



AMARILLO

Parks & Recreation

FALL 2021 WARFORD FITNESS SCHEDULE

THE FOLLOWING CLASSES WILL
RUN FROM OCTOBER 18TH TO
JANUARY 9TH. CLASSES ARE
INCLUDED FOR WARFORD MEMBERS
AND DAY PASS HOLDERS.

MONDAY

9:00 - 10:00AM

Water Aerobics with Jacque
(Warford - Indoor Pool)

10:30 - 11:30AM

Walk with Ease with Pedro*
(Warford - Gymnasium)

5:30 - 6:30PM

Beginner Bootcamp with Jessica
(Warford - Fitness Studio)

**This class is free & open to the public. Courtesy of Amarillo Parks & Recreation.*

TUESDAY

6:15 - 7:00AM

HIIT with Jessica
(Warford - Fitness Studio)

9:00 - 10:00AM

Aqua Zumba with Jacque
(Warford - Indoor Pool)

6:00 - 7:00PM

Water Aerobics with Jacque
(Warford - Indoor Pool)

WEDNESDAY

9:00 - 10:00AM

Water Aerobics with Jacque
(Warford - Indoor Pool)

11:00 - 12:00PM

Walk with Ease with Pedro*
(Warford - Gymnasium)

5:30 - 6:30PM

GYM 101 with Jessica
(Warford - Weight/Cardio Room)

**This class is free & open to the public. Courtesy of Amarillo Parks & Recreation.*

THURSDAY

9:00 - 10:00AM

Aqua Zumba with Jacque
(Warford - Indoor Pool)

5:30 - 6:30PM

Yoga with Hannah
(Warford - Fitness Studio)

6:00 - 7:00PM

Water Aerobics with Josie
(Warford - Indoor Pool)

FRIDAY

9:00 - 10:00AM

Water Aerobics with Jacque
(Warford - Indoor Pool)

5:30 - 6:30PM

Advanced Boot Camp w/ Jessica
(Warford - Fitness Studio)

6:30 - 7:30PM

Karate with Candace
(Warford - Fitness Studio)

SATURDAY

10:00 - 11:00AM

Coping with Seasonal Depression
with Leta* (10/23 - 11/20)
(Warford - Classroom)

10:00 - 11:00AM

Holiday Blues with Leta* (12/4 - 12/18)
(Warford - Classroom)

**This class is free & open to the public. Courtesy of Amarillo Public Health Dept.*