



AMARILLO

Parks & Recreation

WINTER 2022 WARFORD FITNESS SCHEDULE

CLASSES WILL RUN FROM 1/10/22
TO 3/18/22. CLASSES ARE
INCLUDED FOR WARFORD
MEMBERS, RESET PARTICIPANTS &
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

Rebound with Jacque
(Warford - Fitness Studio)

7:00 - 8:00PM

Beginner Bootcamp with Jessica
(Warford - Fitness Studio)

TUESDAY

9:00 - 10:00AM

Aqua Dance with Jacque
(Warford - Indoor Pool)

10:30AM - 11:30AM

Stress Mgmt. with Leta**
(Warford - Classroom)

5:30 - 6:30PM

Stress Mgmt. with Leta**
(Warford - Classroom)

6:00 - 7:00PM

Water Aerobics with Josie
(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 Room)

6:30 - 7:30PM

Yoga with Hannah
(Warford - Fitness Studio)

THURSDAY

9:00 - 10:00AM

Aqua Dance with Jacque
(Warford - Indoor Pool)

5:30 - 6:30PM

Nutrition with Public Health
(Warford - Classroom)

6:00 - 7:00PM

Water Aerobics with Josie
(Warford - Indoor Pool)

FRIDAY

9:00 - 10:00AM

Water Aerobics with Jacque
(Warford - Indoor Pool)

10:30 - 11:30AM

Nutrition with Public Health
(Warford - Classroom)

6:30 - 7:30PM

Advanced Bootcamp with Jessica
(Warford - Fitness Studio)

SATURDAY

11:00AM - 12:00PM

Rebound with Jacque
(Warford - Indoor Pool)

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

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