

Alpharetta Recreation, Parks, & Cultural Services
 Health and Wellness Calendar
 October 2019



Questions? 470-433-2378 or wellness@alpharetta.ga.us

Registration: <https://apm.activecommunities.com/alpharetta>

TUESDAY, OCTOBER 1

Class	Time	Location	Cost	Ages
Open Pickleball	8:30am-12pm	North Park, outdoor courts	Free	18+
Open Tennis	10am-12:30pm	North Park	Free	50+
Walktober Group Walk	4:30pm-5:15pm	Cogburn Park	Free	All Ages
Open Pickleball	5pm-7:45pm	North Park, outdoor courts	Free	18+
Lift Yoga	6:30pm-7:30pm	Brooke Street Park	Free	16+
Yoga for Your Life	7pm-8:30pm	Crabapple Gov't Center	\$60 per 6 week session	16+

WEDNESDAY, OCTOBER 2

Class	Time	Location	Cost	Ages
Yoga	8:30-9:25am	Adult Activity Center	Free	50+
Open Pickleball	1pm-4pm	Wills Park Recreation Center	Free	18+
Total Fitness	9:30am-10:30am	Wills Park Recreation Center	\$4 per class	16+
Breathing Exercises	9:30am-9:55am	Adult Activity Center	Free	50+
Yoga for Your Life	9:30am-11am	Crabapple Gov't Center	\$60 per 6 week session	16+
Tai Chi	10am-11am	Adult Activity Center	Free	50+
Exercise with Instructor or Video	11am-12pm	Adult Activity Center	Free	50+
Walktober Group Walk	12:30pm-1:15pm	Webb Bridge Park Trailhead	Free	All Ages
Ping Pong	1:30pm-3:30pm	Adult Activity Center	Free	50+
Open Badminton	6pm-9pm	Alpharetta Community Center	Free	All ages
South Main Chiropractic-Upright Health Series	6:30pm-7:30pm	Brooke Street Park	Free	16+

THURSDAY, OCTOBER 3				
Class	Time	Location	Cost	Ages
Open Pickleball	8:30am-11:30am	Alpharetta Community Center	Free	18+
Pilates/Yoga	8:30am-9:30am	Adult Activity Center	Free	50+
Adaptive Line Dance	10am-11am	Adult Activity Center	Free	50+
Creative Movement/Line Dance	11:15am-12:15pm	Adult Activity Center	Free	50+
Outdoor Fitness Gym Demo	12pm-12:30pm	Wills Park Recreation Center	Free	16+
Open Table Tennis	6pm-9pm	Wills Park Recreation Center	Free	All ages
Walktober Group Walk	6pm-6:45pm	City Center- Village Green	Free	All ages
Theraways Yoga	6:30pm-7:30pm	Brooke Street Park	Free	16+

FRIDAY, OCTOBER 4				
Class	Time	Location	Cost	Ages
Yoga	8:30am-9:25am	Adult Activity Center	Free	50+
Open Pickleball	8:30am-12pm	North Park, outdoor courts	Free	18+
Walktober Group Walk	9am-9:45am	North Park- Adult Activity Center	Free	All Ages
Total Fitness	9:30am-10:30am	Wills Park Recreation Center	\$4 per class	16+
Relaxation Exercises	9:30am-9:55am	Adult Activity Center	Free	50+
Tai Chi	10am-11am	Adult Activity Center	Free	50+
Exercise with Instructor or Video	11am-12pm	Adult Activity Center	Free	50+
Ping Pong & Wii Bowling	1:30-3:30pm	Adult Activity Center	Free	50+

SATURDAY, OCTOBER 5				
Class	Time	Location	Cost	Ages
Running Club	8am-9am	Alpharetta Community Center	Free	8-adult
Open Pickleball	8:30am-12pm	North Park, outdoor courts	Free	18+
Open Badminton	8:30am-12pm	Wills Park Recreation Center	Free	All Ages
Total Fitness	9:30am-10:30am	Wills Park Recreation Center	\$4 per class	16+
Walktober Group Walk	10am-10:45am	Wills Park- Alpharetta Community Center	Free	All Ages

