

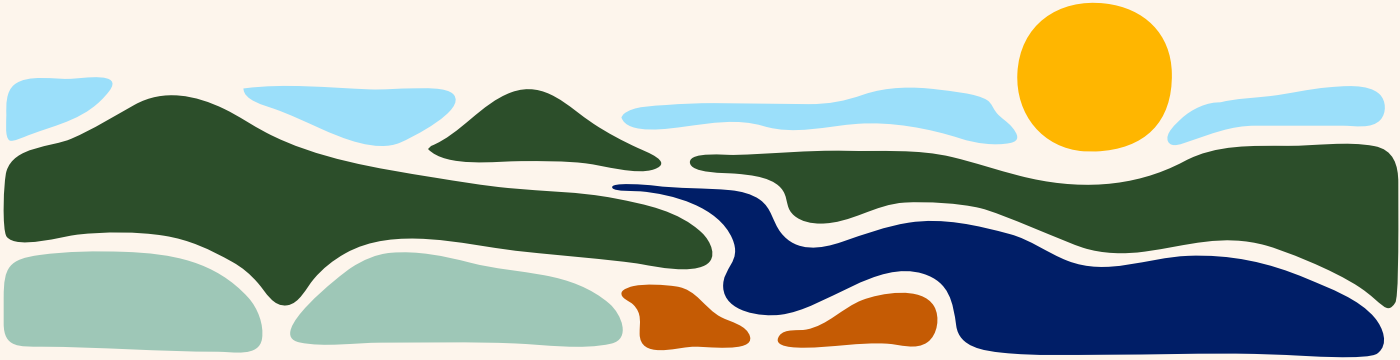
Session 2

Experience Guide



Walton Family
Whole Health & Fitness

Welcome to Whole Health



Spring has arrived, and we are quickly approaching our Session 2 experiences and programs. It’s a season of new beginnings, the perfect opportunity to try a new class you might not have considered before, such as our Whole Health small-group coaching experience.

On Monday, March 25th beginning at 7:00AM, members will be able to register for Session 2 experiences that will begin April 1st. 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 spring into our Session 2 Experiences!

Let’s explore!

- Aquatic Experiences..... 1
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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 2 Registration: March 25 - April 7

Opens online March 25 at 7:00AM

Session 2 Dates: April 1 - May 26



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.

Pool Rules

Family Swim is a great opportunity for loved ones to enjoy fun together! [Make sure to check our Pool Rules for a safe swimming experience.](#) Below are some highlights but all can be found online.

- 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

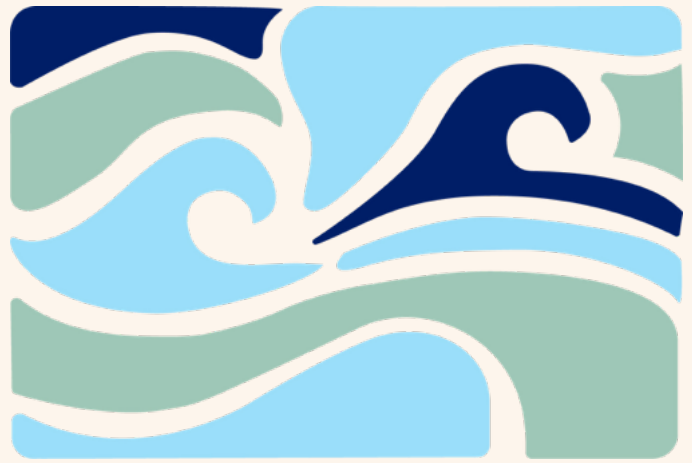
Questions?

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



Session 2 Pool Hours

April 1 - May 26



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

11:00AM – 2:00PM

4:00 – 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 – Friday

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.

