

WARFORD ACTIVITY CENTER

FITNESS SCHEDULE

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

MONDAY

9:00a - 10:00a
Water Aerobics

6:00p - 6:30p
Weight Training

7:00p - 8:00p
Boxing Circuit

TUESDAY

9:00a - 10:00a
Aqua Dance

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

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

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

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

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

SATURDAY

9:00a - 9:45a
Water Aerobics

**** Pre-registration required for nutrition classes. Visit amarilloparks.org to complete the interest form. Offered seasonally.**