SUNDAY, OCTOBER 6				
Class	Time	Location	Cost	Ages
Walktober Group Walk	11am-11:45am	Greenway- Preston Ridge Park	Free	All Ages

MONDAY, OCTOBER 7

Class	Time	Location	Cost	Ages
Yoga	8:30am-9:25am	Adult Activity Center	Free	50+
Open Pickleball	1pm-4pm	Wills Park Rec Center	Free	18+
Total Fitness	9:30am-10:30am	Wills Park Rec Center	\$4 per class	16+
Meditation	9:30am-9:55am	Adult Activity Center	Free	50+
Tai Chi	10am-11am	Adult Activity Center	Free	50+
Exercise with Instructor or Video	11am-12pm	Adult Activity Center	Free	50+
Outdoor Fitness Gym Demo	5pm-5:30pm	Wills Park Recreation Center	Free	16+
Walktober Group Walk	6pm-6:45pm	Wills Park-Alpharetta Community Center	Free	All Ages
Running Club	6pm-7pm	Alpharetta Community Center	Free	8-adult

TUESDAY, OCTOBER 8

Class	Time	Location	Cost	Ages
Open Pickleball	8:30am-12pm	North Park, outdoor courts	Free	18+
Open Tennis	10am-12:30pm	North Park	Free	50+
Walktober Group Walk	4:30pm-5:15pm	Cogburn Park	Free	All Ages
Open Pickleball	5pm-7:45pm	North Park, outdoor courts	Free	18+
Burn Boot Camp	6:30pm-7:30pm	Brooke Street Park	Free	16+
Yoga for Your Life	7pm-8:30pm	Crabapple Gov't Center	\$60 per 6 week session	16+

WEDNESDAY, OCTOBER 9

Class	Time	Location	Cost	Ages
Yoga	8:30-9:25am	Adult Activity Center	Free	50+
Walktober Group Walk	12:30pm-1:15pm	Webb Bridge Park Trailhead	Free	All Ages
Open Pickleball	1pm-4pm	Wills Park Rec Center	Free	18+
Total Fitness	9:30am-10:30am	Wills Park Recreation Center	\$4 per class	16+
Breathing Exercises	9:30am-9:55am	Adult Activity Center	Free	50+
Yoga for Your Life	9:30am-11am	Crabapple Gov't Center	\$60 per 6 week session	16+
Tai Chi	10am-11am	Adult Activity Center	Free	50+
Exercise with Instructor or Video	11am-12pm	Adult Activity Center	Free	50+
Ping Pong	1:30pm-3:30pm	Adult Activity Center	Free	50+
Open Badminton	6pm-9pm	Alpharetta Community Center	Free	All ages
South Main Chiropractic-Upright Health Series	6:30pm-7:30pm	Brooke Street Park	Free	16+

THURSDAY, OCTOBER 10

Class	Time	Location	Cost	Ages
Open Pickleball	8:30am-11:30am	Alpharetta Community Center	Free	18+
Pilates/Yoga	8:30am-9:30am	Adult Activity Center	Free	50+
Adaptive Line Dance	10am-11am	Adult Activity Center	Free	50+
Creative Movement/Line Dance	11:15am-12:15pm	Adult Activity Center	Free	50+
Outdoor Fitness Gym Demo	12pm-12:30pm	Wills Park Recreation Center	Free	16+
Walktober Group Walk	6pm-6:45pm	City Center- Village Green	Free	All Ages
Open Table Tennis	6pm-9pm	Wills Park Recreation Center	Free	All Ages
Theraways Yoga	6:30pm-7:30pm	Brooke Street Park	Free	All Ages

