

WARFORD ACTIVITY CENTER

FITNESS SCHEDULE

Classes included with a monthly membership. New members receive the first month free.

SCHEDULE BEGINS NOVEMBER 21, 2022

MONDAY

9:00a - 10:00a

Water Aerobics with Jacque

5:30p - 6:30p

Rebound with Jacque

7:00p - 8:00p

Step Aerobics with Jessica

TUESDAY

9:00a - 10:00a

Aqua Dance with Jacque

10:30a - 11:30a

Walk with Ease with Jacque

5:30p-6:30p

Water Aerobics with Josie

6:00p-7:00p

Dance Aerobics with Jacque

WEDNESDAY

9:00a - 10:00a

Aqua Dance with Jacque

10:30a - 11:00a

Chair Yoga with Hannah

5:30p - 6:30p

Rebound with Jacque

6:00p - 6:30p

Gym 101 with Jessica

6:30p - 7:00p

Flexibility & Recovery with
Jessica

THURSDAY

9:00a - 10:00a

Aqua Dance with Jacque

10:30a - 11:30a

Walk with Ease with Jacque

5:30p - 6:30p

Step Aerobics with Jessica

6:30p-7:30p

LIIT with Jessica

FRIDAY

9:00a - 10:00a

Aqua Dance with Jacque

SATURDAY

9:00a - 10:00a

Rebound with Jacque

10:30a - 11:30a

Walk with Ease with Jacque



***Nutrition classes offered periodically
throughout the year***



RESET



FREE eight week nutrition class series held weekly from January 10th until March 3rd

TUESDAYS

12:00PM - 1:00PM
WARFORD - CLASSROOM

THURSDAYS

5:30PM - 6:30PM
WARFORD - CLASSROOM

Participants enrolled in the RESET program will receive a free membership and gain access to the warford fitness schedule



Classes Located at:
Chales E. Warford
activity center
1330 NW 18th AVE



(806) 378-6511



Hannah.gilbreath@amarillo.gov