



AMARILLO

Parks & Recreation

SUMMER 2022 WARFORD FITNESS SCHEDULE

CLASSES WILL RUN FROM 9/8/22
TO 11/3/22. CLASSES ARE
INCLUDED FOR WARFORD
MEMBERS, RESET PARTICIPANTS &
DAY PASS HOLDERS.

MONDAY

9:00 - 10:00AM

Water Aerobics with Jacque
(Warford - Indoor Pool)

5:30 - 6:30PM

Rebound with Jacque
(Warford)

7:00 - 7:30PM

Beginner Bootcamp with Jessica
(Warford)

TUESDAY

9:00 - 10:00AM

Aqua Dance with Jacque
(Warford - Indoor Pool)

10:30 - 11:30AM

Walk with Ease with Pedro
(Warford)

5:00 - 6:00PM

Water Aerobics with Josie
(Warford - Indoor Pool)

5:30 - 6:15PM

Yoga with Hannah
(Memorial Park)

6:00 - 7:00PM

Zumba with Jacque
(Warford)

6:00 - 8:00PM

Disc Golf: Every other Tuesday
(Thompson Park)

WEDNESDAY

9:00 - 10:00AM

Water Aerobics with Jacque
(Warford - Indoor Pool)

10:30 - 11:00AM

Chair Yoga with Hannah
(Warford)

6:00 - 6:30PM

Personal Training with Jessica
(Warford)

THURSDAY

9:00 - 10:00AM

Aqua Dance with Jacque
(Warford - Indoor Pool)

10:30 - 11:30AM

Walk with Ease with Pedro
(Warford)

5:30 - 6:30PM

Nutrition with Public Health
(Warford)

5:30 - 6:30PM

Beginner Bootcamp with Jessica
(Memorial Park)

FRIDAY

9:00 - 10:00AM

Water Aerobics with Jacque
(Warford - Indoor Pool)

10:30 - 11:30AM

Nutrition with Public Health
(Warford)

6:00 - 6:30PM

Flexibility & Recovery with Jessica
(Warford)

SATURDAY

9:00 - 9:45AM

LIIT with Jessica
(Memorial Park)

9:00 - 10:00PM

Rebound with Jacque
(Warford)

10:00 - 11:00AM

Walk with Ease with Pedro
(Memorial Park)

5:00 - 6:00PM

Water Aerobics with Jacque
(Warford - Indoor Pool)