FRIDAY, OCTOBER 11

Class	Time	Location	Cost	Ages
Yoga	8:30am-9:25am	Adult Activity Center	Free	50+
Open Pickleball	8:30am-12pm	North Park, outdoor courts	Free	18+
Walktober Group Walk	9am-9:45am	North Park- Adult Activity Center	Free	All Ages
Silver Spokes Bike Ride	9:30am-11:30am	Adult Activity Center/Greenway	Free	50+
Total Fitness	9:30am-10:30am	Wills Park Recreation Center	\$4 per class	16+
Relaxation Exercises	9:30am-9:55am	Adult Activity Center	Free	50+
Tai Chi	10am-11am	Adult Activity Center	Free	50+
Exercise with Instructor or Video	11am-12pm	Adult Activity Center	Free	50+
Ping Pong & Wii Bowling	1:30-3:30pm	Adult Activity Center	Free	50+

SATURDAY, OCTOBER 12

Class	Time	Location	Cost	Ages
Running Club	8am-9am	Alpharetta Community Center	Free	8-adult
Open Pickleball	8:30am-12pm	North Park, outdoor courts	Free	18+
Open Badminton	8:30am-12pm	Wills Park Recreation Center	Free	All Ages
Lift Yoga	9am-10am	Brooke Street Park	Free	All Ages
Total Fitness	9:30-10:30am	Wills Park Recreation Center	\$4 per class	16+
Walktober Group Walk	10am-10:45am	Wills Park-Alpharetta Community Center	Free	All Ages
Heart Center Therapy Qigong and Tai Chi	10am-11am	Brooke Street Park	Free	All Ages

SUNDAY, OCTOBER 13

Class	Time	Location	Cost	Ages
Walktober Group Walk	11am-11:45am	Greenway- Preston Ridge Park	Free	All Ages

MONDAY, OCTOBER 14				
Class	Time	Location	Cost	Ages
Yoga	8:30am-9:25am	Adult Activity Center	Free	50+
Open Pickleball	1pm-4pm	Wills Park Rec Center	Free	18+
Total Fitness	9:30am-10:30am	Wills Park Rec Center	\$4 per class	16+
Meditation	9:30am-9:55am	Adult Activity Center	Free	50+
Tai Chi	10am-11am	Adult Activity Center	Free	50+
Exercise with Instructor or Video	11am-12pm	Adult Activity Center	Free	50+
Outdoor Fitness Gym Demo	5pm-5:30pm	Wills Park Rec Center	Free	16+
Running Club	6pm-7pm	Alpharetta Community Center	Free	8-adult
Walktober Group Walk	6pm-6:45pm	Wills Park- Alpharetta Community Center	Free	All Ages

TUESDAY, OCTOBER 15				
Class	Time	Location	Cost	Ages
Open Pickleball	8:30am-12pm	North Park, outdoor courts	Free	18+
Open Tennis	10am-12:30pm	North Park	Free	50+
Walktober Group Walk	4:30pm-5:15pm	Cogburn Park	Free	All Ages
Open Pickleball	5pm-7:45pm	North Park, outdoor courts	Free	18+
Theraways Yoga	6:30pm-7:30pm	Brooke Street Park	Free	16+
Yoga for Your Life	7pm-8:30pm	Crabapple Gov't Center	\$60 per 6 week session	16+

WEDNESDAY, OCTOBER 16				
Class	Time	Location	Cost	Ages
Yoga	8:30-9:25am	Adult Activity Center	Free	50+
Open Pickleball	1pm-4pm	Wills Park Rec Center	Free	18+
Total Fitness	9:30am-10:30am	Wills Park Recreation Center	\$4 per class	16+
Breathing Exercises	9:30am-9:55am	Adult Activity Center	Free	50+
Yoga for Your Life	9:30am-11am	Crabapple Gov't Center	\$60 per 6 week session	16+
Tai Chi	10am-11am	Adult Activity Center	Free	50+
Exercise with Instructor or Video	11am-12pm	Adult Activity Center	Free	50+
Walktober Group Walk	12:30pm-1:15pm	Webb Bridge Park Trailhead	Free	All Ages
Ping Pong	1:30pm-3:30pm	Adult Activity Center	Free	50+
Open Badminton	6pm-9pm	Alpharetta Community Center	Free	All Ages
South Main Chiropractic Upright Health Series	6:30pm-7:30pm	Brooke Street Park	Free	16+

