

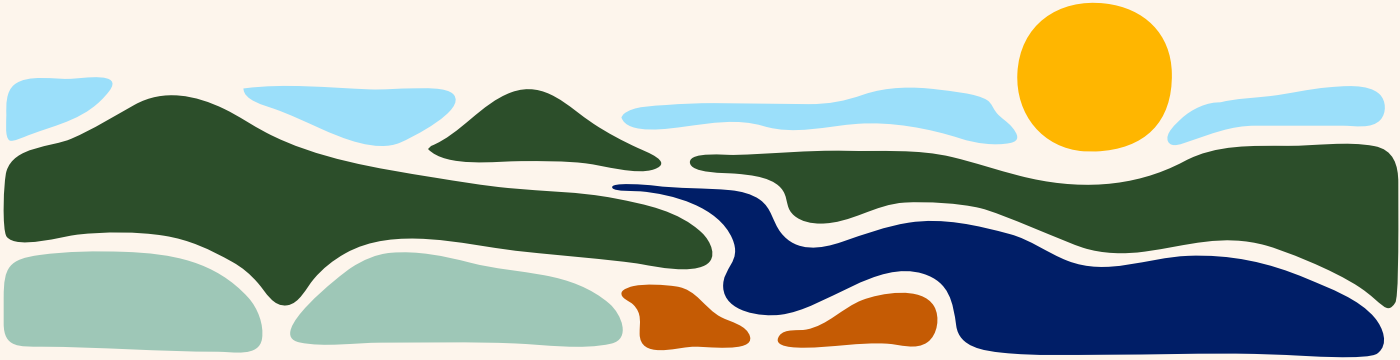
Session 5

Experience Guide



Walton Family
Whole Health & Fitness

Welcome to Whole Health



On Monday, October 14 beginning at 7:00 AM, members will be able to register for Session 5 experiences that will begin October 21st and go through December 22nd. **Please note there will be no session classes for the Thanksgiving Break November 24th - 30th.**

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 our team at wholehealth@walmart.com.

We can't wait to jump into our Session 5 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 5 is October 27th.

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 5 Registration: October 14 - 20

Opens online October 14 at 7:00 AM

Session 5 Dates: October 21 - December 22

No classes: November 24 - 30



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.

Aquatics Center Guidelines

1. Children under 12 must be supervised by a parent or guardian at all times while in the aquatics area.
2. Proper swim attire is required. This includes swimsuits for all individuals and appropriate swim diapers for infants and toddlers.
3. All swimmers are required to take a cleansing shower before entering the pool to help maintain water quality and hygiene standards.
4. Members are expected to be respectful of others in the pool area. Running, diving in shallow areas, and rough play are not allowed.
5. Pool equipment, such as kickboards and pull buoys, should be used responsibly and returned to their designated storage areas after use.
6. Members with open cuts, sores, or contagious conditions are not permitted in the pool. Additionally, food and glass containers are not allowed in the pool area.
7. Members are expected to comply with any instructions given by lifeguards for the safety of all individuals in the pool area
8. Members should familiarize themselves with the location of emergency equipment and be aware of the facility's emergency procedures.

Questions?

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

Session 5 Pool Hours

October 21 - November 24



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

7:00 AM – 6:30 PM

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 – 4:00 PM

Questions?

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

Walton Family
Whole Health & Fitness

Youth Aquatics

Parent Child 1

Ages 6 - 24 months | \$75

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

Advanced 3

Age 3 | \$75

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



Level 1

Ages 6 - 12 years | \$75

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

Level 2

Ages 6 - 12 years | \$75

Day	Time	Instructor	Pool
Monday	10:00 - 10:30 AM	Donna	Activity
Monday	4:30 - 5:00PM	Karen	Activity
Monday	5:30 - 6:00 PM	Karen	Activity
Tuesday	4:00 - 4:30 PM	Ali	Activity
Tuesday	5:00 - 5:30 PM	Ali	Activity
Tuesday	6:00 - 6:30 PM	Ali	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	4:00 - 4:30 PM	Rose	Recreation
Friday	4:30 - 5:00 PM	Becca	Recreation
Friday	5:00 - 5:30 PM	Ali	Recreation
Friday	6:00 - 6:30 PM	Ali	Recreation
Saturday	9:30 - 10:00 AM	Jessica	Activity
Saturday	10:30 - 11:00 AM	Jessica	Activity
Saturday	11:30 AM - 12:00 PM	Jessica	Activity

