

# WARFORD ACTIVITY CENTER

## FITNESS SCHEDULE

*Classes included with a monthly membership  
or punch pass.*

### MONDAY

**9:00a - 10:00a**  
Water Aerobics

**10:30a - 11:00a**  
Senior Fit

**6:00p - 6:30p**  
Weight Training  
with Personal Trainer

**7:00p - 8:00p**  
Boxing Circuit

### TUESDAY

**9:00a - 10:00a**  
Aqua Dance

**11:30a-12:30p\*\***  
Nutrition Class

**6:00p - 7:00p**  
Walk with Ease

**7:00p-8:00p**  
Water Aerobics

### WEDNESDAY

**9:00a - 10:00a**  
Water Aerobics

**10:30a - 11:00a**  
Chair Yoga

**6:00p - 6:30p**  
Cardio Training  
with Personal Trainer

**6:30p-7:30p**  
Dance-Step Aerobics

### THURSDAY

**9:00a - 10:00a**  
Aqua Dance

**10:30a - 11:30a**  
Walk with Ease

**5:30p-6:30p\*\***  
Nutrition Class

**7:00p-8:00p**  
Water Aerobics

### FRIDAY

**9:00a - 10:00a**  
Water Aerobics

**5:00p-6:00p**  
Walk with Ease

### SATURDAY

**9:00a - 9:45a**  
Water Aerobics

**10:30a - 11:30a**  
Rebound

**\*\* Pre-registration required for nutrition classes. Visit [amarilloparks.org](http://amarilloparks.org) to complete the interest form. Offered seasonally.**