THURSDAY, OCTOBER 17

Class	Time	Location	Cost	Ages
Open Pickleball	8:30am-11:30am	Alpharetta Community Center	Free	18+
Pilates/Yoga	8:30am-9:30am	Adult Activity Center	Free	50+
Adaptive Line Dance	10am-11am	Adult Activity Center	Free	50+
Creative Movement/Line Dance	11:15am-12:15pm	Adult Activity Center	Free	50+
Outdoor Fitness Gym Demo	12pm-12:30pm	Wills Park Recreation Center	Free	16+
Open Table Tennis	6pm-9pm	Wills Park Recreation Center	Free	All ages
Walktober Group Walk	6pm-6:45pm	City Center- Village Green	Free	All Ages
Pure Barre	6:30pm-7:30pm	Brooke Street Park	Free	16+

FRIDAY, OCTOBER 18

Class	Time	Location	Cost	Ages
Yoga	8:30am-9:25am	Adult Activity Center	Free	50+
Open Pickleball	8:30am-12pm	North Park, outdoor courts	Free	18+
Walktober Group Walk	9am-9:45am	North Park- Adult Activity Center	Free	All Ages
Total Fitness	9:30am-10:30am	Wills Park Recreation Center	\$4 per class	16+
Relaxation Exercises	9:30am-9:55am	Adult Activity Center	Free	50+
Tai Chi	10am-11am	Adult Activity Center	Free	50+
Exercise with Instructor or Video	11am-12pm	Adult Activity Center	Free	50+
Ping Pong & Wii Bowling	1:30-3:30pm	Adult Activity Center	Free	50+

SATURDAY, OCTOBER 19

Class	Time	Location	Cost	Ages
Running Club	8am-9am	Alpharetta Community Center	Free	8-adult
Open Pickleball	8:30am-12pm	North Park, outdoor courts	Free	18+
Open Badminton	8:30am-12pm	Wills Park Recreation Center	Free	All ages
Lift Yoga	9am-10am	Brooke Street Park	Free	All ages
Community First Aid	9:30am-12:30pm	Adult Activity Center	Free	13+
Total Fitness	9:30-10:30am	Wills Park Recreation Center	\$4 per class	16+
Walktober Group Walk	10am-10:45am	Wills Park- Alpharetta Community Center	Free	All ages
Oya Yoga	10am-11am	Brooke Street Park	Free	All ages

SUNDAY, OCTOBER 20

Class	Time	Location	Cost	Ages
Walktober Group Walk	11am-11:45am	Greenway- Preston Ridge Park	Free	All ages

MONDAY, OCTOBER 21

Class	Time	Location	Cost	Ages
Yoga	8:30am-9:25am	Adult Activity Center	Free	50+
Open Pickleball	1pm-4pm	Wills Park Rec Center	Free	18+
Total Fitness	9:30am-10:30am	Wills Park Rec Center	\$4 per class	16+
Meditation	9:30am-9:55am	Adult Activity Center	Free	50+
Tai Chi	10am-11am	Adult Activity Center	Free	50+
Exercise with Instructor or Video	11am-12pm	Adult Activity Center	Free	50+
Outdoor Fitness Gym Demo	5pm-5:30pm	Wills Park Rec Center	Free	16+
Running Club	6pm-7pm	Alpharetta Community Center	Free	8-adult
Walktober Group Walk	6pm-6:45pm	Wills Park- Alpharetta Community Center	Free	All ages

