

WARFORD ACTIVITY CENTER

FITNESS SCHEDULE

FALL FITNESS SCHEDULE RUNS

SEPTEMBER 3 - DECEMBER 20

Classes included with a membership or punch card

MONDAY

9:00a - 10:00a
Walk with Ease

9:00a - 10:00a
Water Aerobics

6:30p - 7:30p
50+ Mobility

TUESDAY

9:00a - 10:00a
Water Aerobics

11:30a-1:00p**
Nutrition Class

7:00p-8:00p
Water Aerobics

WEDNESDAY

9:00a - 10:00a
Walk with Ease

9:00a - 10:00a
Water Aerobics

10:30a - 11:00a
Chair Yoga

7:30p-8:30p
Cardio/Weight
Training

THURSDAY

9:00a - 10:00a
Water Aerobics

5:30p-7:00p**
Nutrition Class

7:00p-8:00p
Water Aerobics

7:30p-8:30p
Land Aerobics

FRIDAY

9:00a - 10:00a
Walk with Ease

9:00a - 10:00a
Water Aerobics

7:30p - 8:30p
Dance Aerobics

SATURDAY

9:00a - 10:00a
50+ Mobility

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