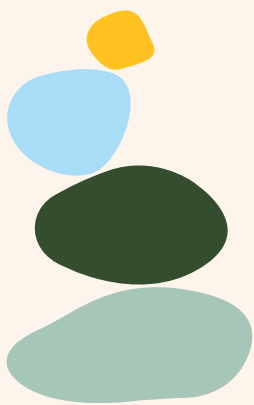
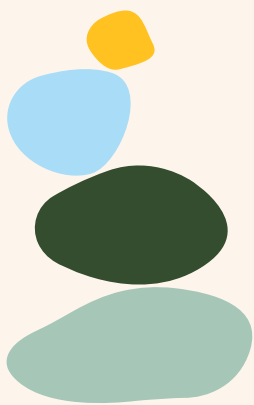


September

All Access Calendar

Complimentary Experiences

Available to Members & Walmart & Sam's Club Associates



Sun.

Mon.

Tue.

Wed.

Thurs.

Fri.

Sat.

1

2

Stretch & Tone
7:30 am-8:00 am

Embody
11:30 am-12:30 pm

Bingo
6:00 pm-7:00 pm

3

Wednesday Walk
8:30 am-9:00 am

Taking Charge
My Purpose,
My Passion(s)
11:30 am-12:30 pm

4

High Yo
7:30 am-8:00 am

**Intro to
Whole Health**
6:15 pm-7:15 pm

5

6

Baby & Me Yoga
9:00 am-9:45 am

Workshop
Benefits of
Recovery
Modalities
10:00 am-10:30 am

7

**Yoga for
Pregnancy**
2:00 pm-3:00 pm

8

Adult Mindful Art
5:30 pm-6:30 pm

Mindful Movement
Sunset Yoga Nidra
(Harvest moon)
7:30 pm-8:00 pm

9

Stretch & Tone
7:30 am-8:00 am

**Pause.
Notice. Choose.**
8:00 am-8:15 am

Embody
11:30 pm-12:30 pm

Bingo
6:00 pm-7:00 pm

10

Wednesday Walk
8:30 am-9:00 am

Nature Tour
11:30 pm-12:15 pm

Taking Charge
My Purpose,
My Gifts
11:30 am-12:30 pm

11

Surge Stength
7:30 am-8:00 am

**Poolside
Soundbath**
1:30 pm-2:30 pm

Taylor Swift Trivia
6:00 pm-7:00 pm

12

13

Baby & Me Yoga
9:00 am-9:45 am

Nature Connection
Art Walk
10:00 am-10:30 am

Workshop
Your Birth, Your Way
10:00 am-11:00 am

**Intro to
Whole Health**
11:15 am-12:15 pm

14

**Yoga for
Pregnancy**
2:00 pm-3:00 pm

15

Mindful Movement
Sunrise Qi Gong
7:30 am-8:00 am

Taking Charge
Power of My Mind
5:30 pm-6:30 pm

16

Stretch & Tone
7:30 am-8:00 am

**Pause.
Notice. Choose.**
8:00 am-8:15 am

Embody
11:30 am-12:30 pm

**Intro to
Whole Healthy**
6:15 pm-7:15 pm

Bingo
6:00 pm-7:00 pm

17

Wednesday Walk
8:30 am-9:00 am

Taking Charge
My Purpose,
My Values
11:30 am-12:30 pm

Workshop
Sleep Reset
6:00 pm-7:00 pm

18

Bootcamp
7:30 am-8:00 am

19

20

Baby & Me Yoga
9:00 am-9:45 am

Family Fun
Outdoor Dance
Party with Bubbles
11:30 am-12:30 pm

21

**Yoga for
Pregnancy**
2:00 pm-3:00 pm

Workshop
I AM
3:00 pm-4:00 pm

22

Mindful Movement
Barre
7:30 am-8:00 am

Taking Charge
My Care Team
5:30 pm-6:30 pm

23

Stretch & Tone
7:30 am-8:00 am

**Pause.
Notice. Choose.**
8:00 am-8:15 am

Embody
11:30 am-12:30 pm

Bingo
6:00 pm-7:00 pm

24

Wednesday Walk
8:30 am-9:00 am

Taking Charge
My Purpose,
My Why
11:30 am-12:30 pm

25

Surge Fit
7:30 am-8:00 am

Book Club
Coffee & Connection
7:15 am-8:00 am

Workshop
Your Birth, Your Way
5:30 pm-6:30 pm

**Intro to
Whole Health**
6:15 am-7:15 am

Book Club
Coffee & Connection
7:15 pm-8:00 pm

26

27

Baby & Me Yoga
9:00 am-9:45 am

Soundbath
10:00 am-10:30

**Coloring &
Connections**
10:00 am-11:00 am

**Intro to
Whole Health**
11:15 am-12:15 pm

28

**Yoga for
Pregnancy**
2:00 pm-3:00 pm

29

Mindful Movement
Sunrise Mobility
7:30 am-8:00 am

Taking Charge
My Community
5:30 am-6:30 am

30

Stretch & Tone
7:30 am-8:00 am

**Pause.
Notice. Choose.**
8:00 am-8:15 am

Embody
11:30 am-12:30 pm

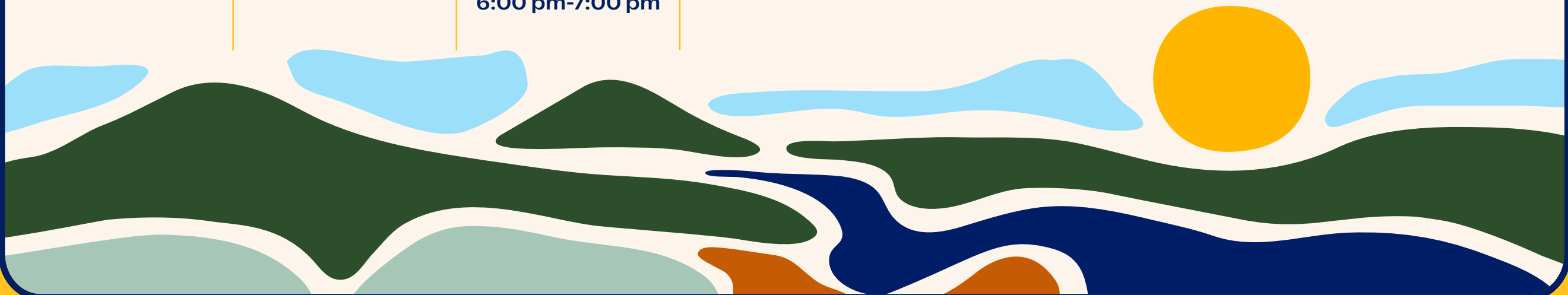
Bingo
6:00 pm-7:00 pm

Members

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September

All Access Calendar

Complimentary Experiences
Available to Members & Walmart
& Sam's Club Associates



Walton Family
Whole Health & Fitness

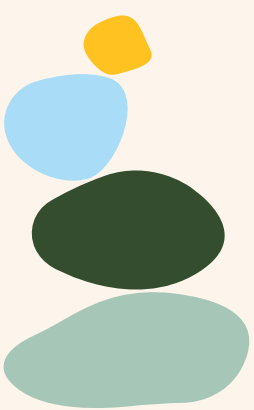
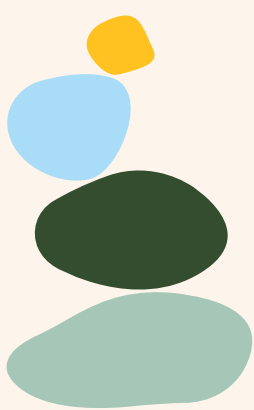
Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
	1	2 Stretch & Tone 7:30 am-8:00 am Embody 11:30 am-12:30 pm Bingo 6:00 pm-7:00 pm	3 Wednesday Walk 8:30 am-9:00 am Taking Charge My Purpose, My Passion 11:30 am-12:30 pm	4 High Yo 7:30 am-8:00 am Intro to Whole Health 6:15 pm-7:15 pm	5	6 Baby & Me Yoga 9:00 am-9:45 am Workshop Benefits of Recovery Modalities 10:00 am-10:30 am
7 Yoga for Pregnancy 2:00 pm-3:00 pm	8 Adult Mindful Art 5:30 pm-6:30 pm Mindful Movement Sunset Yoga Nidra (Harvest moon) 7:30 pm-8:00 pm	9 Stretch & Tone 7:30 am-8:00 am Pause. Notice. Choose. 8:00 am-8:15 am Embody 11:30 pm-12:30 pm Bingo 6:00 pm-7:00 pm	10 Wednesday Walk 8:30 am-9:00 am Nature Tour 11:30 pm-12:15 pm Taking Charge My Purpose, My Gifts 11:30 am-12:30 pm	11 Surge Stength 7:30 am-8:00 am Poolside Soundbath 1:30 pm-2:30 pm Taylor Swift Trivia 6:00 pm-7:00 pm	12	13 Baby & Me Yoga 9:00 am-9:45 am Nature Connection Art Walk 10:00 am-10:30 am Workshop Your Birth, Your Way 10:00 am-11:00 am Intro to Whole Health 11:15 am-12:15 pm