TUESDAY, OCTOBER 22

Class	Time	Location	Cost	Ages
Open Pickleball	8:30am-12pm	North Park, outdoor courts	Free	18+
Open Tennis	10am-12:30pm	North Park	Free	50+
Walktober Group Walk	4:30pm-5:15pm	Cogburn Park	Free	All ages
Open Pickleball	5pm-7:45pm	North Park, outdoor courts	Free	18+
Theraways Yoga	6:30pm-7:30pm	Brooke Street Park	Free	16+
Yoga for Your Life	7pm-8:30pm	Crabapple Gov't Center	\$60 per 6 week session	16+

WEDNESDAY, OCTOBER 23

Class	Time	Location	Cost	Ages
Yoga	8:30-9:25am	Adult Activity Center	Free	50+
Open Pickleball	1pm-4pm	Wills Park Rec Center	Free	18+
Total Fitness	9:30am-10:30am	Wills Park Recreation Center	\$4 per class	16+
Breathing Exercises	9:30am-9:55am	Adult Activity Center	Free	50+
Yoga for Your Life	9:30am-11am	Crabapple Gov't Center	\$60 per 6 week session	16+
Tai Chi	10am-11am	Adult Activity Center	Free	50+
Exercise with Instructor or Video	11am-12pm	Adult Activity Center	Free	50+
Walktober Group Walk	12:30pm-1:15pm	Webb Bridge Park	Free	All ages
Ping Pong	1:30pm-3:30pm	Adult Activity Center	Free	50+
Open Badminton	6pm-9pm	Alpharetta Community Center	Free	All ages

THURSDAY, OCTOBER 24

Class	Time	Location	Cost	Ages
Open Pickleball	8:30am-11:30am	Alpharetta Community Center	Free	18+
Pilates/Yoga	8:30am-9:30am	Adult Activity Center	Free	50+
Adaptive Line Dance	10am-11am	Adult Activity Center	Free	50+
Creative Movement/Line Dance	11:15am-12:15pm	Adult Activity Center	Free	50+
Outdoor Fitness Gym Demo	12pm-12:30pm	Wills Park Recreation Center	Free	16+
Open Table Tennis	6pm-9pm	Wills Park Recreation Center	Free	All ages
Walktober Group Walk	6pm-6:45pm	City Center- Village Green	Free	All ages
Theraways Yoga	6:30pm-7:30pm	Brooke Street Park	Free	16+

FRIDAY, OCTOBER 25

Class	Time	Location	Cost	Ages
Yoga	8:30am-9:25am	Adult Activity Center	Free	50+
Open Pickleball	8:30am-12pm	North Park, outdoor courts	Free	18+
Walktober Group Walk	9am-9:45am	North Park- Adult Activity Center	Free	All ages
Silver Spokes Bike Ride	9:30am-11:30am	Adult Activity Center/Greenway	Free	50+
Total Fitness	9:30am-10:30am	Wills Park Recreation Center	\$4 per class	16+
Relaxation Exercises	9:30am-9:55am	Adult Activity Center	Free	50+
Tai Chi	10am-11am	Adult Activity Center	Free	50+
Exercise with Instructor or Video	11am-12pm	Adult Activity Center	Free	50+
Ping Pong & Wii Bowling	1:30-3:30pm	Adult Activity Center	Free	50+

SATURDAY, OCTOBER 26

Class	Time	Location	Cost	Ages
Running Club	8am-9am	Alpharetta Community Center	Free	8-adult
FitBody Boot Camp	8am-9am	Brooke Street Park	Free	16+
Open Pickleball	8:30am-12pm	North Park, outdoor courts	Free	18+
Open Badminton	8:30am-12pm	Wills Park Recreation Center	Free	All ages
Lift Yoga	9am-10am	Brooke Street Park	Free	All ages
Total Fitness	9:30-10:30am	Wills Park Recreation Center	\$4 per class	16+
Walktober Group Walk	10am-10:45am	Wills Park- Alpharetta Community Center	Free	All ages
Burn Boot Camp	10am-11am	Brooke Street Park	Free	All ages

SUNDAY, OCTOBER 27

Class	Time	Location	Cost	Ages
Walktober Group Walk	11am-11:45am	Greenway- Preston Ridge Park	Free	All ages

MONDAY, OCTOBER 28

Class	Time	Location	Cost	Ages
Yoga	8:30am-9:25am	Adult Activity Center	Free	50+
Open Pickleball	1pm-4pm	Wills Park Rec Center	Free	18+
Total Fitness	9:30am-10:30am	Wills Park Rec Center	\$4 per class	16+
Meditation	9:30am-9:55am	Adult Activity Center	Free	50+
Tai Chi	10am-11am	Adult Activity Center	Free	50+
Exercise with Instructor or Video	11am-12pm	Adult Activity Center	Free	50+
Outdoor Fitness Gym Demo	5pm-5:30pm	Wills Park Rec Center	Free	16+
Running Club	6pm-7pm	Alpharetta Community Center	Free	8-adult
Walktober Group Walk	6pm-6:45pm	Wills Park- Alpharetta Community Center	Free	All ages

TUESDAY, OCTOBER 29

Class	Time	Location	Cost	Ages
Open Pickleball	8:30am-12pm	North Park, outdoor courts	Free	18+
Open Tennis	10am-12:30pm	North Park	Free	50+
Walktober Group Walk	4:30pm-5:15pm	Cogburn Park	Free	All ages
Open Pickleball	5pm-7:45pm	North Park, outdoor courts	Free	18+
Lift Yoga	6:30pm-7:30pm	Brooke Street Park	Free	16+
Yoga for Your Life	7pm-8:30pm	Crabapple Gov't Center	\$60 per 6 week session	16+

WEDNESDAY, OCTOBER 30

Class	Time	Location	Cost	Ages
Yoga	8:30-9:25am	Adult Activity Center	Free	50+
Open Pickleball	1pm-4pm	Wills Park Rec Center	Free	18+
Total Fitness	9:30am-10:30am	Wills Park Recreation Center	\$4 per class	16+
Breathing Exercises	9:30am-9:55am	Adult Activity Center	Free	50+
Yoga for Your Life	9:30am-11am	Crabapple Gov't Center	\$60 per 6 week session	16+
Tai Chi	10am-11am	Adult Activity Center	Free	50+
Exercise with Instructor or Video	11am-12pm	Adult Activity Center	Free	50+
Walktober Group Walk	12:30pm-1:15pm	Webb Bridge Park Trailhead	Free	All ages
Ping Pong	1:30pm-3:30pm	Adult Activity Center	Free	50+
Open Badminton	6pm-9pm	Alpharetta Community Center	Free	All ages

THURSDAY, OCTOBER 31				
Class	Time	Location	Cost	Ages
Hiking Club	8:30am-10:30am	Meet at Adult Activity Center	\$6	50+
Open Pickleball	8:30am-11:30am	Alpharetta Community Center	Free	18+
Pilates/Yoga	8:30am-9:30am	Adult Activity Center	Free	50+
Adaptive Line Dance	10am-11am	Adult Activity Center	Free	50+
Creative Movement/Line Dance	11:15am-12:15pm	Adult Activity Center	Free	50+
Outdoor Fitness Gym Demo	12pm-12:30pm	Wills Park Recreation Center	Free	16+
Open Table Tennis	6pm-9pm	Wills Park Recreation Center	Free	All ages

-Note: Costs are listed for Alpharetta Residents; Non-residents are subject to varying rates.

Call for details. 678-297-6133

-Open Basketball is available at the Wills Park Recreation Center and Alpharetta Community Center. Call for availability.

Locations:

Alpharetta Community Center
175 Roswell Street
678-297-6100

Brooke Street Park
2 Park Plaza
678-297-6133

Alpharetta Adult Activity Center/North Park
13450 Cogburn Road
678-297-6140

Wills Park Pool
1815 Old Milton Parkway
678-297-6107

Wills Park Recreation Center
11925 Wills Road
678-297-6130

Crabapple Government Center
12624 Broadwell Road
678-297-6133