



AMARILLO

Parks & Recreation

RESET / FITNESS SCHEDULE

THE FOLLOWING CLASSES
WILL RUN FROM AUGUST 23RD
TO OCTOBER 16TH & ARE FREE
FOR RESET PARTICIPANTS AND
WARFORD MEMBERS.

MONDAY

9:00 - 10:00AM

Water Aerobics with Jacque
(Warford AC)

10:30 - 11:30AM

Walk with Ease with Pedro
(Warford AC)

5:30 - 6:30PM

Beginner Bootcamp with Jessica
(Memorial Park)

6:00 - 7:00PM

Karate with Candace
(Warford AC)

TUESDAY

5:00 - 6:00PM

Water Aerobics with Josie
(Warford AC)

5:30 - 6:30PM

Yoga in the Park with Hannah
(Memorial Park)

5:30 - 7:30PM

Disc Golf (Every other Tuesday)
(Thompson Park)

6:30 - 7:30PM

Stress Management with Leta
(Warford AC)

WEDNESDAY

9:00 - 10:00AM

Water Aerobics with Jacque
(Warford AC)

11:00 - 12:00PM

Yoga with Hannah
(Warford AC)

THURSDAY

11:00 - 12:00PM

Beginner Bootcamp with Jessica
(Warford AC)

5:00 - 6:00PM

Water Aerobics with Josie
(Warford AC)

5:30 - 6:30PM

Nutrition Class with Hannah
(Warford AC)

FRIDAY

9:00 - 10:00AM

Water Aerobics with Jacque
(Warford AC)

10:30 - 11:30AM

Nutrition Class with Hannah
(Warford AC)

11:00 - 12:00PM

Advanced Bootcamp with Jessica
(Warford AC)

5:30 - 6:30PM

Karate with Candace
(Southeast Park)

SATURDAY

9:00 - 10:00AM

Walk with Ease with Pedro
(Memorial Park)

10:30 - 11:30AM

LIIT in the Park with Jessica
(Memorial Park)