Youth Aquatics

Parent Child 1

Ages 6 - 24 months | \$75

Day	Time	Instructor	Pool
Monday	5:45 - 6:15 PM	Jo	Activity
Wednesday	4:00 - 4:30PM	Donna	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	9:00 - 9:30AM	Jo	Activity
Monday	4:00 - 4:30PM	Rose	Activity
Wednesday	5:45 - 6:15PM	Jo	Activity
Thursday	4:35 - 5:05PM	Rose	Activity



Advanced 3

Age 3 | \$75

Day	Time	Instructor	Pool
Monday	9:35 - 10:05AM	Jo	Activity
Monday	5:10 - 5:40PM	Rose	Activity
Tuesday	11:20 - 11:50AM	Jo	Activity
Tuesday	5:45 - 6:15PM	Rose	Activity
Wednesday	9:00 - 9:30AM	Heather	Activity
Wednesday	11:20 - 11:50AM	Heather	Activity
Wednesday	5:10 - 5:40PM	Donna	Activity
Thursday	4:00 - 4:30PM	Rose	Activity
Saturday	9:00 - 9:30AM	Becca	Activity
Saturday	9:35 - 10:05AM	Rose	Activity



Preschool 1

Ages 4 - 5 years | \$75

Day	Time	Instructor	Pool
Monday	10:10 - 10:40AM	Jo	Activity
Monday	4:00 - 4:30PM	Jo	Activity
Monday	4:35 - 5:05PM	Rose	Activity
Monday	6:20 - 6:50PM	Jo	Activity
Tuesday	9:00 - 9:30AM	Jo	Activity
Tuesday	10:45 - 11:15AM	Jo	Activity
Tuesday	4:00 - 4:30PM	Karen	Activity
Tuesday	5:10 - 5:40PM	Rose	Activity
Wednesday	10:45 - 11:15AM	Heather	Activity
Wednesday	4:00 - 4:30PM	Jo	Activity
Wednesday	4:35 - 5:05PM	Donna	Activity
Wednesday	5:10 - 5:40PM	Rose	Activity
Wednesday	6:20 - 6:50PM	Jo	Activity
Thursday	9:00 - 9:30AM	Jo	Activity
Thursday	10:45 - 11:15AM	Jo	Activity
Thursday	4:35 - 5:05PM	Donna	Activity
Thursday	5:10 - 5:40PM	Becca	Activity
Thursday	5:45 - 6:15PM	Rose	Activity
Thursday	6:20 - 6:50PM	Donna	Activity
Saturday	9:35 - 10:05AM	Becca	Activity
Saturday	10:10 - 10:40AM	Rose	Activity

Preschool 2

Ages 4 - 5 years | \$75

Day	Time	Instructor	Pool
Monday	10:45 - 11:15AM	Jo	Activity
Monday	4:35 - 5:05PM	Jo	Activity
Monday	5:45 - 6:15PM	Rose	Activity
Tuesday	9:35 - 10:05AM	Jo	Activity
Tuesday	4:00 - 4:30PM	Rose	Activity
Tuesday	4:35 - 5:05PM	Karen	Activity
Wednesday	9:35 - 10:05AM	Heather	Activity
Wednesday	11:20 - 11:50AM	Donna	Activity
Wednesday	4:35 - 5:05PM	Jo	Activity
Wednesday	5:45 - 6:15PM	Donna	Activity
Wednesday	6:20 - 6:50PM	Rose	Activity
Thursday	9:35 - 10:05AM	Jo	Activity
Thursday	4:00 - 4:30PM	Becca	Activity
Thursday	5:10 - 5:40PM	Donna	Activity
Thursday	5:45 - 6:15PM	Becca	Activity
Thursday	6:20 - 6:50PM	Rose	Activity
Saturday	10:10 - 10:40AM	Becca	Activity
Saturday	10:45 - 11:15AM	Rose	Activity

Preschool 3

Ages 4 - 5 years | \$75

Day	Time	Instructor	Pool
Monday	11:20 - 11:50AM	Jo	Activity
Monday	5:10 - 5:40PM	Jo	Activity
Monday	6:20 - 6:50PM	Rose	Activity
Tuesday	10:10 - 10:40AM	Jo	Activity
Tuesday	5:10 - 5:40PM	Karen	Activity
Wednesday	10:10 - 10:40AM	Heather	Activity
Wednesday	5:10 - 5:40PM	Jo	Activity
Thursday	10:10 - 10:40AM	Jo	Activity
Thursday	4:35 - 5:05PM	Becca	Activity
Thursday	5:10 - 5:40PM	Rose	Activity
Thursday	5:45 - 6:15PM	Donna	Activity
Thursday	6:20 - 6:50PM	Rose	Activity
Saturday	10:45 - 11:15AM	Becca	Activity
Saturday	11:20 - 11:50AM	Rose	Activity



Level 1

Ages 6 - 12 years | \$75

Day	Time	Instructor	Pool
Monday	4:00 - 4:30PM	Jessica	Activity
Monday	4:35 - 5:05PM	Ali	Activity
Monday	5:10 - 5:40PM	Anna	Activity
Monday	5:45 - 6:15PM	Jessica	Activity
Tuesday	4:35 - 5:05PM	Rose	Activity
Tuesday	6:20 - 6:50PM	Rose	Activity
Wednesday	9:35 - 10:05AM	Donna	Activity
Wednesday	4:00 - 4:30PM	Becca	Activity
Wednesday	4:35 - 5:05PM	Rose	Activity
Wednesday	5:10 - 5:40PM	Ali	Activity
Wednesday	5:45 - 6:15PM	Rose	Activity
Thursday	4:35 - 5:05PM	Jessica	Activity
Thursday	5:45 - 6:15PM	Karen	Activity
Friday	4:00 - 4:30PM	Becca	Recreation
Friday	5:10 - 5:40PM	Rose	Recreation
Saturday	11:20 - 11:50AM	Sarah	Activity

Level 2

Ages 6 - 12 years | \$75

Day	Time	Instructor	Pool
Monday	4:00 - 4:30PM	Ali	Activity
Monday	4:35 - 5:05PM	Anna	Activity
Monday	5:10 - 5:40PM	Jessica	Activity
Monday	5:45 - 6:15PM	Ali	Activity
Monday	6:20 - 6:50PM	Anna	Activity
Tuesday	5:10 - 5:40PM	Jo	Activity
Tuesday	5:45 - 6:15PM	Karen	Activity
Tuesday	6:20 - 6:50PM	Jo	Activity
Wednesday	9:35 - 10:05AM	Donna	Activity
Wednesday	4:00 - 4:30PM	Rose	Activity
Wednesday	4:35 - 5:05PM	Becca	Activity
Wednesday	5:45 - 6:15PM	Ali	Activity
Wednesday	6:20 - 6:50PM	Ali	Activity
Thursday	4:00 - 4:30PM	Karen	Activity
Thursday	5:10 - 5:40PM	Karen	Activity
Thursday	5:45 - 6:15PM	Jessica	Activity
Thursday	6:20 - 6:50PM	Becca	Activity
Friday	4:00 - 4:30PM	Rose	Recreation
Friday	4:35 - 5:05PM	Becca	Recreation
Friday	5:10 - 5:40PM	Ali	Recreation
Friday	5:45 - 6:15PM	Rose	Recreation
Friday	6:20 - 6:50PM	Jessica	Recreation
Saturday	10:45 - 11:15AM	Sarah	Activity

Level 3

Ages 6 - 12 years | \$75

Day	Time	Instructor	Pool
Monday	4:00 - 4:30PM	Anna	Activity
Monday	4:35 - 5:05PM	Jessica	Activity
Monday	5:10 - 5:40PM	Ali	Activity
Monday	5:45 - 6:15PM	Anna	Activity
Monday	6:20 - 6:50PM	Jessica	Activity
Tuesday	4:00 - 4:30PM	Sarah	Recreation
Tuesday	4:35 - 5:05PM	Anna	Recreation
Tuesday	5:45 - 6:15PM	Jo	Activity
Wednesday	10:10 - 10:40AM	Donna	Activity
Wednesday	4:00 - 4:30PM	Ali	Activity
Wednesday	4:35 - 5:05PM	Ali	Activity
Wednesday	5:10 - 5:40PM	Becca	Activity
Wednesday	5:45 - 6:15PM	Becca	Activity
Thursday	4:00 - 4:30PM	Jessica	Activity
Thursday	4:35 - 5:05PM	Karen	Activity
Thursday	5:10 - 5:40PM	Jessica	Activity
Thursday	6:20 - 6:50PM	Jessica	Activity
Friday	4:00 - 4:30PM	Jessica	Recreation
Friday	4:35 - 5:05PM	Rose	Recreation
Friday	5:10 - 5:40PM	Becca	Recreation
Friday	6:20 - 6:50PM	Rose	Recreation
Saturday	10:10 - 10:40AM	Sarah	Activity

Level 4

Ages 6 - 12 years | \$75

Day	Time	Instructor	Pool
Monday	4:00 - 4:30PM	Karen	Recreation
Monday	5:45 - 6:15PM	Karen	Recreation
Tuesday	4:35 - 5:05PM	Sarah	Recreation
Tuesday	5:10 - 5:40PM	Anna	Recreation
Wednesday	10:45 - 11:15AM	Donna	Activity
Wednesday	4:35 - 5:05PM	Karen	Recreation
Wednesday	5:45 - 6:15PM	Karen	Recreation
Thursday	4:00 - 4:30PM	Anna	Recreation
Thursday	4:35 - 5:05PM	Sarah	Recreation
Thursday	6:20 - 6:50PM	Lexi	Recreation
Friday	4:35 - 5:05PM	Ali	Recreation
Friday	5:10 - 5:40PM	Jessica	Recreation
Friday	5:45 - 6:15PM	Becca	Recreation
Friday	6:20 - 6:50PM	Ali	Recreation
Saturday	9:35 - 10:05AM	Sarah	Activity

Level 5

Ages 6 - 12 years | \$75

Day	Time	Instructor	Pool
Monday	4:35 - 5:05PM	Karen	Recreation
Monday	5:10 - 5:40PM	Karen	Recreation
Tuesday	4:00 - 4:30PM	Anna	Recreation
Tuesday	5:10 - 5:40PM	Sarah	Recreation
Wednesday	10:45 - 11:15AM	Donna	Activity
Wednesday	4:00 - 4:30PM	Karen	Recreation
Wednesday	5:10 - 5:40PM	Karen	Recreation
Thursday	4:00 - 4:30PM	Sarah	Recreation
Thursday	4:35 - 5:05PM	Anna	Recreation
Thursday	5:10 - 5:40PM	Anna	Recreation
Friday	4:00 - 4:30PM	Ali	Recreation
Friday	4:35 - 5:05PM	Jessica	Recreation
Friday	5:45 - 6:15PM	Ali	Recreation
Friday	6:20 - 6:50PM	Becca	Recreation
Saturday	9:00 - 9:30AM	Sarah	Activity

Teen Beginner

Ages 13 - 17 years | \$75

Day	Time	Instructor	Pool
Wednesday	6:20 - 6:50PM	Becca	Activity

Teen Intermediate

Ages 13 - 17 years | \$75

Day	Time	Instructor	Pool
Thursday	5:10 - 5:40PM	Sarah	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

Adult Beginner

Age 18+ | \$75

Day	Time	Instructor	Pool
Monday	6:20 - 6:50PM	Ali	Activity
Tuesday	6:20 - 6:50PM	Karen	Activity
Wednesday	6:20 - 6:50PM	Donna	Activity
Thursday	11:20 - 11:50AM	Jo	Activity
Thursday	6:20 - 6:50PM	Karen	Activity
Saturday	11:20 - 11:50AM	Becca	Activity

Adult Intermediate

Age 18+ | \$75

Day	Time	Instructor	Pool
Monday	6:20 - 6:50PM	Karen	Recreation
Wednesday	6:20 - 6:50PM	Karen	Recreation
Thursday	5:45 - 6:15PM	Anna	Recreation
Friday	5:45 - 6:15PM	Jessica	Recreation

Masters Swim

Ages 18+

Month-by-Month Class | \$35

April 2 - 30

Day	Time	Instructor	Pool
Tuesday/Thursday	5:30 - 6:30AM	Morgan	Recreation

Paddleboard Fitness Classes

Ages 13+ | \$90

Class	Day	Time	Instructor	Pool
SUP Fitness	Monday	7:00 - 7:45PM	Morgan	Recreation
SUP Fitness	Thursday	7:00 - 7:45PM	Jessica	Recreation
Paddleboard Pilates	Saturday	10:00 - 10:45AM	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 2 Registration: March 25 - April 7

Opens online March 25 at 7:00AM

Session 2 Dates: April 1 - May 26



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	10:05 - 10:45AM
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

Youth Tennis Tourney Prep

Ages 13 - 17 years | \$90

Day	Time
Tuesday	5:30 - 6:55AM
Wednesday	5:30 - 6:55AM

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 3.5/4.0	Wednesday	11:00 - 11:55AM	\$62
Coed 3.5	Wednesday	6:00 - 6:55PM	\$62
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	Monday	12:00 - 12:55PM	\$62
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	Wednesday	12:00 - 12:55PM	\$62
Cardio Tennis	Thursday	10:00 - 10:55AM	\$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
Intro to Pickleball	Monday	6:00 - 6:55PM	\$62
Pickleball Intermediate	Monday	6:00 - 6:55PM	\$62
Recreational Pickleball League	Tuesday	9:00 - 10:55AM	\$40
Intermediate Pickleball League	Tuesday	6:00 - 7:55PM	\$40
Intermediate Pickleball League	Wednesday	9:00 - 10:55AM	\$40
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
Pickleball Intermediate	Thursday	6:00 - 6:55PM	\$62
Intro to Pickleball	Sunday	2:00 - 2:55PM	\$62

Volleyball

Youth Beginner Volleyball

Ages 8 - 11 | \$62

Day	Time
Thursday	4:00 - 5:00PM

Youth Intermediate Volleyball

Ages 12 - 15 | \$62

Day	Time
Thursday	5:00 - 6:00PM

Adult Coed Recreational Volleyball

Ages 16+ | \$100 per team

Team captain registers for team in Club Automation

Day	Time
Thursdays	6:00 - 9:00PM

Recreation

Tsegball

Sign up as an individual | Free

Day	Time	Location
Wednesday	6:00 - 7:30PM	Volleyball Court

Disc Golf/Ultimate Frisbee

Sign up as an individual | Free

Day	Time	Location
Friday	6:00 - 7:30PM	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.

Whole Health Group Coaching

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. Start your Whole Health journey with our Whole Health Taking Charge Coaching series!

The Taking Charge series is an evergreen program that you can jump into at any time. Our recommendation is to come for one experience a week; starting with Intro to Whole Health allows you to evaluate where you are and where you want to be. My Purpose help you connect with what matters to you so you can take meaningful action in your life and health. Then dive into each area of self-care and enjoy a Whole Health experience!

Our Taking Charge groups are designed to:

- Support for Meaningful Change
- Assess My Health
- Reflect: “What do I really want my health for?”
- Choose an Area of Focus that is Important
- Set my own Goals & Meaningful Action Plan
- Gain support from the group
- Develop a Personalize Well-being Plan

Questions?

Please reach out to our Whole Health Lead, Noah Bandy, at Noah.Bandy@walmart.com.



Whole Health Coaching Taking Charge Series

Register for the following Whole Health experiences in your Walton Whole Health & Fitness online account or the app or drop-in to join!

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

Whole Health Session 2 Dates: April 22 - July 29

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:**

Whole Health Session 2 Dates: April 22 - July 29

Date	Time	Experience	Location
April 24	11:30 AM - 12:30 PM	Moving My Body: Body Foundations	Inhale Classroom
May 1	11:30 AM - 12:30 PM	My Food and Drink with Chef Demo	Inhale Classroom
May 8	11:30 AM - 12:30 PM	My Rest and Recharge: Yoga Nidra	Inhale Classroom
May 15	11:30 AM - 12:30 PM	Power of My Mind: Journaling	Inhale Classroom
May 22	11:30 AM - 12:30 PM	My Relationships: Loving Kindness & Compassion	Inhale Classroom
May 29	11:30 AM - 12:30 PM	My Surroundings: Labyrinth Experience	Inhale Classroom
June 5	11:30 AM - 12:30 PM	My Career: Career Navigation	Inhale Classroom
June 12	11:30 AM - 12:30 PM	My Money: Investing in Your Future	Inhale Classroom
June 19	11:30 AM - 12:30 PM	My Care Team: How to Talk to Your Doctor	Inhale Classroom
June 26	11:30 AM - 12:30 PM	My Community: My Belonging	Inhale Classroom

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

Whole Health Session 2 Dates: April 22 - July 29

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 2 Registration: March 25 - April 7

Opens online March 25 at 7:00AM

Session 2 Dates: April 1 - May 26

Youth Programming

From Dance to Taekwondo, Youth Bootcamp to TigerKick, we have something for all the kiddos. Register online or in your Walton Whole Health & Fitness app 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 Terrie Pitts, at Terrie.Pitts0@walmart.com.



Youth Classes

Youth Dance & Stretch

Class	Day	Time	Age	Studio	Price
Intro to Dance	Monday	9:00 - 9:30AM	2-3	YAC Studio 3	\$64
Mommy & Me Dance	Monday	9:30 - 10:00AM	Walkers-2	YAC Studio 3	\$64
Stretch & Flex	Monday	10:00 - 10:30AM	3-5	YAC Studio 3	\$58
Ballet & Tap	Monday	10:30 - 11:15AM	3-5	YAC Studio 3	\$80
Beginning Acro	Monday	11:15 - 12:00PM	3-5	YAC Studio 3	\$58
Intro to Dance	Monday	3:45 - 4:15PM	2-3	YAC Studio 3	\$64
Hip Hop	Monday	4:15 - 5:00PM	5-8	YAC Studio 3	\$80
Ballet & Tap	Monday	5:00 - 5:45PM	3-5	YAC Studio 3	\$80
Ballet & Tap	Monday	5:45 - 6:30PM	6-9	YAC Studio 3	\$80
Tumble Tots	Tuesday	9:00 - 9:30AM	2-3	YAC Studio 3	\$64
Beginning Acro	Tuesday	9:30 - 10:15AM	3-5	YAC Studio 3	\$58
Rhythm Relays	Wednesday	4:30 - 5:00PM	3-7	YAC Studio 3	\$64
Hip Hop	Wednesday	5:00 - 5:45PM	5-8	YAC Studio 3	\$80
Ballet & Tap	Wednesday	5:45 - 6:30PM	3-5	YAC Studio 3	\$80
Hip Hop	Wednesday	6:30 - 7:15PM	9-12	YAC Studio 3	\$80
Mommy & Me Dance	Saturday	9:00 - 9:30AM	Walkers-2	YAC Studio 3	\$60
Intro to Dance	Saturday	9:30 - 10:00AM	3-5	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	\$80
Ballet & Tap	Saturday	11:15AM - 12:00PM	6-9	YAC Studio 3	\$80

Youth Bootcamp

Day	Time	Age	Studio	Price
Thursday	5:30 - 6:15PM	8-10	YAC Studio 2	\$58
Saturday	11:00 - 11:45AM	8-10	YAC Studio 2	\$58
Saturday	12:00 - 12:45PM	11-14	YAC Studio 2	\$58

TigerKick

Day	Time	Age	Studio	Price
Monday	5:30 - 6:00PM	5-7	YAC Studio 1	\$58



Youth Speed School

Day	Time	Age	Studio	Price
Monday	6:00 - 6:45PM	8-12	YAC Studio 2	\$58
Saturday	10:00 - 10:45AM	8-12	YAC Studio 2	\$58

Youth Taekwondo

Level	Day	Time	Age	Studio	Price
Upper Belts	Thursday	4:30 - 5:00PM	7-12	YAC Studio 1	\$90
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	7-12	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:

