



Health & Wellness



About

HEALTH AND WELLNESS

Alpharetta's Health & Wellness Program offers a myriad of opportunities that promote physical and mental well-being. Programs are intentionally designed for all levels and ages to engage in various activities so that everyone can enjoy being active, connect with their community and engage in educational enrichment activities.

Events and classes are added throughout the year. Full schedule can be found throughout this Newsletter.

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GREAT MOM COMMUNITY



FIT4MOM Alpharetta

FIT4MOM is the nation's leading prenatal and postnatal fitness program, providing fitness classes and a community network of moms to support every stage of motherhood. From pregnancy, through postpartum and beyond, our fitness and wellness programs help make moms strong in body, mind, and spirit. Stroller-based, prenatal, and kid-free classes are held throughout the North Atlanta area, with Alpharetta classes offered at Avalon and the Alpharetta Community Center.

For more information, visit
www.roswell.fit4mom.com, on Instagram
at @FIT4MOM_Roswell_Alpharetta or
RebekahMurphy@fit4mom.com.



Health & Wellness

WALK -N- ROLL

Kick-off the Fall weather with a Walk-n-Roll for live music & drinks at Avalon Plaza!

Grab your family & friends for a 2-mile walk starting at Brooke Street Park and ending at Avalon after-party! All pre-registered participants receive a souvenir pint glass.

October 7th - 5:15pm - 8:30pm

🎵 2 Mile Walk– Brooke St. Park

🎵 Ending at Avalon

🎵 Live Music

🎵 Family Fun



AVALON

EST. 2014



SCAN TO REGISTER



678-297-6194



wellness@alpharetta.ga.us

THE CITY OF

ALPHARETTA

RECREATION PARKS &
CULTURAL SERVICES



BIKE ALPHARETTA

EDUCATING & ENCOURAGING ALL TO
RIDE BICYCLES

Bike Alpharetta Inc. is a non-profit community organization advocating for a safe and enjoyable environment for all people of all abilities to utilize bicycles for an improved lifestyle in Alpharetta, Georgia.

For more information : hello@bikealpharetta.org
or
bikealpharetta.org



ZEN RIDES

Informal "Zen Rides" on the first Friday of each month from Jekyll Brewing, from 5:30-6:45pm.

INTRODUCTION TO CYCLING

4-week clinic, one month each summer, held jointly with Old Blind Dog Cycling Club rides in Milton

CLUB RIDES

We share resources on area club rides on bikealpharetta.org



HOME ALONE BOOTCAMP



Aug 5th 1:00PM

Preston Ridge Community Center

Learn the basic skills of babysitting (basic CPR, etiquette, marketing, & activities)



Health & Wellness EVENTS



May
June
July

Town Green Fitness

Head to Town Green Alpharetta every Thursday evening for FREE fitness on the Green! Classes are from 6pm-7pm.

Community First AID

Learn critical skills to respond to and manage an emergency in the first few minutes until EMS arrives. Class is from 1pm-3:30pm. REGISTRATION REQUIRED

National Run Day

Take strides on leading a healthier, more fit life and join in a FREE group run in celebration of National Run Day! Run starts at 7pm at the Alpharetta Community Center (The Grove)

Tree Climbing

Intro course with climbs tailored to be challenging or leisurely. Climb starts at 3pm-5:30pm. REGISTRATION REQUIRED

Trails & Ales - Bike Ride

Grab your bike & enjoy the 20-mile trail as a group experience or on your own. Social activities & educational bike instructions. REGISTRATION REQUIRED

International day of Yoga

Welcome summer and celebrate International Day of Yoga by practicing yoga! Yoga starts at 9am-10am at the Alpharetta City Center Community Gardens

Freedom Flow

July

01

Join in this FREE yoga class and celebration of this Fourth of July! Class is from 9am-10am at the Alpharetta City Center Community Gardens

Family & Friends CPR

July

02

One-day course teaches lifesaving skills of adult Hands-Only CPR, Child CPR with breaths, adult/child AED use etc. Class is from 1pm-3:30pm. REGISTRATION REQUIRED

Tree Climbing

July

08

Intro course with climbs tailored to be challenging or leisurely. Climb starts at 3pm-5:30pm. REGISTRATION REQUIRED.

Trials & Ales - Bike Ride

July

15

Grab your bike & enjoy the 20-mile trail as a group experience or on your own. Social activities & educational bike instructions. REGISTRATION REQUIRED

Tree Climbing

August

12

Intro course with climbs tailored to be challenging or leisurely. Climb starts at 3pm-5:30pm. REGISTRATION REQUIRED.



SCAN WITH YOUR



TO REGISTER FOR
THESE EVENTS



Health & Wellness Calendar

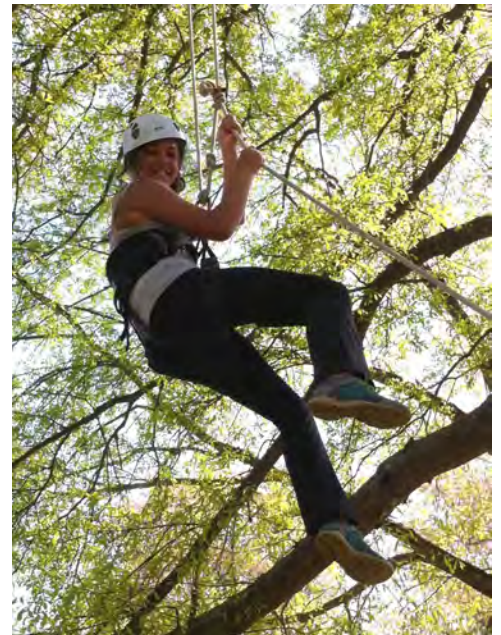
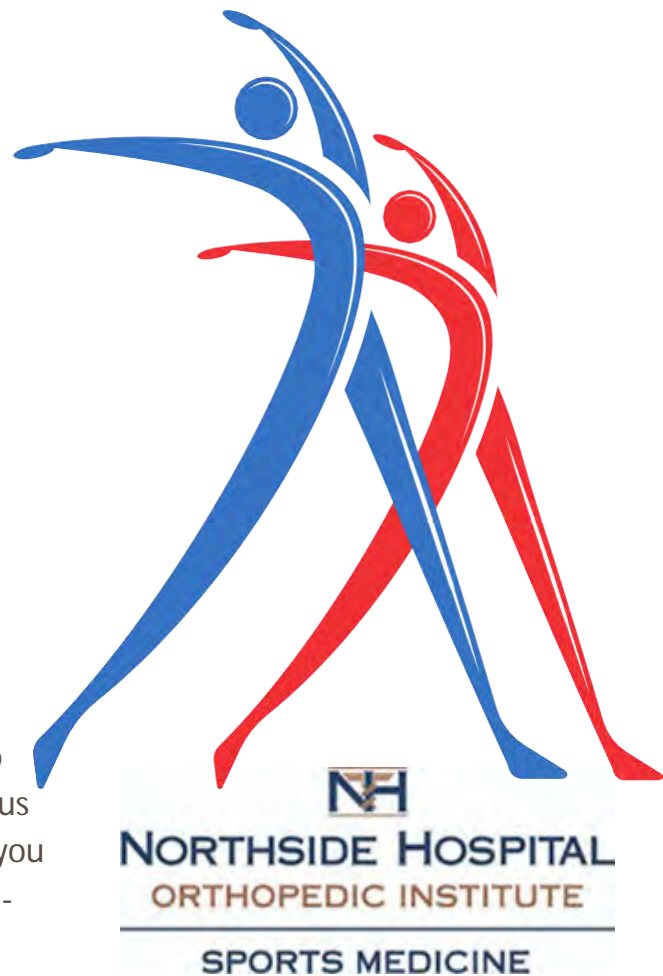


HEALTH AND WELLNESS - AUGUST CALENDAR

The Health and Wellness calendar is updated monthly and does not reflect any last minute class cancellations.

All Health and Wellness Fitness is FREE and open to all who are able to join. For any class cancellations, please follow us @alpharettaparks on Instagram. If you have any questions you can email us at wellness@alpharetta.ga.us or call us at 678-297-6194.

Calendar reads Monday - Sunday classes for the month of August.



August

Health & Wellness Notes

- ♦ Lift Yoga Class has moved to the Alpharetta Formal Gardens for the Summer Season
- ♦ Alpharetta Barre & Eccentrics at Brooke St. Park
- ♦ No "Zumba with Erika" on the 3rd Tuesday of each month
- ♦ Yoga mats are not provided

Class Cancellation

All class cancellations will be announced on the @alpharettaparks Instagram page OR listed within the newsletter.

For Health & Wellness questions, please contact us at
678-297-6194

Monday

Class	Time	Location	Schedule	Ages
50+ Yoga	9:30-10:30am	Adult Activity Center	Every Mon, Wed, Fri	50+
Total Fitness (step class)	9:30am-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+
50+ Tai Chi	10am-11am	Adult Activity Center	Every Mon, Wed, Fri	50+
50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+

Tuesday

Class	Time	Location	Schedule	Ages
50+ Basic Beginner Line Dance	10am-10:50am	Preston Ridge Community Center	Every Tuesday	50+
50+ Beginner Line Dance	11am-11:50am	Preston Ridge Community Center	Every Tuesday	50+
50+ MMM Soul Satisfying Meditation	12:15pm-1pm	Preston Ridge Community Center	Every Tuesday	50+
Cardio Dance - Bilingual	6:30pm-7:30pm	Wills Park Recreation Center	Every Tue, Thurs	All
Yoga with Magda	7:30pm-8:30pm	Wills Park Recreation Center	Every Tuesday	All Ages
Move with Erika	7pm-8:30pm	Preston Ridge Community Center	Every Tuesday No class on the 3 rd TUE.	All Ages

Wednesday

Class	Time	Location	Schedule	Ages
50+ Yoga	8:45-9:45am	Adult Activity Center	Every Mon, Wed, Fri	50+
Total Fitness (step class)	9:30-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+
Alpharetta Barre Club	9:30am-10:30am	Brooke St. Park	Every Wednesday	All Ages
50+ Tai Chi	10-11am	Adult Activity Center	Every Mon, Wed, Fri	50+
Bone Health Balance (chair yoga)	10am-11am	Preston Ridge Community Center	Every Wed, <u>Thur</u> , Fri	40+
50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+

Thursday				
Class	Time	Location	Schedule	Ages
Alpharetta Barre Club (Eccentrics)	9:30am-10:30am	Brooke St. Park	Every Thursday	All Ages
50+ Basic Beginner Line Dance	10am-10:50am	Adult Activity Center	Every Thursday	50+
Bone Health Balance (chair yoga)	10am-11am	Preston Ridge Community Center	Every Wed, Thu, Fri	40+
50+ High Beginner Line Dance	11am-11:50am	Adult Activity Center	Every Thursday	50+
50+ MMM Soul Satisfying Meditation	12:15pm-1pm	Adult Activity Center	Every Thursday	50+
Cardio Dance - Bilingual	6:30pm-7:30pm	Wills Park Recreation Center	Every Tue, Thu	All Ages
Friday				
Class	Time	Location	Schedule	Ages
50+ Yoga	8:45-9:45am	Adult Activity Center	Every Mon, Wed, Fri	50+
Total Fitness (step class)	9:30am-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+
50+ Tai Chi	10am-11am	Adult Activity Center	Every Mon, Wed, Fri	50+
Bone Health Balance (chair yoga)	10am - 11am	Preston Ridge Community Center	Every Wed, <u>Thur</u> , Fri	40+
50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+
Saturday				
Class	Time	Location	Schedule	Ages
Lift Yoga	9am-10am	Alpharetta Formal Gardens (Next to Alpharetta Library)	Every Sat.	All Ages
Total Fitness (step class)	9:30am-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+
Sunday				
Class	Time	Location	Schedule	Ages
Fitness with Lily	9:30am-10:30am	The Town Green	Every Sun	All Ages

Health & Wellness Location



Locations:

- *Adult Activity Center: 13450 Cogburn Road*
- *Brooke Street Park: 2 Park Plaza // Behind City Hall *** Parking located on street or in parking deck only.*
- *Formal Garden: 2 Park Plaza // Next to the Alpharetta Library*
- *Farm at Old Rucker Park: 900 Rucker Road*
- *Innovation Academy: 125 Milton Avenue (field behind the school)*
- *Preston Ridge Community Center: 3655 Preston Ridge Road*
- *Rock Mill Park: 3100 Kimball Bridge Road*
- *Roswell Alpharetta Public Safety Training Center: 11565 Maxwell Road*
- *Town Green: 2 Park Plaza (by fountains)*
- *Wills Park Grand Pavilion and Alpharetta Community Center: 175 Roswell Street - Event Lawn/Pavilion behind the ACC*
- *Wills Park Lion's Club Pavilion: 11925 Wills Road by Wacky World Playground*
- *Wills Park Pool: 1815 Old Milton Parkway*
- *Wills Park Recreation Center, Gym, Multipurpose room, and Pavilions: 11925 Wills Road*

Health & Wellness



Kilometer Kids

FREE PROGRAM - ATL TRACK CLUB

Kilometer Kids is Atlanta Track Club's free, games-based running program for children in K-8th grade. This program teaches kids about goal setting, healthy habits, respect, and community building, all through exposing them to the sport of running. All fitness levels are welcome and encouraged to participate.

Pre-registration is required!