Level 3

Ages 6 - 12 years | \$75

Day	Time	Instructor	Pool
Monday	11:00 - 11:30 AM	Donna	Activity
Monday	4:00 - 4:30 PM	Jessica	Recreation
Monday	5:00 - 5:30 PM	Rose	Recreation
Monday	6:00 - 6:30 PM	Rose	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
Wednesday	5:30 - 6:00 PM	Sarah	Recreation
Wednesday	6:30 - 7:00 PM	Ali	Recreation
Thursday	4:00 - 4:30 PM	Jessica	Recreation
Thursday	4:30 - 5:00 PM	Jessica	Recreation
Friday	4:30 - 5:00 PM	Rose	Recreation
Friday	5:00 - 5:30 PM	Becca	Recreation
Friday	5:30 - 6:00 PM	Rose	Recreation
Friday	6:00 - 6:30 PM	Becca	Recreation
Saturday	10:00 - 10:30 AM	Hunter	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	Jessica	Recreation
Monday	5:30 - 6:00 PM	Jessica	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	4:30 - 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	Jessica	Recreation
Friday	4:00 - 4:30 PM	Jessics	Recreation
Friday	4:30 - 5:00 PM	Ali	Recreation
Friday	5:00 - 5:30 PM	Jessics	Recreation
Saturday	9:00 - 9:30 AM	Hunter	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	Jessica	Recreation
Monday	5:30 - 6:00 PM	Rose	Recreation
Tuesday	4:30 - 5:00 PM	Sarah	Recreation
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	Jessica	Recreation
Friday	5:30 - 6:00 PM	Jessica	Recreation
Saturday	9:30 - 10:00 AM	Hunter	Recreation

Teen Beginner

Ages 13 - 17 years | \$75

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

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 - 5:30 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

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	Jessica	Recreation
Monday	5:30 - 6:00 PM	Rose	Recreation
Tuesday	4:30 - 5:00 PM	Sarah	Recreation
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	Jessica	Recreation
Friday	5:30 - 6:00 PM	Jessica	Recreation
Saturday	9:30 - 10:00 AM	Hunter	Recreation

Teen Beginner

Ages 13 - 17 years | \$75

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

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 - 5:30 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 Beginner

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

Day	Time	Instructor	Pool
Monday	6:00 - 7:00 PM*	Karen	Activity
Tuesday	5:30 - 6:00 PM	Jo	Recreation
Wednesday	6:00 - 7:00 PM*	Karen	Recreation
Thursday	11:00 - 11:30 AM	Jo	Activity
Thursday	6:00 - 6:30 PM	Becca	Activity
Friday	5:30 - 6:00 PM	Becca	Recreation
Saturday	10:30 - 11:00 AM	Hunter	Recreation
Saturday	11:30 AM - 12:00 PM	Becca	Activity

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

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+ | \$10 | Pay Per Class

Day	Time	Instructor	Pool
Friday	12:15 - 1:00 PM	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.**

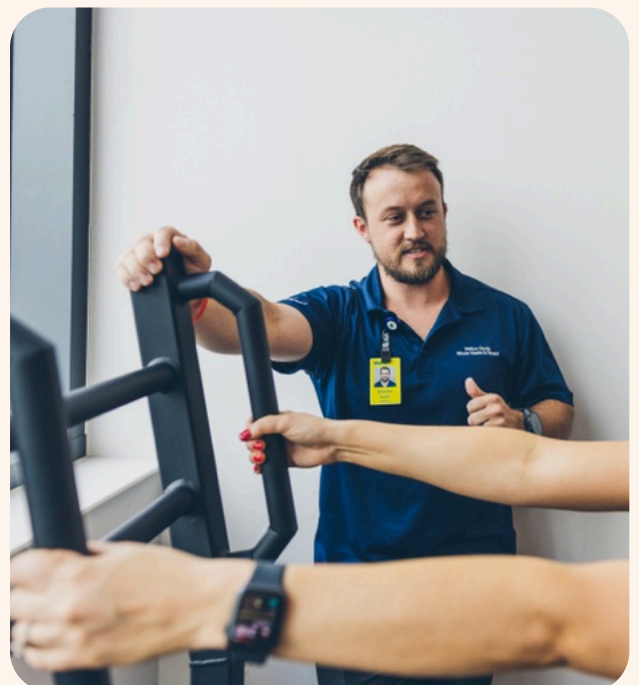
[Find our Group Fitness schedule on the homepage of our website.](#)

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 5 Registration: October 14 - 20

Opens online October 14 at 7:00 AM

Session 5 Dates: October 21 - December 22

No classes: November 24 - 30

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.
- 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 7:00A M the previous week.
- Bookings can only be made by members 18 years or older.
- Members can reserve up to 2 hours for a single booking, with a max of 4 pending bookings per membership.
- 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 - 9:00 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.

