

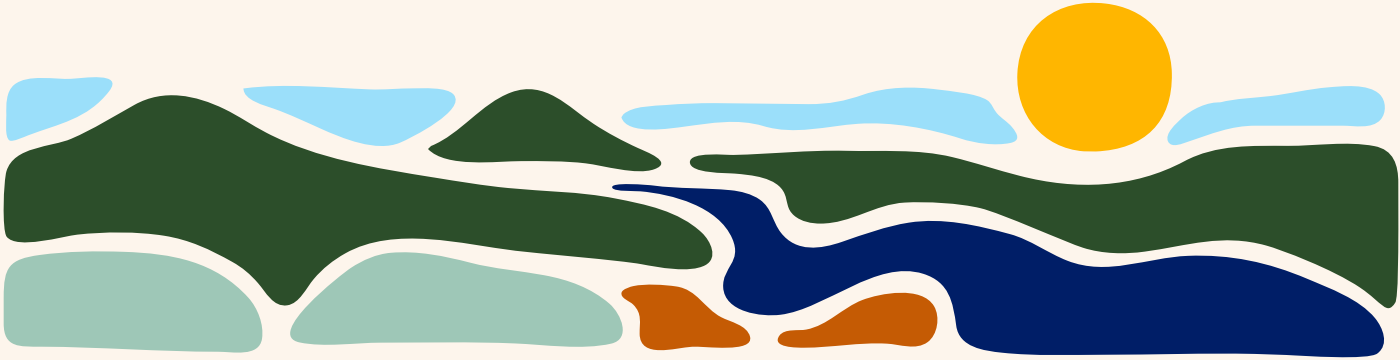
# Session 1

## Experience Guide



Walton Family  
Whole Health & Fitness

# Welcome to Whole Health



On Monday, January 13th beginning at 7:00 AM, members will be able to register for Session 1 experiences that will begin January 20th and go through March 16th.

The preferred method to register is to login to your online account at [walmart.clubautomation.com](http://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 our team at [wholehealth@walmart.com](mailto:wholehealth@walmart.com).

We can’t wait to jump into our Session 1 Experiences!

If you should need to cancel a class registration, please see a Welcome Desk or email [wholehealth@walmart.com](mailto:wholehealth@walmart.com). The last day to drop a class and get a prorated refund is January 26th.

## 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 Aquatics programming! Our Aquatics Center has 3 pools, all conveniently located in one common lifeguarded area where we offer swim lessons, assessments, and fitness classes.

**Session 1 Registration:** January 13 - 26

**Opens online January 13th at 7:00 AM**

**Session 1 Dates:** January 20 - March 16



## 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 3-17 years old who would like to participate in group lessons are required to complete a Swim Assessment before registering for a class.

## Swim 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 on Aquatics page of website, or can be completed by a private instructor.

## Swim Tests

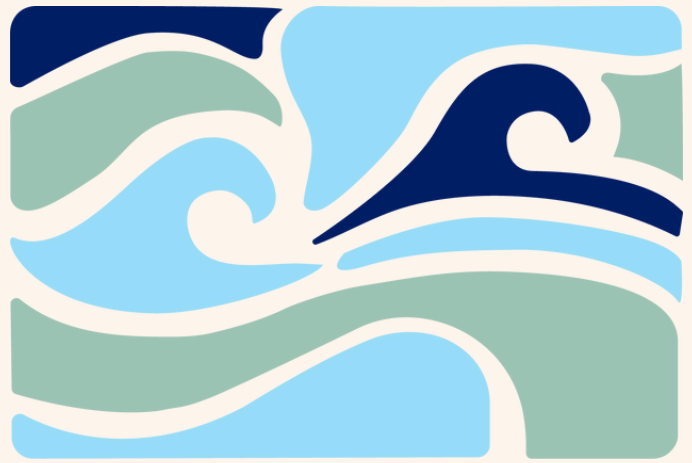
- A one-time skill test to make sure children who are 8 & under can be in the pool without a parent.
- Can be conducted by any Lifeguard on duty. Once passed, a Swim Wristband can be picked up from the Aquatic Desk each swim visit, indicating that a Swim Test has been passed!
- A Swim Test consists of:
  1. **25-yard swim**
  2. **1 minute floating on back**
  3. **1 minute treading water**

## 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 20 - March 16



## Lap Pool

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

**Monday – Friday**

5:30 AM – 8:30 PM

**Saturday & Sunday**

7:00 AM – 6:30 PM

## Recreation Pool

25-yard, 10-lane recreation pool.

