5:00 - 5:30PM	4-5	Ali	Activity
Preschool 2	6:00 - 6:30PM	4-5	Ali	Activity
Preschool 3	10:30 - 11:00AM	4-5	Stephanie	Activity
Preschool 3	5:30 - 6:00PM	4-5	Ali	Activity
Level 1	11:00 - 11:30AM	6-12	Rose	Activity
Level 2	10:30 - 11:00AM	6-12	Rose	Activity
Level 2	4:30 - 5:00PM	6-12	Sarah	Recreation
Level 3	10:00 - 10:30AM	6-12	Rose	Activity
Level 3	5:00 - 5:30PM	6-12	Sarah	Recreation
Level 4	9:30 - 10:00AM	6-12	Rose	Activity
Level 4	5:30 - 6:00PM	6-12	Sarah	Recreation
Level 5	9:00 - 9:30AM	6-12	Rose	Activity
Level 5	6:00 - 6:30PM	6-12	Sarah	Recreation

Block 3

July 8 - 18 | Monday - Thursday

Class	Time	Age	Instructor	Pool
Preschool 1	9:00 - 9:30AM	4-5	Rose	Activity
Preschool 1	5:30 - 6:00PM	4-5	Sarah	Activity
Preschool 2	10:00 - 10:30AM	4-5	Rose	Activity
Preschool 2	6:00 - 6:30PM	4-5	Sarah	Activity
Preschool 3	9:30 - 10:00AM	4-5	Rose	Activity
Level 1	11:00 - 11:30AM	6-12	Rose	Activity
Level 1	5:00 - 5:30PM	6-12	Sarah	Activity
Level 2	10:30 - 11:00AM	6-12	Rose	Activity
Level 2	4:30 - 5:00PM	6-12	Sarah	Activity



Block 4

July 22 - August 1 | Monday - Thursday

Class	Time	Age	Instructor	Pool
Advanced 3	10:00 - 10:30AM	3	Rose	Activity
Preschool 1	9:30 - 10:00AM	4-5	Rose	Activity
Preschool 1	5:00 - 5:30PM	4-5	Ali	Activity
Preschool 2	9:00 - 9:30AM	4-5	Rose	Activity
Preschool 2	11:00 - 11:30AM	4-5	Rose	Activity
Preschool 2	4:30 - 5:00PM	4-5	Ali	Activity
Preschool 3	10:30 - 11:00AM	4-5	Rose	Activity
Preschool 3	4:00 - 4:30PM	4-5	Ali	Activity
Level 1	10:30 - 11:00AM	6-12	Jo	Activity
Level 1	5:30 - 6:00PM	6-12	Ali	Activity
Level 2	10:00 - 10:30AM	6-12	Jo	Activity
Level 2	6:00 - 6:30PM	6-12	Ali	Activity
Level 3	9:30 - 10:00AM	6-12	Jo	Activity
Level 3	11:00 - 11:30AM	6-12	Jo	Activity
Level 4	9:00 - 9:30AM	6-12	Jo	Activity

Youth Aquatics

June 3 - August 4 | Once per week

Parent Child 1

Ages 6 - 24 months | \$75

Day	Time	Instructor	Pool
Wednesday	4:00 - 4:30 PM	Rose	Activity
Thursday	9:00 - 9:30AM	Rachel	Activity
Thursday	4:00 - 4:30PM	Donna	Activity
Saturday	9:00 - 9:30AM	Rose	Activity

Parent Child 2

Ages 18 - 47 months | \$75

Day	Time	Instructor	Pool
Monday	4:00 - 4:30PM	Rose	Activity
Tuesday	9:00 - 9:30AM	Rachel	Activity
Thursday	4:30 - 5:00PM	Rose	Activity

Advanced 3

Age 3 | \$75

Day	Time	Instructor	Pool
Monday	9:30 - 10:00AM	Karen	Activity
Monday	5:30 - 6:00PM	Becca	Activity
Tuesday	10:30 - 11:00AM	Rachel	Activity
Wednesday	9:00 - 9:30AM	Heather	Activity
Wednesday	11:00 - 11:30AM	Heather	Activity
Wednesday	5:00 - 5:30PM	Rose	Activity
Thursday	11:00 - 11:30AM	Heather	Activity
Thursday	5:00 - 5:30PM	Rose	Activity
Saturday	9:00 - 9:30AM	Becca	Activity
Saturday	9:30 - 10:00AM	Rose	Activity

Preschool 1

Ages 4 - 5 years | \$75

Day	Time	Instructor	Pool
Monday	10:00 - 10:30AM	Karen	Activity
Monday	4:00 - 4:30PM	Becca	Activity
Monday	4:30 - 5:00PM	Rose	Activity
Tuesday	10:00 - 10:30AM	Rachel	Activity
Tuesday	4:00 - 4:30PM	Catherine	Activity
Wednesday	10:30 - 11:00AM	Heather	Activity
Wednesday	4:30 - 5:00PM	Rose	Activity
Thursday	9:00 - 9:30AM	Heather	Activity
Thursday	10:30 - 11:00AM	Heather	Activity
Thursday	6:00 - 6:30PM	Rose	Activity
Saturday	9:30 - 10:00AM	Becca	Activity
Saturday	10:00 - 10:30AM	Rose	Activity

Preschool 2

Ages 4 - 5 years | \$75

Day	Time	Instructor	Pool
Monday	10:30 - 11:00AM	Jessica	Activity
Monday	4:30 - 5:00PM	Becca	Activity
Monday	5:30 - 6:00PM	Rose	Activity
Tuesday	9:30 - 10:00AM	Rachel	Activity
Tuesday	4:30 - 5:00PM	Catherine	Activity
Wednesday	9:30 - 10:00AM	Heather	Activity
Wednesday	5:30 - 6:00PM	Rose	Activity
Thursday	9:30 - 10:00AM	Heather	Activity
Thursday	5:30 - 6:00PM	Rose	Activity
Saturday	10:00 - 10:30AM	Becca	Activity
Saturday	10:30 - 11:00AM	Rose	Activity

Preschool 3

Ages 4 - 5 years | \$75

Day	Time	Instructor	Pool
Monday	11:00 - 11:30AM	Jessica	Activity
Monday	5:00 - 5:30PM	Becca	Activity
Monday	6:00 - 6:30PM	Rose	Activity
Tuesday	9:00 - 9:30AM	Karen	Activity
Wednesday	10:00 - 10:30AM	Heather	Activity
Thursday	10:00 - 10:30AM	Heather	Activity
Thursday	4:00 - 4:30PM	Rose	Activity
Thursday	5:30 - 6:00PM	Rose	Activity
Saturday	10:30 - 11:00AM	Becca	Activity
Saturday	11:30AM - 12:00PM	Rose	Activity



Level 1

Ages 6 - 12 years | \$75

Day	Time	Instructor	Pool
Monday	9:00 - 9:30AM	Jessica	Activity
Monday	10:00 - 10:30AM	Karen	Activity
Monday	5:00 - 5:30PM	Jessica	Recreation
Tuesday	9:30 - 10:00AM	Karen	Activity
Tuesday	6:00 - 6:30PM	Catherine	Activity
Wednesday	10:30 - 11:00AM	Karen	Activity
Wednesday	4:30 - 5:00PM	Donna	Recreation
Wednesday	5:30 - 6:00PM	Donna	Recreation
Thursday	9:30 - 10:00AM	Rachel	Activity
Thursday	5:00 - 5:30PM	Donna	Activity
Friday	4:00 - 4:30PM	Rachel	Recreation
Friday	5:00 - 5:30PM	Rose	Recreation
Friday	5:30 - 6:00PM	Rachel	Recreation
Friday	6:00 - 6:30PM	Jessica	Recreation
Saturday	11:00 - 11:30AM	Becca	Activity

Level 2

Ages 6 - 12 years | \$75

Day	Time	Instructor	Pool
Monday	10:00 - 10:30AM	Jessica	Activity
Monday	11:00 - 11:30AM	Karen	Activity
Monday	5:30 - 6:00PM	Jessica	Recreation
Tuesday	10:30 - 11:00AM	Karen	Activity
Tuesday	5:00 - 5:30PM	Catherine	Activity
Wednesday	10:00 - 10:30AM	Karen	Activity
Wednesday	5:00 - 5:30PM	Donna	Recreation
Wednesday	5:30 - 6:00PM	Becca	Recreation
Thursday	10:00 - 10:30AM	Rachel	Activity
Thursday	4:30 - 5:00PM	Donna	Activity
Thursday	5:30 - 6:00PM	Donna	Activity
Friday	4:00 - 4:30PM	Rose	Activity
Friday	4:30 - 5:00PM	Rachel	Recreation
Friday	5:30 - 6:00PM	Jessica	Activity
Friday	6:30 - 7:00PM	Rose	Activity
Saturday	10:30 - 11:00AM	Hunter	Activity
Saturday	11:00 - 11:30AM	Rose	Activity

Level 3

Ages 6 - 12 years | \$75

Day	Time	Instructor	Pool
Monday	9:00 - 9:30AM	Karen	Activity
Monday	9:30 - 10:00AM	Jessica	Activity
Monday	6:00 - 6:30PM	Jessica	Recreation
Tuesday	10:00 - 10:30AM	Karen	Activity
Tuesday	5:30 - 6:00PM	Catherina	Activity
Wednesday	9:30 - 10:00AM	Karen	Activity
Wednesday	4:00 - 4:30PM	Donna	Recreation
Wednesday	4:30 - 5:00PM	Becca	Recreation
Thursday	10:30 - 11:00AM	Rachel	Activity
Thursday	4:30 - 5:00PM	Jessica	Recreation
Thursday	5:30 - 6:00PM	Jessica	Recreation
Friday	4:00 - 4:30PM	Jessica	Recreation
Friday	4:30 - 5:00PM	Rose	Recreation
Friday	5:00 - 5:30PM	Rachel	Recreation
Friday	6:00 - 6:30PM	Rose	Recreation
Saturday	10:00 - 10:30AM	Hunter	Recreation
Saturday	11:00 - 11:30AM	Hunter	Recreation

Level 4

Ages 6 - 12 years | \$75

Day	Time	Instructor	Pool
Monday	4:30 - 5:00PM	Jessica	Recreation
Tuesday	11:00 - 11:30AM	Karen	Activity
Wednesday	9:00 - 9:30AM	Karen	Activity
Wednesday	4:00 - 4:30PM	Becca	Recreation
Thursday	4:00 - 4:30PM	Jessica	Recreation
Thursday	4:30 - 5:00PM	Lexi	Recreation
Friday	5:00 - 5:30PM	Jessica	Recreation
Friday	5:30 - 6:00PM	Rose	Recreation
Saturday	9:30 - 10:00AM	Hunter	Recreation

Level 5

Ages 6 - 12 years | \$75

Day	Time	Instructor	Pool
Monday	4:00 - 4:30PM	Jessica	Recreation
Thursday	4:00 - 4:30PM	Lexi	Recreation
Friday	4:30 - 5:00PM	Jessica	Recreation
Saturday	9:00 - 9:30AM	Hunter	Recreation

Teen Beginner

Ages 13 - 17 years | \$75

Day	Time	Instructor	Pool
Wednesday	6:00 - 6:30PM	Becca	Recreation

Teen Intermediate

Ages 13 - 17 years | \$75

Day	Time	Instructor	Pool
Thursday	5:00 - 5:30PM	Jessica	Recreation

Rec League

Ages 6 - 17 years | \$90

Day	Time	Instructor	Pool
Monday/Wednesday	4:30 - 5:30PM	Marie	Recreation
Tuesday/Thursday	5:00 - 6:00PM	Lexi	Recreation

Adult Aquatics

June 3 - August 4 | Once per week

Adult Beginner

Age 18+ | \$75

Day	Time	Instructor	Pool
Monday	6:00 - 6:30PM	Becca	Activity
Wednesday	11:00 - 11:30AM	Karen	Activity
Wednesday	6:00 - 7:00PM	Donna	Activity
Thursday	6:00 - 7:00PM	Donna	Activity
Saturday	11:30AM - 12:00PM	Becca	Activity

Adult Beginner

Age 18+ | \$75

Day	Time	Instructor	Pool
Wednesday	6:00 - 7:00PM	Donna	Activity
Thursday	6:00 - 7:00PM	Donna	Activity

Adult Intermediate

Age 18+ | \$75

Day	Time	Instructor	Pool
Thursday	6:00 - 6:30PM	Jessica	Recreation
Friday	6:30 - 7:00PM	Jessica	Recreation
Saturday	11:00 - 11:30AM	Hunter	Recreation

Masters Swim

Ages 18+

Month-by-Month Class | \$35

June 3 - 27

Day	Time	Instructor	Pool
Monday/Wednesday	11:30AM - 12:30PM	James	Recreation
Tuesday/Thursday	5:30 - 6:30AM	Morgan	Recreation

Paddleboard Pilates Class

Ages 13+ | \$90

Day	Time	Instructor	Pool
Friday	12:30 - 1:15PM	Haven	Recreation

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!

A couple of tips to keep in mind: Prior registration is not required but it is strongly recommended due to class capacity! **For the safety of our members and to enhance the overall class experience, members may not be allowed to enter a class 7 minutes after the start time.**

[Find our Group Fitness schedule on our homepage of our website.](#)

Assessments & Intros

Our Fitness staff are ready to help you with what you need. Our Assessments and Intros set a great foundation for you to get started on your fitness journey, or track your progress. Weight Room Intros introduce you to the equipment on the floor so you feel comfortable for your workouts. The Fit3D and Inbody assessments show you where you are, so you can set your goals. Stop by the Fitness Welcome Desk for more information on the services we offer!

Questions?

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



Recreation

Refresh your mind, work your body and enjoy your leisure time with recreational activities! From volleyball, basketball and badminton, to tennis, and pickleball – we have it all!

Session 3 Registration: May 28 - June 9

Opens online May 28 at 7:00AM

Session 3 Dates: June 3 - August 4



Court Reservations

Reserve our bookable court spaces in our member management system, Club Automation. Within your Club Automation account, you can book courts, manage your membership, register for classes and experiences, and take advantage of all we have to offer! If it's your first time logging in, just click on "Access My Account" to set up your user ID and password! Head to Club Automation to access your account or log in: walmart.clubautomation.com

Court Booking Policies

- Host must check in at the designated reception desk upon arrival for reservations.
- Bookings will be CANCELLED if host has not checked in 15 minutes into reservation.
- Bookings can be made up to one week in advance starting at 7:00AM the previous week.
- Bookings can only be made by members 18 years or older.
- There is a max of four pending bookings per membership.
- Reservations can be cancelled 24 hours or more in advance for a full refund of the court fee. If 24 hours' notice can't be given, the initial court fee is forfeited.
- Reservations must be cancelled prior to one hour of the reservation start time to avoid "No Show" status and to allow others an opportunity to book.
- Indoor tennis and pickleball courts cost \$10 per hour.
- Outdoor tennis, outdoor pickleball, squash, racquetball, ping pong, and wallyball courts are free of charge.
- Tennis ball machine can be booked for an \$8 rental fee (plus the cost of the court) and it can be booked for 30 minutes or one hour.
- Volleyball and badminton courts cost \$5 per hour during prime time and prime time is defined as: Monday - Friday 6:00 - 9:00PM and Saturday - Sunday all day. All other times, volleyball and badminton court reservations are free of charge.

Questions?

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

Youth Tennis

Ankle Biters

Ages 4 - 5 years | \$40

Day	Time
Monday	4:00 - 4:30PM
Monday	5:00 - 5:30PM
Tuesday	4:00 - 4:30PM
Wednesday	4:00 - 4:30PM
Thursday	4:00 - 4:30PM
Thursday	5:00 - 5:30PM
Saturday	9:00 - 9:30AM
Saturday	12:00 - 12:30PM
Saturday	2:00 - 2:30PM

Tomorrow's Stars

Ages 6 - 7 years | \$40

Day	Time
Monday	4:30 - 5:00PM
Monday	5:30 - 6:00PM
Tuesday	4:30 - 5:00PM
Wednesday	4:30 - 5:00PM
Thursday	4:30 - 5:00PM
Thursday	5:30 - 6:00PM
Saturday	9:30 - 10:00AM
Saturday	12:30 - 1:00PM
Saturday	2:30 - 3:00PM

Future Champs

Ages 8 - 9 | \$50

Day	Time
Monday	4:15 - 4:55PM
Monday	5:05 - 5:45PM
Tuesday	5:05 - 5:45PM
Wednesday	5:05 - 5:45PM
Thursday	4:15 - 4:55PM
Thursday	5:05 - 5:45PM
Saturday	10:00 - 10:40AM
Saturday	1:05 - 1:45PM

Novice - Green Dot

Ages 10+ | \$62

Day	Time
Tuesday	5:00 - 5:55PM
Wednesday	5:00 - 5:55PM
Thursday	5:00 - 5:55PM
Saturday	9:00 - 9:55AM

Intermediate - Yellow Ball

Ages 10+ | \$62

Day	Time
Tuesday	5:00 - 5:55PM
Wednesday	5:00 - 5:55PM
Thursday	5:00 - 5:55PM
Saturday	10:00 - 10:55AM

Adult Tennis

Ages 16+

Class	Day	Time	Price
Beginner Tennis/Coed 2.0	Monday	10:00 - 10:55AM	\$62
Coed 3.5	Monday	12:00 - 12:55PM	\$62
Coed 4.0	Monday	6:00 - 6:55PM	\$62
Ball Machine Drills - 1-Time	Monday	8:00 - 8:55PM	\$10
Coed 3.0	Tuesday	10:00 - 10:55AM	\$62
Coed 3.5/4.0	Tuesday	10:00 - 10:55AM	\$62
Ball Machine Drills - 1-Time	Tuesday	12:00 - 12:55PM	\$10
Coed True Beginner	Tuesday	6:00 - 6:55PM	\$62
Coed True Beginner	Tuesday	7:00 - 7:55PM	\$62
Ball Machine Drills - 1-Time	Wednesday	7:00 - 7:55AM	\$10
Coed 2.5	Wednesday	10:00 - 10:55AM	\$62
Coed 3.5	Wednesday	6:00 - 6:55PM	\$62
Coed 4.0	Thursday	9:00 - 9:55AM	\$62
Coed True Beginner	Thursday	10:00 - 10:55AM	\$62
Coed Lunchtime Drills 3.0/3.5	Thursday	11:00 - 11:55AM	\$62
Ball Machine Drills - 1-Time	Thursday	12:00 - 15:55PM	\$10
Coed 2.0/2.5	Thursday	6:00 - 6:55PM	\$62
Coed Drill 3.0	Thursday	6:00 - 6:55PM	\$62
Coed Drill 3.0	Thursday	7:00 - 7:55PM	\$62
Ball Machine Drills - 1-Time	Thursday	8:00 - 8:55PM	\$10

Adult Cardio Tennis

Ages 16+

Class	Day	Time	Price
Cardio Tennis	Monday	11:00 - 11:55AM	\$62
Cardio Tennis - 1-Time	Monday	12:00 - 12:55PM	\$10
Cardio Tennis	Monday	7:00 - 7:55PM	\$62
Early Bird Cardio	Tuesday	7:00 - 7:55AM	\$62
Cardio Tennis	Tuesday	11:00 - 11:55AM	\$62
Cardio Tennis	Tuesday	6:00 - 6:55PM	\$62
Cardio Tennis 3.5/4.0	Wednesday	11:00 - 11:55AM	\$62
Cardio Tennis - 1-Time	Wednesday	12:00 - 12:55PM	\$10
Cardio Tennis	Wednesday	7:00 - 7:55PM	\$62
Early Bird Cardio	Thursday	7:00 - 7:55AM	\$62
Cardio Tennis	Thursday	10:00 - 10:55AM	\$62
Cardio Tennis 3.0+	Saturday	11:00 - 11:55AM	\$62



Pickleball

Youth Pickleball

Ages 10 - 15 years | \$62

Day	Time
Monday	5:00 - 5:55PM
Sunday	1:00 - 1:55PM

Adult Pickleball

Ages 16+

Class	Day	Time	Price
Intro to Pickleball	Monday	9:00 - 9:55AM	\$62
Intermediate Pickleball	Monday	10:00 - 10:55AM	\$62
Intro to Pickleball	Monday	6:00 - 6:55PM	\$62
Intermediate Pickleball	Monday	6:00 - 6:55PM	\$62
Recreational Pickleball League	Tuesday	9:00 - 10:55AM	\$40
Intermediate Pickleball	Tuesday	12:00 - 12:55PM	\$62
Intro to Pickleball	Tuesday	1:00 - 1:55PM	\$62
Intermediate Pickleball League	Tuesday	6:00 - 7:55PM	\$40
Intermediate Pickleball League	Wednesday	9:00 - 10:55AM	\$40
Intro to Pickleball	Wednesday	12:00 - 12:55PM	\$62
Cardio Pickleball	Wednesday	5:00 - 5:55PM	\$62
Cardio Pickleball	Wednesday	6:00 - 6:55PM	\$62
Intro to Pickleball	Thursday	6:00 - 6:55PM	\$62
Intermediate Pickleball	Thursday	6:00 - 6:55PM	\$62
Intro to Pickleball (16+)	Sunday	2:00 - 2:55PM	\$62

Youth Sports

Youth Beginner Volleyball

Ages 8 - 11 | \$62

Day	Time
Tuesday	4:00 - 5:00PM
Thursday	4:00 - 5:00PM

Youth Intermediate Volleyball

Ages 12 - 15 | \$62

Day	Time
Tuesday	5:00 - 6:00PM
Thursday	5:00 - 6:00PM

Youth Basketball Skills

\$50

Day	Time	Age
Wednesday	4:00 - 4:40PM	5-7
Wednesday	4:50 - 5:30PM	8-10

Virtual Reality Headset Experience Demos

1-Time Classes | Turf Area | Free

Variety of interactive VR experiences led by instructor. Ages 10+.

Equipment is provided. Free during Session 3!

Day	Time
Thursday	4:00 - 4:40PM
Thursday	5:00 - 5:40PM
Thursday	6:00 - 6:40PM
Saturday	1:00 - 1:40PM
Saturday	2:00 - 2:40PM
Saturday	3:00 - 3:40PM



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.

Taking Charge Series

Take charge of your life and health through this complimentary group experience where you'll create lasting behavior change, gain self-awareness and explore what truly matters to you.

Taking Charge group sessions are designed to help you:

- Explore What Matters, Your Purpose
- Reflect: "What do I want my health for?"
- Assess & Plan
- Take Meaningful Action
- Build the Care Team You Choose
- Provide a Community of Support

The first 100 participants who complete the full Taking Charge Series receive a special prize!

How to take charge of your journey:

1. Complete Intro to Whole Health.
2. Choose at least two My Purpose sessions.
3. Choose at least six sessions from Areas of Self-Care.
4. Once you've completed the required nine sessions, reach out to your Whole Health team in Rest & Recharge to redeem your prize!

Questions?

Please reach out to our Whole Health Director, Lisa Bell, at Lisa.Bell@walmart.com.



Taking Charge Series

Register for the following complimentary Whole Health experiences in your online account. Available for members and Walmart and Sam's Club associates 18+.

Start your Whole Health journey here with a **Monday Intro to Whole Health session:**

Intro to Whole Health Dates Available in Session 3: June 10 - August 5

Days	Time	Experience	Location
Mondays	11:30 AM - 12:30 PM	Intro to Whole Health	Inhale Classroom

Continue your Whole Health journey with **Exploring Areas of Self Care on Wednesdays:**

Areas of Self Care Dates Available in Session 3: June 10 - August 7

Date	Time	Experience	Location
June 12	11:30 AM - 12:30 PM	My Career: Career Navigation	Inhale Classroom
June 19	11:30 AM - 12:30 PM	Power of My Mind: Journaling	Inhale Classroom
June 26	11:30 AM - 12:30 PM	My Care Team	Inhale Classroom
July 3	11:30 AM - 12:30 PM	My Community: My Belonging	Inhale Classroom
July 10	11:30 AM - 12:30 PM	Moving My Body: Body Foundations	Inhale Classroom
July 17	11:30 AM - 12:30 PM	My Food & Drink: Mindful Eating	Inhale Classroom
July 24	11:30 AM - 12:30 PM	My Rest & Recharge: Yoga Nidra	Inhale Classroom
July 31	11:30 AM - 12:30 PM	My Money: Investing in Your Future	Inhale Classroom
August 7	11:30 AM - 12:30 PM	My Relationships: Loving Kindness & Compassion	Inhale Classroom

Continue your Whole Health journey with a **Friday My Purpose session:**

My Purpose Dates Available in Session 3: June 10 - August 9

Days	Time	Experience	Location
Fridays	11:30 AM - 12:30 PM	My Purpose	Inhale Classroom

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.

Session 3 Registration: May 28 - June 9

Opens online May 28 at 7:00AM

Session 3 Dates: June 3 - August 4

Youth Programming

From Dance to Taekwondo, Youth Bootcamp to TigerKick, we have something for all the kiddos. Register in your online account for our youth programming.

Interested in Youth Small Group Training? See our Fitness Desk to inquire about purchasing packages!



Youth Rules

Youth 12 and under must be accompanied by an adult at all times while in the facility unless they are checked into the Youth Activity Center. Teens 13 - 15 are able to take a Teen Weight Room Intro to be able to utilize the cardio and weight room floor. Stop by the Fitness Desk for more information on Teen Weight Room Intros!

Questions?

Please reach out to our Youth Programs Director Karyn Walker, at Karyn.Walker@walmart.com.



Youth Dance

Class	Day	Time	Age	Studio	Price
Mommy & Me Dance	Monday	9:30 - 10:00AM	Walking-3	YAC Studio 3	\$64
Intro to Dance	Monday	10:00 - 10:30AM	2-3	YAC Studio 3	\$64
Ballet & Tap	Monday	10:30 - 11:15AM	3-5	YAC Studio 3	\$80
Tumble Tots	Monday	11:15 - 11:45AM	1-3	YAC Studio 3	\$64
Beginning Acro	Monday	11:45 AM- 12:15PM	4-7	YAC Studio 3	\$56
Beginner Acro	Monday	3:15 - 4:00PM	3-6	YAC Studio 3	\$56
Intro to Dance	Monday	4:00 - 4:30PM	2-4	YAC Studio 3	\$64
Hip Hop Dance	Monday	4:30 - 5:15PMPM	3-9	YAC Studio 3	\$80
Ballet & Tap	Monday	5:15 - 6:00PM	3-5	YAC Studio 3	\$80
Ballet & Tap	Monday	6:00 - 6:45PM	5-8	YAC Studio 3	\$80
Dance Combo	Monday	6:45 - 7:30PM	7-12	YAC Studio 3	\$80
Hip Hop Dance	Wednesday	4:15 - 5:00PM	5-9	YAC Studio 3	\$80
Ballet & Tap	Wednesday	5:00 - 5:45PM	3-5	YAC Studio 3	\$80
Hip Hop Dance	Wednesday	5:45 - 6:30PM	7-13	YAC Studio 3	\$80
Mommy & Me Dance	Saturday	9:00 - 9:30AM	Walking-3	YAC Studio 3	\$64
Intro to Dance	Saturday	9:30 - 10:00AM	2-3	YAC Studio 3	\$64
Ballet & Tap	Saturday	10:00 - 10:45AM	3-5	YAC Studio 3	\$80
Hip Hop Black Light	Saturday	10:45 - 11:15AM	3-12	YAC Studio 3	\$64
Ballet & Tap	Saturday	11:15AM - 12:00PM	6-12	YAC Studio 3	\$80

Youth Bootcamp

Day	Time	Age	Studio	Price
Tuesday	10:00 - 10:45AM	9-12	YAC Studio 2	\$56
Thursday	10:00 - 10:45AM	8-10	YAC Studio 2	\$56
Thursday	5:30 - 6:15PM	8-10	YAC Studio 2	\$56

TigerKick

Day	Time	Age	Studio	Price
Monday	5:30 - 6:00PM	5-7	YAC Studio 1	\$56



Speed School Drills

Day	Time	Age	Studio	Price
Monday	6:00 - 6:45PM	8-12	YAC Studio 2	\$56

Youth Taekwondo

Level	Day	Time	Age	Studio	Price
Beginner & Lower Belts	Thursday	5:00 - 5:30PM	7-12	YAC Studio 1	\$90
All Belts	Thursday	5:30 - 6:00PM	5-6	YAC Studio 1	\$90
Upper Belts	Saturday	9:00 - 9:30AM	7-12	YAC Studio 1	\$90
Beginner & Lower Belts	Saturday	9:30 - 10:00AM	8-10	YAC Studio 1	\$90
All Belts	Saturday	10:00 - 10:30AM	5-6	YAC Studio 1	\$90



Youth Activity Center

Youth Activity Center Hours

Monday – Saturday: 8:00AM - 1:00PM

Monday - Thursday: 4:00 - 8:00PM

Sunday: 1:00 – 5:00PM

Details

- Available for ages 6 weeks - 12 years
- 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
- For the safety of all those in our care, only enter the YAC if you are actively picking up or dropping off a child. Where possible, please limit this to 1 parent

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

Register for the Youth Activity Center and purchase a package in person at the YAC. Please expect a wait time when registering or checking in or out.

Questions?

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



Walton Family Whole Health & Fitness

1400 SE 5th Street, Bentonville, AR 72716

479-204-1000

wholehealth@walmart.com

Visit our website:

