



# August

## All Access Calendar



Complimentary Experiences  
Available to Members & Walmart & Sam's Club Associates

Sun.

Mon.

Tue.

Wed.

Thurs.

Fri.

Sat.

### Members

Login to your online account at [walmart.clubautomation.com](https://walmart.clubautomation.com)  
to register for Whole Health Experiences.

### Associates

Sign up for a free Whole Health for All membership to access  
Whole Health Experiences by emailing [wholehealth@walmart.com](mailto:wholehealth@walmart.com)

1

2

Intro to  
Whole Health  
11:15 am-12:15 pm

Baby & Me Yoga  
9:00 am-9:45 am

Soundbath  
10:00 am-10:30 am

3

Yoga for  
Pregnancy  
2:00 pm-3:00 pm

4

Mindful  
Movement  
Breathwork  
Meditation  
6:30 am-7:00 am

Stretch & Tone  
7:30 am-8:00 am

Taking Charge  
My Food & Drink  
5:30 pm-6:30 pm

5

Pause.  
Notice. Choose.  
8:00 am-8:15 am

Embodiment  
11:30 am-12:30 pm

Intro to  
Whole Health  
6:15 pm-7:15 pm

Bingo  
6:00 pm-7:00 pm

6

Taking Charge  
Purpose-My Gifts  
11:30 am-12:30 pm

Wednesday Walk  
8:30 am-9:00 am

Workshop  
Emotional Freedom  
Technique (Tapping)  
6:15 pm-6:45 pm

7

HIGH Yo  
7:30 am-8:00 am

8

9

Baby & Me Yoga  
9:00 am-9:45 am

Nature  
Connect & Reset  
10:00 am-10:30 am

10

Yoga for  
Pregnancy  
2:00 pm-3:00 pm

11

Mindful  
Movement  
Eccentrics  
6:30 am-7:00 am

Stretch & Tone  
7:30 am-8:00 am

Adult Mindful Art  
5:30 pm-6:30 pm

12

Pause.  
Notice. Choose.  
8:00 am-8:15 am

Embodiment  
11:30 am-12:30 pm

Bingo  
6:00 pm-7:00 pm

13

Wednesday Walk  
8:30 am-9:00 am

Nature Tour  
11:30 am-12:15 pm

Taking Charge  
Purpose-My Values  
11:30 am-12:30 pm

14

HIGH Yo  
7:30 am-8:00 am

Star Wars Trivia  
6:00 pm-7:00 pm

15

16

Baby & Me Yoga  
9:00 am-9:45 am

Family Funday  
10:00 am-11:00 am

17

Yoga for  
Pregnancy  
2:00 pm-3:00 pm

18

Mindful  
Movement  
Yoga  
6:30 am-7:00 am

Stretch & Tone  
7:30 am-8:00 am

Taking Charge  
My Money  
5:30 pm-6:30 pm

19

Embodiment  
11:30 am-12:30 pm

Pause.  
Notice. Choose.  
8:00 am-8:15 am

Bingo  
6:00 pm-7:00 pm

20

Wednesday Walk  
8:30 am-9:00 am

Taking Charge  
My Why  
11:30 am-12:30 pm

21

HIGH Yo  
7:30 am-8:00 am

22

23

Baby & Me Yoga  
9:00 am-9:45 am

Intro to  
Whole Health  
11:15 am-12:15 pm

24

Yoga for  
Pregnancy  
2:00 pm-3:00 pm

25

Mindful  
Movement  
Barre  
6:30 am-7:00 am

Taking Charge  
My Relationships  
5:30 pm-6:30 pm

Stretch & Tone  
7:30 am-8:00 am

26

Pause.  
Notice. Choose.  
8:00 am-8:15 am

Embodiment  
11:30 am-12:30 pm

Bingo  
6:00 pm-7:00 pm

Intro to  
Whole Health  
6:15 pm-7:15 pm

27

Wednesday Walk  
11:30 am-12:00 pm

Taking Charge  
My Story  
My Choices  
11:30 am-12:30 pm

28

Book Club  
Coffee &  
Connection  
7:15 am-7:45 am

HIGH Yo  
7:30 am-8:00 am

29

30

Coloring &  
Connections  
10:00 am-11:00 am

31

Yoga for  
Pregnancy  
2:00 pm-3:00 pm



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1

2

**Nutrition Kitchen**  
Breakfast Boost:  
Sweet Potato  
Pancakes  
10:00 am-11:00 am  
\$12.50

**Nutrition Kitchen**  
Breakfast Boost:  
Sweet Potato  
Pancakes  
1:00 pm-2:00 pm  
\$12.50

3

4

5

6

7

**Nutrition Kitchen**  
Eat for Fuel:  
Protein-Rich  
Breakfasts  
5:00 pm-6:00 pm  
\$35.00

8

9

**Nutrition Kitchen**  
Smart Snacking  
10:00 am-11:00 am  
\$12.50

**Nutrition Kitchen**  
Smart Snacking  
1:00 pm-2:00 pm  
\$12.50

10

11

12

13

14

**Nutrition Kitchen**  
Fiber First:  
Apps from the  
Garden  
5:00 pm-6:00 pm  
\$35.00

15

16

**Nutrition Kitchen**  
No Fry Nuggets  
10:00 am-11:00 am  
\$12.50

**Nutrition Kitchen**  
No Fry Nuggets  
1:00 pm-2:00 pm  
\$12.50

17

18

19

20

21

**Nutrition Kitchen**  
Reducing  
Inflammation:  
Homemade Vinegar  
5:00 pm-6:00 pm  
\$35.00

22

23

**Nutrition Kitchen**  
Quick Quesadillas  
10:00 am-11:00 am  
\$12.50

**Nutrition Kitchen**  
Quick Quesadillas  
1:00 pm-2:00 pm  
\$12.50

24

25

26

27

**Nutrition Kitchen**  
Coastal Chef's Table  
+ Wine Pairing 21+  
5:00 pm-6:00 pm  
\$65.00

28

**Nutrition Kitchen**  
Coastal Chef's Table  
+ Wine Pairing 21+  
5:00 pm-6:00 pm  
\$65.00

29

30

31



Walton Family Whole Health & Fitness