**Lanes may be limited due to programming.**

**Monday – Friday**

8:00 AM – 1:00 PM

4:00 – 7:00 PM

**Saturday**

9:00 AM – 4:00 PM

## Activity Pool

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

**Space may be limited due to programming.**

**Monday – Friday\***

8:00 AM – 1:00 PM

4:00 – 8:30 PM

**Saturday**

8:00 AM – 6:30 PM

**Sunday**

10:00 AM – 6:30 PM

### Questions?

Please reach out to our Aquatics Director,  
Brian Peticolas, at  
[Brian.Peticolas@walmart.com](mailto:Brian.Peticolas@walmart.com).

Walton Family  
Whole Health & Fitness

# Youth Aquatics

## Parent Child 1

Ages 6 - 24 months | \$75

Day	Time	Instructor	Pool
Wednesday	4:30 - 5:00 PM	Rose	Activity
Thursday	5:30 - 6:00 PM	Rose	Activity
Saturday	9:00 - 9:30 AM	Rose	Activity

## Parent Child 2

Ages 18 - 47 months | \$75

Day	Time	Instructor	Pool
Monday	9:00 - 9:30 AM	Jo	Activity
Monday	4:30 - 5:00 PM	Rachel	Activity
Tuesday	5:30 - 6:00 PM	Rachel	Activity
Wednesday	5:30 - 6:00 PM	Rose	Activity
Thursday	4:30 - 5:00 PM	Rose	Activity
Saturday	11:00 - 11:30 AM	Rose	Activity

## Beginner 3

Age 3 | \$75

Day	Time	Instructor	Pool
Monday	4:30 - 5:00 PM	Sarah	Activity
Monday	6:00 - 6:30 PM	Sarah	Activity
Wednesday	9:00 - 9:30 AM	Heather	Activity
Wednesday	4:30 - 5:00 PM	Becca	Activity
Thursday	4:00 - 4:30 PM	Becca	Activity

## Advanced 3

Age 3 | \$75

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



## Preschool 1

Ages 4 - 5 years | \$75

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

## Preschool 2

Ages 4 - 5 years | \$75

Day	Time	Instructor	Pool
Monday	11:00 - 11:30 AM	Jo	Activity
Monday	5:00 - 5:30 PM	Sarah	Activity
Monday	5:30 - 6:00 PM	Rachel	Activity
Tuesday	4:00 - 4:30 PM	Ali	Activity
Tuesday	6:00 - 6:30 PM	Ali	Activity
Wednesday	9:30 - 10:00 AM	Heather	Activity
Wednesday	4:00 - 4:30 PM	Becca	Activity
Wednesday	5:30 - 6:00 PM	Jo	Activity
Wednesday	6:00 - 6:30 PM	Rose	Activity
Thursday	10:00 - 10:30 AM	Jo	Activity
Thursday	4:00 - 4:30 PM	Rose	Activity
Thursday	4:30 - 5:00 PM	Sadie	Activity
Saturday	9:00 - 9:30 AM	Silvia	Activity
Saturday	10:00 - 10:30 AM	Becca	Activity
Saturday	10:30 - 11:00 AM	Rose	Activity
Saturday	11:00 - 11:30 AM	Silvia	Activity



### Preschool 3

Ages 4 - 5 years | \$75

Day	Time	Instructor	Pool
Monday	10:30 - 11:00 AM	Jo	Activity
Monday	5:30 - 6:00 PM	Sarah	Activity
Tuesday	4:30 - 5:00 PM	Ali	Activity
Tuesday	5:30 - 6:00 PM	Ali	Activity
Wednesday	11:00 - 11:30 AM	Heather	Activity
Wednesday	5:00 - 5:30 PM	Jo	Activity
Wednesday	5:30 - 6:00 PM	Becca	Activity
Wednesday	6:00 - 6:30 PM	Jo	Activity
Thursday	9:30 - 10:00 AM	Rachel	Activity
Thursday	4:00 - 4:30 PM	Sadie	Activity
Thursday	5:00 - 5:30 PM	Rose	Activity
Thursday	6:00 - 6:30 PM	Sadie	Activity
Saturday	9:30 - 10:00 AM	Silvia	Activity
Saturday	10:00 - 10:30 AM	Silvia	Activity
Saturday	10:30 - 11:00 AM	Becca	Activity



## Fantastic 5

Age 5 | \$75

Day	Time	Instructor	Pool
Monday	4:00 - 4:30 PM	Karen	Activity
Tuesday	5:30 - 6:00 PM	Sadie	Activity
Wednesday	11:00 - 11:30 AM	Donna	Activity
Wednesday	4:00 - 4:30 PM	Heather	Activity
Wednesday	4:30 - 5:00 PM	Jo	Activity
Thursday	4:30 - 5:00 PM	Rachel	Activity
Saturday	11:30 AM - 12:00 PM	Rose	Activity

## Intro to Swim

Age 5-12 | \$75

Day	Time	Instructor	Pool
Thursday	5:00 - 5:30 PM	Sadie	Activity
Saturday	9:00 - 9:30 AM	Sadie	Activity





## Level 1

Ages 6 - 12 years | \$75

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

## Level 2

Ages 6 - 12 years | \$75

Day	Time	Instructor	Pool
Monday	4:30 - 5:00 PM	Karen	Activity
Monday	5:30 - 6:00 PM	Karen	Activity
Tuesday	4:00 - 4:30 PM	Sadie	Activity
Tuesday	5:00 - 5:30 PM	Sadie	Activity
Tuesday	6:00 - 6:30 PM	Sadie	Activity
Wednesday	9:30 - 10:00 AM	Donna	Activity
Wednesday	4:30 - 5:00 PM	Heather	Activity
Wednesday	5:30 - 6:00 PM	Heather	Activity
Thursday	5:00 - 5:30 PM	Rachel	Activity
Thursday	6:00 - 6:30 PM	Rachel	Activity
Friday	4:30 - 5:00 PM	Becca	Recreation
Friday	5:00 - 5:30 PM	Ali	Recreation
Friday	5:30 - 6:00 PM	Ali	Recreation
Saturday	9:30 - 10:00 AM	Sadie	Activity
Saturday	10:30 - 11:00 AM	Sadie	Activity
Saturday	11:30 AM - 12:00 PM	Sadie	Activity

### Level 3

Ages 6 - 12 years | \$75

Day	Time	Instructor	Pool
Monday	4:00 - 4:30 PM	Silvia	Recreation
Monday	5:00 - 5:30 PM	Silvia	Recreation
Monday	6:00 - 6:30 PM	Silvia	Recreation
Tuesday	4:00 - 4:30 PM	Jo	Recreation
Tuesday	5:00 - 5:30 PM	Jo	Recreation
Wednesday	10:00 - 10:30 AM	Donna	Activity
Wednesday	4:00 - 4:30 PM	Karen	Recreation
Wednesday	4:30 - 5:00 PM	Sarah	Recreation
Wednesday	5:00 - 5:30 PM	Ali	Recreation
Thursday	4:00 - 4:30 PM	Karen	Recreation
Thursday	4:30 - 5:00 PM	Karen	Recreation
Thursday	6:00 - 6:30 PM	Sarah	Recreation
Friday	4:00 - 4:30 PM	Ali	Recreation
Friday	5:00 - 5:30 PM	Becca	Recreation
Friday	6:00 - 6:30 PM	Becca	Recreation
Saturday	10:00 - 10:30 AM	Hunter	Recreation
Saturday	10:30 - 11:00 AM	Sarah	Recreation
Saturday	11:00 - 11:30 AM	Hunter	Recreation

### Level 4

Ages 6 - 12 years | \$75

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

## Level 5

Ages 6 - 12 years | \$75

Day	Time	Instructor	Pool
Monday	4:30 - 5:00 PM	Rose	Recreation
Monday	5:00 - 5:30 PM	Rose	Recreation
Monday	5:30 - 6:00 PM	Silvia	Recreation
Tuesday	4:30 - 5:00 PM	Sarah	Recreation
Wednesday	10:30 - 11:00 AM	Donna	Activity
Wednesday	4:30 - 5:00 PM	Ali	Recreation
Wednesday	5:00 - 5:30 PM	Karen	Recreation
Wednesday	5:30 - 6:00 PM	Ali	Recreation
Friday	4:30 - 5:00 PM	Rose	Recreation
Saturday	9:30 - 10:00 AM	Hunter	Recreation

## Teen Beginner

Ages 11 - 17 years | \$75

Day	Time	Instructor	Pool
Wednesday	6:00 - 6:30 PM	Becca	Activity
Thursday	5:30 - 6:00 PM	Sadie	Activity

## Teen Intermediate

Ages 11 - 17 years | \$75

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

## Swim Team Prep

Age 5-12 | \$75

Day	Time	Instructor	Pool
Wednesday	5:30 - 6:00 PM	Sarah	Recreation
Friday	5:30 - 6:00 PM	Rose	Recreation
Saturday	11:30 AM - 12:00 PM	Sarah	Recreation

## Rec League

Ages 6 - 17 years | \$90

Day	Time	Instructor	Pool
Monday/Wednesday	4:30 - 5:30 PM	Marie	Recreation
Tuesday/Thursday	5:00 - 6:00 PM	Sarah	Recreation
Thursday/Saturday	TH 6:00 - 7:00 PM / Sat 12:00 - 1:00 PM	Hunter	Recreation

# Adult Aquatics

## Adult Intro to Swim

Age 18+ | \$75 | \*\$150

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

## Adult Intermediate

Age 18+ | \$75

Day	Time	Instructor	Pool
Monday	6:30 - 7:00 PM	Jessica	Recreation
Wednesday	6:00 - 6:30 PM	Sarah	Recreation
Friday	6:00 - 6:30 PM	Jessica	Recreation
Saturday	11:30 AM - 12:00 PM	Hunter	Recreation

## Adult Advanced Beginner

Age 18+ | \$75 | \*\$150

Day	Time	Instructor	Pool
Tuesday	5:30 - 6:00 PM	Jo	Recreation
Wednesday	6:00 - 7:00 PM	Karen	Recreation
Thursday	11:00 - 11:30 AM	Jo	Activity
Friday	5:30 - 6:00 PM	Becca	Recreation
Saturday	10:00 - 10:30 AM	Sarah	Recreation

## Adult Men Only

Age 18+ | \$75

Day	Time	Instructor	Pool
Saturday	10:30 - 11:00 AM	Hunter	Recreation

## Adult Women Only

Age 18+ | \$75

Day	Time	Instructor	Pool
Thursday	9:00 - 9:30 AM	Rachel	Activity

## Masters Swim

Ages 18+

Month-by-Month Class | \$35

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

## Paddleboard Pilates Drop-In Class

Ages 13+

Pay Per Class | \$10

Day	Time	Instructor	Pool
Monday/Wednesday	11:30 AM - 12:30 PM	James	Recreation

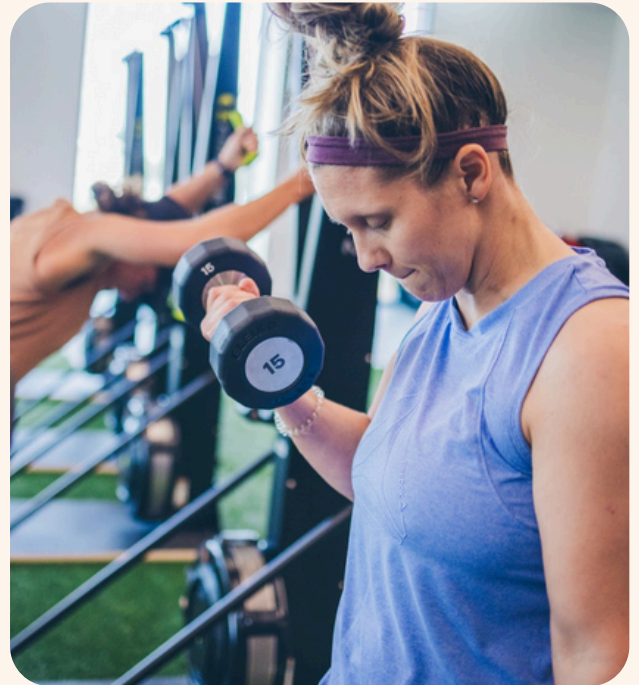
# Fitness

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.**



## Get Ready to Move

We're excited to introduce our brand-new, high-energy class—**Pedal Party!** Get ready for an intense workout that combines lights, music, and weights to push your limits and bring the fun. This class is designed to elevate your fitness routine with a dynamic mix of cycling and strength training.

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

## Questions?

Please reach out to our Group Fitness Manager, Zac Lewis, at [Zach.Lewis@walmart.com](mailto:Zach.Lewis@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 1 Registration:** January 13 - 26

**Opens online January 13th at 7:00 AM**

**Session 1 Dates:** January 20 - March 16

## 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](http://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.
- Reservations can be cancelled 24 hours or more in advance for a full refund of the court fee, but must be cancelled prior to one hour of the reservation start time to avoid "No Show" status.
- Bookings can be made up to one week in advance starting at 7:00 AM the previous week.
- Bookings can only be made by members 18 years or older.
- Members can have a max of 4 pending bookings per membership.
- Indoor tennis and pickleball courts cost \$10 per hour.
- Outdoor tennis, outdoor pickleball, squash, racquetball, 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 - 10:00 PM 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](mailto:David.Smith8@walmart.com).

# Youth Tennis

## Ankle Biters

Ages 4 - 5 years | \$40

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
Thursday	5:00 - 5:30 PM
Saturday	9:00 - 9:30 AM
Saturday	12:00 - 12:30 PM
Saturday	2:00 - 2:30 PM

## Tomorrow's Stars

Ages 6 - 7 years | \$40

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
Thursday	5:30 - 6:00 PM
Saturday	9:30 - 10:00 AM
Saturday	12:30 - 1:00 PM
Saturday	2:30 - 3:00 PM

## Future Champs

Ages 8 - 9 | \$50

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	4:15 - 4:55 PM
Thursday	5:05 - 5:45 PM
Saturday	10:00 - 10:45 AM
Saturday	1:05 - 1:45 PM

## Novice - Green Dot

Ages 10+ | \$62

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

## Intermediate - Yellow Ball

Ages 10+ | \$62

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 Sports

## Youth Pickleball

Day	Time	Age	Price
Monday	5:00 - 5:55 PM	10+	\$62
Tuesday	5:05 - 5:45 PM	6-9	\$50
Sunday	12:15 - 12:55	6-9	\$50
Sunday	1:00 - 1:55 PM	10+	\$62

## Youth Badminton

Day	Time	Age	Price
Monday	4:45 - 5:25 PM	5-8	\$50
Monday	5:30 - 6:25 PM	9-12	\$62
Saturday	10:15 - 10:55 AM	5-8	\$50
Saturday	11:00 - 11:55 AM	9-12	\$62

## Youth Volleyball

\$62

Day	Time	Age
Tuesday	4:00 - 4:55 PM	8-11
Thursday	4:00 - 4:55 PM	8-11
Tuesday	5:00 - 5:55 PM	12-15
Thursday	5:00 - 5:55 PM	12-15

## Color Guard

\$62

Day	Time	Age
Wednesday	4:00 - 4:55 PM	7-9
Wednesday	5:00 - 5:55 PM	10-12

## Youth 3 on 3 Soccer League

Ages 8 - 12 | \$30

Day	Time
Sunday	3:00 - 5:00 PM

## Youth Beginner Squash

\$62 | Ages 10-15

Day	Time
Saturday	9:00 - 9:55 AM

## Youth Soccer Class

Day	Time	Age	Price
Wednesday	4:00 - 4:30 PM	4-5	\$40
Wednesday	4:30 - 5:00 PM	6-7	\$40
Wednesday	5:05 - 5:45 PM	8-9	\$50
Wednesday	6:00 - 6:55 PM	10-12	\$62
Sunday	12:00 - 12:30 PM	4-5	\$40
Sunday	12:30 - 1:00 PM	6-7	\$40
Sunday	1:05 - 1:45 PM	8-9	\$50
Sunday	2:00 - 2:55 PM	10-12	\$62

## Youth Basketball Skills

Day	Time	Age	Price
Thursday	4:00 - 4:30 PM	5-6	\$40
Thursday	4:35 - 5:15 PM	7-8	\$50
Thursday	5:20 - 6:00 PM	9-10	\$50



# Adult Tennis

Ages 16+

Class	Day	Time	Price
Beginner Tennis/Coed 2.0	Monday	10:00 - 10:55 AM	\$62
Coed 3.5	Monday	12:00 - 12:55 PM	\$62
Coed 4.0	Monday	6:00 - 6:55 PM	\$62
Hit with the Pro	Tuesday	7:00 - 8:25 AM	\$90
Coed 3.0	Tuesday	10:00 - 10:55 AM	\$62
Coed 4.0	Tuesday	10:00 - 10:55 AM	\$62
Ball Machine Drills - 1-Time	Tuesday	12:00 - 12:55 PM	\$10
Coed True Beginner	Tuesday	6:00 - 6:55 PM	\$62
Coed True Beginner	Tuesday	7:00 - 7:55 PM	\$62
Coed 2.5	Wednesday	10:00 - 10:55 AM	\$62
Coed 3.5	Wednesday	6:00 - 6:55 PM	\$62
Coed True Beginner	Wednesday	7:00 - 7:55 PM	\$62
Hit with the Pro	Thursday	7:00 - 8:25 AM	\$90
Coed 4.0	Thursday	8:30 - 9:55 AM	\$90
Coed 3.0	Thursday	9:00 - 9:55 AM	\$62
Coed True Beginner	Thursday	10:00 - 10:55 AM	\$62
Coed Lunchtime Drills 3.0/3.5	Thursday	11:00 - 11:55 AM	\$62
Ball Machine Drills - 1-Time	Thursday	12:00 - 12:55 PM	\$10
Coed 2.0/2.5	Thursday	6:00 - 6:55 PM	\$62
Coed Drill 3.0	Thursday	7:00 - 7:55 PM	\$62

# Adult Cardio Tennis

Ages 16+

Class	Day	Time	Price
Cardio Tennis 3.0+	Monday	9:00 - 9:55 AM	\$62
Cardio Tennis 3.0+	Monday	11:00 - 11:55 AM	\$62
Cardio Tennis 3.0+	Monday	7:00 - 7:55 PM	\$62
Early Bird Cardio	Tuesday	6:00 - 6:55 AM	\$62
Cardio Tennis 3.0+	Tuesday	11:00 - 11:55 AM	\$62
Cardio Tennis 3.0+	Tuesday	6:00 - 6:55 PM	\$62
Cardio Tennis 3.0+	Wednesday	11:00 - 11:55 AM	\$62
Cardio Tennis - 1-Time	Wednesday	12:00 - 12:55 PM	\$10
Early Bird Cardio	Thursday	6:00 - 6:55 AM	\$62
Cardio Tennis 3.0+	Thursday	10:00 - 10:55 AM	\$62
Cardio Tennis 3.0+	Saturday	11:00 - 11:55 AM	\$62



# Adult Pickleball

Ages 16+

Class	Day	Time	Price
Intro to Pickleball	Monday	9:00 - 9:55 AM	\$62
Advanced Pickleball*	Monday	10:00 - 10:55 AM	\$62
Intermediate Pickleball	Monday	11:00 - 11:55 AM	\$62
Intro to Pickleball	Monday	6:00 - 6:55 PM	\$62
Intermediate Pickleball	Monday	6:00 - 6:55 PM	\$62
Recreational Pickleball League	Tuesday	9:00 - 10:55 AM	\$50
Intermediate Pickleball	Tuesday	12:00 - 12:55 PM	\$62
Intro to Pickleball	Tuesday	1:00 - 1:55 PM	\$62
Intermediate Pickleball League	Tuesday	6:00 - 7:55 PM	\$50
Intermediate Pickleball League	Wednesday	9:00 - 10:55 AM	\$50
Cardio Pickleball	Wednesday	6:00 - 6:55 PM	\$62
Cardio Pickleball	Wednesday	7:00 - 7:55 PM	\$62
Intermediate Skills & Drills	Thursday	10:00 - 10:55 AM	\$62
Intro to Pickleball	Thursday	11:00 - 11:55 AM	\$62
Intro to Pickleball	Thursday	6:00 - 6:55 PM	\$62
Intermediate Pickleball	Thursday	6:00 - 6:55 PM	\$62
Intro to Pickleball	Sunday	2:00 - 2:55 PM	\$62

\*Instructor Approval



# Adult Sports

## Adult 3 on 3 Soccer League

Sign up as individual. Ages 18+  
\$30 per person

Day	Time
Wednesday	7:00 - 9:00 PM

## Coed Volleyball League

Sign up as team. Only captain need register. | \$100 per team

Day	Time
Thursdays	6:00 - 9:00 PM

## Adult Beginner Badminton

\$62

Day	Time
Monday	6:30 - 7:25 PM
Saturday	12:00 - 12:55 PM

## Adult Beginner Squash

\$62

Day	Time
Saturday	10:00 - 10:55 AM



# 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.

Join this ongoing program anytime of the year!

Taking Charge is a group facilitated experience designed to:

- Explore Your Purpose & Values
- Develop a Growth Mindset
- Take Meaningful Action
- Build a Community of Support

How to take charge 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!

Register for a Taking Charge session or another Whole Health experience by logging into your account at [walmart.clubautomation.com](https://walmart.clubautomation.com)!

## Questions?

Please reach out to our Member Experience Team at [wholehealth@walmart.com](mailto:wholehealth@walmart.com).



# Whole Health Experiences

Whole Health is an approach to health and well-being that centers around you and what is important to you. You are put in control of your well-being, with focuses on self-care, skill building, and support. You don't have to wait until something is wrong to improve your well-being. Whole Health encourages you to set goals based on what is important to you, and work toward those goals with your health team, community resources, or Whole Health experiences.



## Wednesday Nature Walks

Wednesdays at 1:00 PM

Join us every Wednesday at 1:00 PM for a post-lunch stride around the campus. An after lunch walk is great for digestion and the soul! Meet us at the South Patio and enjoy a stroll with us!



## Benefits of Reiki Workshop

January 21st at 5:30 PM

We're gearing up to introduce a new service and we're kicking things off with a hands-on, enlightening workshop all about Reiki. Pop by Common Grounds, and let's chat about the life-changing benefits of Reiki and how your first session might just be the start of something extraordinary. We'll meet you in Common Ground!



## Better Sleep Workshop

February 4th at 5:30 PM

Discover the secrets to a good night's sleep! In this engaging and interactive session, you'll learn about the importance of sleep health and pick up practical tips and tactics to enhance your sleep quality. Say goodbye to restless nights and hello to rejuvenating rest. Come ready to transform your sleep habits and wake up feeling refreshed and energized!

Explore Whole Health experiences, resources, and learn more at [wholehealth.walmart.com](https://wholehealth.walmart.com).



# NUTRITION KITCHEN



Dive into a world of flavors with our Nutrition Kitchen Experiences! Our Signature Classes invite adult members and associates to embark on a culinary adventure, picking up new skills and delicious recipes to bring back to your home kitchen for the low cost of **\$35**.

And the fun doesn't stop there! Stir up some excitement in our Family Classes where an adult and child team up to cook and learn together for only **\$12.50 each**. From kneading dough to loading up potatoes to whipping up pancake batter, each experience is a savory journey of bonding and skill-building. Join us and turn cooking into a mouthwateringly memorable experience!



Sat 1/4 | 10 am & 1 pm  
**Bussin' Brownies**



Thu 1/9 | 5 pm  
**Chicken & Dumplings**



Sat 1/11 | 10 am & 1 pm  
**Muffin Master Class**



Thu 1/16 | 5 pm  
**Breakfast Around the World**



Sat 1/18 | 10 am & 1 pm  
**Popcorn Bar**



Thur 1/23 | 5 pm  
**Signature Sushi**



Sat 1/25 | 10 am & 1 pm  
**Cannoli Connoisseurs**



Wed 1/29 & Thu 1/30 | 5 pm  
**Oaxacan Specialties & Beer Pairing (21+)**

Register for a Nutrition Kitchen experience by logging into your online account at [walmart.clubautomation.com](http://walmart.clubautomation.com)!

Questions or issues? Reach out to our team at [wholehealth@walmart.com](mailto:wholehealth@walmart.com).

Nutrition Kitchen Page



# 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 1 Registration:** January 13 - 26

**Opens online January 13th at 7:00 AM**

**Session 1 Dates:** January 20 - March 16

## Youth Programming

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

Interested in Youth Personal or Small Group Training? See our Fitness Desk to inquire about purchasing packages or to get more info!



## 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](mailto:Karyn.Walker@walmart.com).





# Youth Dance

Class	Day	Time	Age	Studio	Price
Mommy & Me Dance	Monday	9:0 - 9:30 AM	Walking-2	YAC Studio 3	\$64
Intro to Dance	Monday	9:30 - 10:00 AM	2-3	YAC Studio 3	\$64
Ballet & Tap	Monday	10:00 - 10:45 AM	3-5	YAC Studio 3	\$80
Tumble Tots	Monday	10:45 - 11:15 AM	1-2	YAC Studio 3	\$64
Beginner Acro	Monday	11:15 AM - 12:00 PM	3-4	YAC Studio 3	\$80
Beginner Acro	Monday	12:00 - 12:45 PM	5-6	YAC Studio 3	\$80
Intro to Dance	Monday	3:45 - 4:15 PM	2-3	YAC Studio 3	\$64
Ballet & Tap	Monday	4:15 - 5:00 PM	3-5	YAC Studio 3	\$80
Intro to Cheer	Monday	5:00 - 5:45 PM	4-7	YAC Studio 3	\$80
Blacklight Hip Hop	Monday	5:45 - 6:15 PM	5-12	YAC Studio 3	\$64
Ballet & Tap	Monday	6:15 - 7:00 PM	6-9	YAC Studio 3	\$80
Dance Combo	Monday	7:00 - 7:45 PM	7-13	YAC Studio 3	\$80
Tumble Tots	Tuesday	9:00 - 9:30 AM	1-3	YAC Studio 3	\$64
Beginning Acro	Tuesday	9:30 - 10:15 AM	4-7	YAC Studio 3	\$64
Blacklight Hip Hop	Tuesday	10:15 - 10:45 AM	3-7	YAC Studio 3	\$64

# Youth Dance

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

## Youth Taekwondo

Level	Day	Time	Age	Studio	Price
Upper Belts	Thursday	4:30 - 5:00 PM	7-12	YAC Studio 1	\$90
Lower Belts	Thursday	5:00 - 5:30 PM	7-12	YAC Studio 1	\$90
All Belts	Thursday	5:30 - 6:00 PM	5-6	YAC Studio 1	\$90
Upper Belts	Saturday	9:00 - 9:30 AM	7-14	YAC Studio 1	\$90
Lower Belts	Saturday	9:30 - 10:00 AM	7-12	YAC Studio 1	\$90
All Belts	Saturday	10:00 - 10:30 AM	5-6	YAC Studio 1	\$90

## TigerKick

TigerKick is a program for children focusing on fun, fitness, confidence, and coordination through engaging activities, teamwork, and challenges.

Day	Time	Age	Studio	Price
Monday	4:15 - 4:45 PM	6-9	YAC Studio 1	\$64
Monday	5:00 - 5:30 PM	10-12	YAC Studio 1	\$64

## All Star

An in depth athletic training catering to children ages 7-12 years. This program covers all steps from biomechanical movements to heavy weight training, depending on the child's age and stage.

Day	Time	Age	Studio	Price
Wednesdays	4:00 - 4:45 PM	6-9	Turf Field	\$64
Wednesday	5:00 - 5:45 PM	10-12	Turf Field	\$64
Saturdays	11:15 AM - 12:00 PM	9-12	Turf Field	\$64

# Youth Activity Center

## 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

## 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 Karyn Walker, at [Karyn.Walker@walmart.com](mailto:Karyn.Walker@walmart.com).



# Walton Family Whole Health & Fitness

1400 SE 5th Street, Bentonville, AR 72716

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