14 Yoga for Pregnancy 2:00 pm-3:00 pm	15 Mindful Movement Sunrise Qi Gong 7:30 am-8:00 am Taking Charge Power of My Mind 5:30 pm-6:30 pm	16 Stretch & Tone 7:30 am-8:00 am Pause. Notice. Choose. 8:00 am-8:15 am Embody 11:30 am-12:30 pm Intro to Whole Healthy 6:15 pm-7:15 pm Bingo 6:00 pm-7:00 pm	17 Wednesday Walk 8:30 am-9:00 am Taking Charge My Purpose, My Values 11:30 am-12:30 pm Workshop Sleep Reset 6:00 pm-7:00 pm	18 Bootcamp 7:30 am-8:00 am	19	20 Baby & Me Yoga 9:00 am-9:45 am Family Fun Outdoor Dance Party with Bubbles 11:30 am-12:30 pm
21 Yoga for Pregnancy 2:00 pm-3:00 pm Workshop I AM 3:00 pm-4:00 pm	22 Mindful Movement Barre 7:30 am-8:00 am Taking Charge My Care Team 5:30 pm-6:30 pm	23 Stretch & Tone 7:30 am-8:00 am Pause. Notice. Choose. 8:00 am-8:15 am Embody 11:30 am-12:30 pm Bingo 6:00 pm-7:00 pm	24 Wednesday Walk 8:30 am-9:00 am Taking Charge My Purpose, My Why 11:30 am-12:30 pm	25 Surge Fit 7:30 am-8:00 am Book Club Coffee & Connection 7:15 am-8:00 am Workshop Your Birth, Your Way 5:30 pm-6:30 pm Intro to Whole Health 6:15 am-7:15 am Book Club Coffee & Connection 7:15 pm-8:00 pm	26	27 Baby & Me Yoga 9:00 am-9:45 am Soundbath 10:00 am-10:30 Coloring & Connections 10:00 am-11:00 am Intro to Whole Health 11:15 am-12:15 pm
28 Yoga for Pregnancy 2:00 pm-3:00 pm	29 Mindful Movement Sunrise Mobility 7:30 am-8:00 am Taking Charge My Community 5:30 am-6:30 am	30 Stretch & Tone 7:30 am-8:00 am Pause. Notice. Choose. 8:00 am-8:15 am Embody 11:30 am-12:30 pm Bingo 6:00 pm-7:00 pm	<div>Members</div> <div>Login to your online account at walmart.clubautomation.com to register for Whole Health Experiences.</div> <div>Associates</div> <div>Sign up for a free Whole Health for All membership to access Whole Health Experiences by emailing wholehealth@walmart.com</div>			

September

All Access Calendar

Paid Experiences

Available to Members & Walmart & Sam's Club Associates



Sun.

Mon.

Tue.

Wed.

Thurs.

Fri.

Sat.

1

2

3

4

5

6

**Nutrition Kitchen
Signature Class**
Nutritious Gnocchi
5:00 pm-6:00 pm
\$35.00

**Nutrition Kitchen
Family Class**
Savory Veggie
Fritters
10:00 am-11:00 am
\$12.50

**Nutrition Kitchen
Family Class**
Savory Veggie
Fritters
1:00 pm-2:00 pm
\$12.50

7

8

9

10

11

12

13

**Nutrition Kitchen
Signature Class**
Better Burgers
3 Ways
5:00 pm-6:00 pm
\$35.00

**Nutrition Kitchen
Family Class**
Cheese, Please!
10:00 am-11:00 am
\$12.50

**Nutrition Kitchen
Family Class**
Cheese, Please!
1:00 pm-2:00 pm
\$12.50

14

15

16

17

18

19

20

**Nutrition Kitchen
Signature Class**
Immune
Boosting Drinks
5:00 pm-6:00 pm
\$35.00

**Nutrition Kitchen
Family Class**
Golden Grit Cakes
10:00 am-11:00 am
\$12.50

**Nutrition Kitchen
Family Class**
Golden Grit Cakes
1:00 pm-2:00 pm
\$12.50

21

22

23

24

Nutrition Kitchen
The Orchard Chef's
Table + Cider Pairing
5:00 pm-6:00 pm
\$65.00

25

Nutrition Kitchen
The Orchard Chef's
Table + Cider Pairing
5:00 pm-6:00 pm
\$65.00

26

27

**Nutrition Kitchen
Family Class**
Scones & Spreads
10:00 am-11:00 am
\$12.50

**Nutrition Kitchen
Family Class**
Scones & Spreads
1:00 pm-2:00 pm
\$12.50

28

29

30

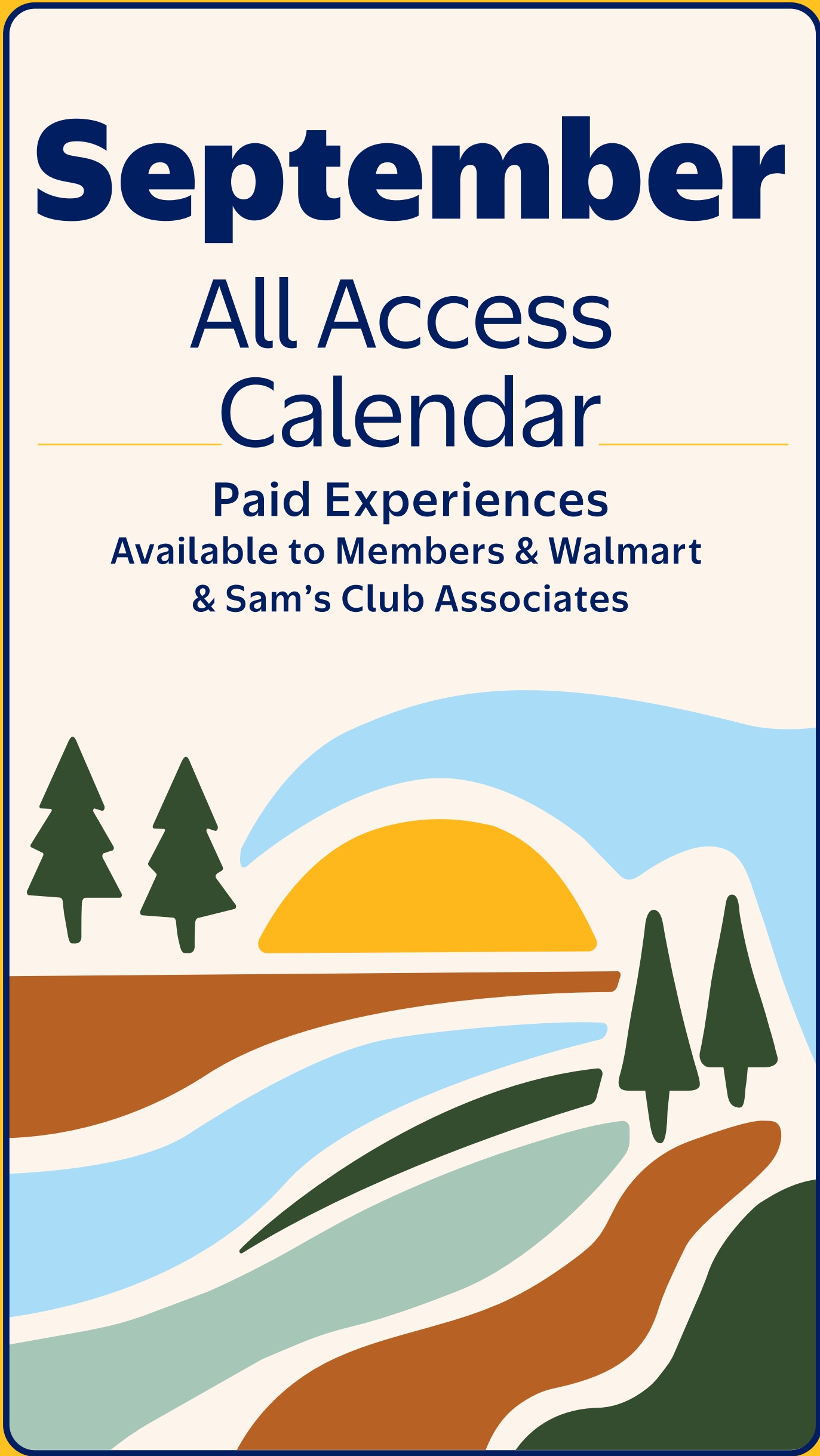
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September

All Access Calendar

Paid Experiences
Available to Members & Walmart
& Sam’s Club Associates

Walton Family
Whole Health & Fitness

Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
	1	2	3	4 Nutrition Kitchen Signature Class Nutritious Gnocchi 5:00 pm-6:00 pm \$35.00	5	6 Nutrition Kitchen Family Class Savory Veggie Fritters 10:00 am-11:00 am \$12.50 Nutrition Kitchen Family Class Savory Veggie Fritters 1:00 pm-2:00 pm \$12.50
7	8	9	10	11 Nutrition Kitchen Signature Class Better Burgers 3 Ways 5:00 pm-6:00 pm \$35.00	12	13 Nutrition Kitchen Family Class Cheese, Please! 10:00 am-11:00 am \$12.50 Nutrition Kitchen Family Class Cheese, Please! 1:00 pm-2:00 pm \$12.50
14	15	16	17	18 Nutrition Kitchen Signature Class Immune Boosting Drinks 5:00 pm-6:00 pm \$35.00	19	20 Nutrition Kitchen Family Class Golden Grit Cakes 10:00 am-11:00 am \$12.50 Nutrition Kitchen Family Class Golden Grit Cakes 1:00 pm-2:00 pm \$12.50
21	22	23	24 Nutrition Kitchen The Orchard Chef's Table + Cider Pairing 5:00 pm-6:00 pm \$65.00	25 Nutrition Kitchen The Orchard Chef's Table + Cider Pairing 5:00 pm-6:00 pm \$65.00	26	27 Nutrition Kitchen Family Class Scones & Spreads 10:00 am-11:00 am \$12.50 Nutrition Kitchen Family Class Scones & Spreads 1:00 pm-2:00 pm \$12.50
28	29	30	<div>Members</div> <div>Login to your online account at walmart.clubautomation.com to register for Whole Health Experiences.</div> <div>Associates</div> <div>Sign up for a free Whole Health for All membership to access Whole Health Experiences by emailing wholehealth@walmart.com</div>			