Youth Tennis

Ankle Bitters

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

Youth Badminton

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

Youth Beginner Volleyball

Ages 8 - 11 | \$62

Day	Time
Tuesday	4:00 - 4:55 PM
Thursday	4:00 - 4:55 PM

Youth Intermediate Volleyball

Ages 12 - 15 | \$62

Day	Time
Tuesday	5:00 - 5:55 PM
Thursday	5:00 - 5:55 PM

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

Virtual Reality Headset Experiences

1-Time Classes | Turf Area | Free

Day	Time	Age
Saturday	1:00 - 1:40PM	10+
Saturday	2:00 - 2:40PM	10+

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
Ball Machine Drills - 1-Time	Wednesday	7:00 - 7:55 AM	\$10
Coed 2.5	Wednesday	10:00 - 10:55 AM	\$62
Coed 3.5	Wednesday	6:00 - 6:55 PM	\$62
Hit with the Pro	Thursday	7:00 - 8:25 AM	\$90
Coed 4.0	Thursday	8:30 - 9:55 AM	\$90
Coed 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	11:00 - 11:55 AM	\$62
Cardio Tennis - 1-Time	Monday	12:00 - 12:55 PM	\$10
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
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	\$40
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	\$40
Intermediate Pickleball League	Wednesday	9:00 - 10:55 AM	\$40
Cardio Pickleball	Wednesday	5:00 - 5:55 PM	\$62
Cardio Pickleball	Wednesday	6:00 - 6:55 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

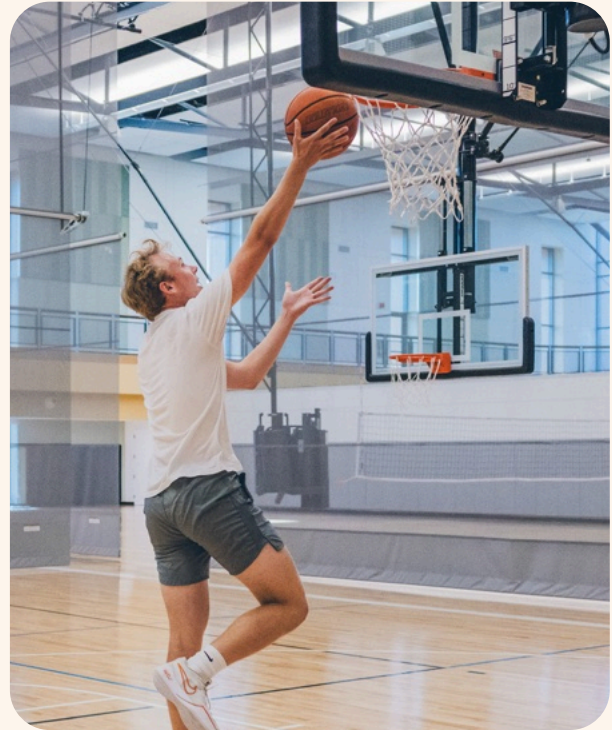


Adult Sports

Adult 3 on 3 Basketball League

Sign up as team. Ages 18+. Only captain need register | \$100 per team

Day	Time
Wednesday	6:00 - 9:00 PM



Coed Volleyball League

Sign up as individual | \$12 per person

Day	Time	Age
Thursdays	6:00 - 9:00 PM	18+

Adult Beginner Badminton

\$62

Day	Time
Monday	6:00 - 6:55 PM
Saturday	11:00 - 11:55 AM



Drop-In Wallyball Open Play

Free

Day	Time	Age
Tuesdays	6:00 - 7:55 PM	18+

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!

Questions?

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



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 5 Registration: October 14 - 20

Opens online October 14 at 7:00 AM

Session 5 Dates: October 21 - December 22

No classes: November 24 - 30

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.



Youth Dance

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

Youth Dance

Class	Day	Time	Age	Studio	Price
Intro to Cheer	Wednesday	4:00 - 4:30 PM	3-6	YAC Studio 3	\$64
Blacklight Hip Hop	Wednesday	4:30 - 5:00 PM	4-9	YAC Studio 3	\$64
Ballet & Tap	Wednesday	5:00 - 5:45 PM	3-5	YAC Studio 3	\$80
Blacklight Hip Hop	Wednesday	5:45 - 6:15 PM	7+	YAC Studio 3	\$64
Jazz	Wednesday	6:30 - 7:00 PM	6-9	YAC Studio 3	\$64
Jazz	Wednesday	7:00 - 7:30 PM	10-12	YAC Studio 3	\$64
Mommy & Me Dance	Saturday	9:00 - 9:30 AM	Walkers-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

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	8-10	YAC Studio 1	\$90
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



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	5:15 - 6:00 PM	5-7	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
Wednesday	5:00 - 5:45 PM	10-12	Turf Field	\$64
Saturday	10:00 - 10:45 AM	7-12	Turf Field	\$64

Bootcamp

This class will focus on physical fitness, discipline, and personal development in a fun and structured environment. Designed to be both fun and educational, helping children develop physical fitness and confidence.

Day	Time	Age	Studio	Price
Monday	4:00 - 4:45 PM	8-10	YAC Studio 2	\$64
Monday	4:45 - 5:30 PM	10-12	YAC Studio 2	\$64

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 Karyn Walker, at Karyn.Walker@walmart.com.



Walton Family Whole Health & Fitness

1400 SE 5th Street, Bentonville, AR 72716

479-204-1000

wholehealth@walmart.com

wholehealth.walmart.com

Visit our website:

