

WELLNESS²⁰²² ALPHARETTA

HEALTH & FITNESS FOR EVERYONE

QUESTIONS?
678-297-6152
wellness@alpharetta.ga.us

 AlpharettaParks



Free Fitness unless otherwise noted (listed as *registration required)

Address of Facilities – last page

Schedule updated as of October 1st



Saturday, October 1				
Class	Time	Location	Schedule	Ages
Lift Yoga 	9-10am	Brook St. Park	Every Saturday	All Ages
Total Fitness	9:30-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+


Sunday, October 2				
Class	Time	Location	Schedule	Ages

Monday, October 3				
Class	Time	Location	Schedule	Ages
50+ Yoga	8:45-9:45am	Adult Activity Center	Every Mon, Wed, Fri	50+
Total Fitness	9:30-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+
50+ Tai Chi	10-11am	Adult Activity Center	Every Mon, Wed, Fri	50+
50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+
Bollywood Dance Fitness (Women only)	6:45pm-7:45pm	Alpharetta Community Center	Every Mon, Wed *Registration Required in class	All Ages


Tuesday, October 4

Class	Time	Location	Schedule	Ages
50+ Basic Beginner Line Dance	9am-10am	Preston Ridge Community Center	Every Tuesday	50+
50+ High Beginner Line Dance	11am-11:50am	Preston Ridge Community Center	Every Tuesday	50+
Stretch & Mobility with Beni	12pm-1pm	Wills Park Recreation Center	Varies *Registration Required at site	25+
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 Tuesday	All Ages
Yoga with Joan	7pm-8:30pm	Alpharetta Community Center	Varies * Registration Required at site or email yogabyjoan@yahoo.com	13+

Wednesday, October 5

Class	Time	Location	Schedule	Ages
50+ Yoga	8:45-9:45am	Adult Activity Center	Every Mon, Wed, Fri	50+
Alpharetta Barre Club	9:10am-10:15am	Preston Ridge Community Center	Every Wednesday	16+
Total Fitness	9:30am-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+
Yoga with Joan	9:30am-11am	Crabapple Government Center	Varies * Registration Required at site or email yogabyjoan@yahoo.com	13+
50+ Tai Chi	10am-11am	Adult Activity Center	Every Mon, Wed, Fri	50+
Lift Yoga 	5:30pm-6:30pm	Alpharetta Community Center Grand Pavilion	Every Wednesday	All Ages
Bollywood Dance Fitness (Women Only)	6:45pm-7:45pm	Alpharetta Community Center	Every Mon, Wed *Registration Required in class	All Ages


Thursday, October 6

Class	Time	Location	Schedule	Ages
50+ Basic Beginner Line Dance	10-10:50am	Adult Activity Center	Every Thursday	50+
50+ Beginner Line Dance	11-11:50am	Adult Activity Center	Every Thursday	50+
50+ High Beginner Line Dance	12-1pm	Adult Activity Center	Every Thursday	50+
FIT4BABY prenatal classes 	7:30pm	Alpharetta Community Center Dance Room	Every Thursday *Registration Required at site	All Mom

Friday, October 7

Class	Time	Location	Schedule	Ages
50+ Yoga	8:45-9:45am	Adult Activity Center	Every Mon, Wed, Fri	50+
Total Fitness	9:30-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+
50+ Tai Chi	10-11am	Adult Activity Center	Every Mon, Wed, Fri	50+
50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+

Saturday, October 8

Class	Time	Location	Schedule	Ages
Lift Yoga 	9-10am	Brook St. Park	Every Saturday	All Ages
Total Fitness	9:30-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+

Sunday, October 9

Class	Time	Location	Schedule	Ages
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Monday, October 10


Class	Time	Location	Schedule	Ages
50+ Yoga	8:45-9:45am	Adult Activity Center	Every Mon, Wed, Fri	50+
Total Fitness	9:30-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+
50+ Tai Chi	10-11am	Adult Activity Center	Every Mon, Wed, Fri	50+
50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+
Bollywood Dance Fitness (Women only)	6:45pm-7:45pm	Alpharetta Community Center	Every Mon, Wed *Registration Required in class	All Ages

Tuesday, October 11


Class	Time	Location	Schedule	Ages
50+ Basic Beginner Line Dance	9am-10am	Preston Ridge Community Center	Every Tuesday	50+
50+ High Beginner Line Dance	11am-11:50am	Preston Ridge Community Center	Every Tuesday	50+
Stretch & Mobility with Beni	12pm-1pm	Wills Park Recreation Center	Varies *Registration Required at site	25+
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 Tuesday	All Ages
Yoga with Joan	7pm-8:30pm	Alpharetta Community Center	Varies * Registration Required at site or email yogabyjoan@yahoo.com	13+

Wednesday, October 12

Class	Time	Location	Schedule	Ages
50+ Yoga	8:45-9:45am	Adult Activity Center	Every Mon, Wed, Fri	50+

Alpharetta Barre Club	9:10am-10:15am	Preston Ridge Community Center	Every Wednesday	16+
Total Fitness	9:30am-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+
Yoga with Joan	9:30am-11am	Crabapple Government Center	Varies * Registration Required at site or email yogabyjoan@yahoo.com	13+
50+ Tai Chi	10am-11am	Adult Activity Center	Every Mon, Wed, Fri	50+
Lift Yoga 	5:30pm-6:30pm	Alpharetta Community Center Grand Pavilion	Every Wednesday	All Ages
Bollywood Dance Fitness (Women Only)	6:45pm-7:45pm	Alpharetta Community Center	Every Mon, Wed *Registration Required in class	All Ages

Thursday, October 13

Class	Time	Location	Schedule	Ages
50+ Basic Beginner Line Dance	10-10:50am	Adult Activity Center	Every Thursday	50+
50+ Beginner Line Dance	11-11:50am	Adult Activity Center	Every Thursday	50+
50+ High Beginner Line Dance	12-1pm	Adult Activity Center	Every Thursday	50+
FIT4BABY prenatal classes 	7:30pm	Alpharetta Community Center Dance Room	Every Thursday *Registration Required at site	All Mom

Friday, October 14

Class	Time	Location	Schedule	Ages
50+ Yoga	8:45-9:45am	Adult Activity Center	Every Mon, Wed, Fri	50+
Total Fitness	9:30-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+
50+ Tai Chi	10-11am	Adult Activity Center	Every Mon, Wed, Fri	50+
50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+

Saturday, October 15

Class	Time	Location	Schedule	Ages
Lift Yoga 	9-10am	Brook St. Park	Every Saturday	All Ages
Total Fitness	9:30-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+

Sunday, October 16

Class	Time	Location	Schedule	Ages
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Monday, October 17

Class	Time	Location	Schedule	Ages
50+ Yoga	8:45-9:45am	Adult Activity Center	Every Mon, Wed, Fri	50+
Total Fitness	9:30-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+
50+ Tai Chi	10-11am	Adult Activity Center	Every Mon, Wed, Fri	50+
50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+
Bollywood Dance Fitness (Women only)	6:45pm-7:45pm	Alpharetta Community Center	Every Mon, Wed *Registration Required in class	All Ages

Tuesday, October 18

Class	Time	Location	Schedule	Ages
50+ Basic Beginner Line Dance	9am-10am	Preston Ridge Community Center	Every Tuesday	50+
50+ High Beginner Line Dance	11am-11:50am	Preston Ridge Community Center	Every Tuesday	50+
Stretch & Mobility with Beni	12pm-1pm	Wills Park Recreation Center	Varies *Registration Required at site	25+
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 Tuesday	All Ages
Yoga with Joan	7pm-8:30pm	Alpharetta Community Center	Varies * Registration Required at site or email yogabyjoan@yahoo.com	13+

Wednesday, October 19

Class	Time	Location	Schedule	Ages
50+ Yoga	8:45-9:45am	Adult Activity Center	Every Mon, Wed, Fri	50+
Alpharetta Barre Club	9:10am-10:15am	Preston Ridge Community Center	Every Wednesday	16+
Total Fitness	9:30am-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+
Yoga with Joan	9:30am-11am	Crabapple Government Center	Varies * Registration Required at site or email yogabyjoan@yahoo.com	13+
50+ Tai Chi	10am-11am	Adult Activity Center	Every Mon, Wed, Fri	50+
Lift Yoga  LIFT YOGA + BODY	5:30pm-6:30pm	Alpharetta Community Center Grand Pavilion	Every Wednesday	All Ages
Bollywood Dance Fitness (Women Only)	6:45pm-7:45pm	Alpharetta Community Center	Every Mon, Wed *Registration Required in class	All Ages

Thursday, October 20

Class	Time	Location	Schedule	Ages
50+ Bone Health Yoga	9-10am	Preston Ridge Community Center	Every Thursday	40+
50+ Basic Beginner Line Dance	10-10:50am	Adult Activity Center	Every Thursday	50+
50+ Beginner Line Dance	11-11:50am	Adult Activity Center	Every Thursday	50+
50+ High Beginner Line Dance	12-1pm	Adult Activity Center	Every Thursday	50+

FIT4BABY prenatal classes 	7:30pm	Alpharetta Community Center Dance Room	Every Thursday* Registration Required at site	Mom
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Friday, October 21

Class	Time	Location	Schedule	Ages
50+ Yoga	8:45-9:45am	Adult Activity Center	Every Mon, Wed, Fri	50+
Bone Health Yoga	9-10am	Preston Ridge Community Center	Every Friday	40+
Total Fitness	9:30-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+
50+ Tai Chi	10-11am	Adult Activity Center	Every Mon, Wed, Fri	50+
50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+

Saturday, October 22

Class	Time	Location	Schedule	Ages
Lift Yoga 	9-10am	Brook St. Park	Every Saturday	All Ages
Total Fitness	9:30-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+

Sunday, October 23

Class	Time	Location	Schedule	Ages
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Monday, October 24

Class	Time	Location	Schedule	Ages
50+ Yoga	8:45-9:45am	Adult Activity Center	Every Mon, Wed, Fri	50+
Total Fitness	9:30-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+
50+ Tai Chi	10-11am	Adult Activity Center	Every Mon, Wed, Fri	50+

50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+
Bollywood Dance Fitness (Women only)	6:45pm-7:45pm	Alpharetta Community Center	Every Mon, Wed *Registration Required in class	All Ages

Tuesday, October 25


Class	Time	Location	Schedule	Ages
50+ Basic Beginner Line Dance	9am-10am	Preston Ridge Community Center	Every Tuesday	50+
50+ High Beginner Line Dance	11am-11:50am	Preston Ridge Community Center	Every Tuesday	50+
Stretch & Mobility with Beni	12pm-1pm	Wills Park Recreation Center	Varies *Registration Required at site	25+
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 Tuesday	All Ages
Yoga with Joan	7pm-8:30pm	Alpharetta Community Center	Varies * Registration Required at site or email yogabyjoan@yahoo.com	13+

Wednesday, October 26

Class	Time	Location	Schedule	Ages
50+ Yoga	8:45-9:45am	Adult Activity Center	Every Mon, Wed, Fri	50+
Alpharetta Barre Club	9:10am-10:15am	Preston Ridge Community Center	Every Wednesday	16+
Total Fitness	9:30am-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+
Yoga with Joan	9:30am-11am	Crabapple Government Center	Varies * Registration Required at site or email yogabyjoan@yahoo.com	13+
50+ Tai Chi	10am-11am	Adult Activity Center	Every Mon, Wed, Fri	50+

Lift Yoga 	5:30pm-6:30pm	Alpharetta Community Center Grand Pavilion	Every Wednesday	All Ages
Bollywood Dance Fitness (Women Only)	6:45pm-7:45pm	Alpharetta Community Center	Every Mon, Wed *Registration Required in class	All Ages

Thursday, October 27


Class	Time	Location	Schedule	Ages
50+ Bone Health Yoga	9-10am	Preston Ridge Community Center	Every Thursday	40+
50+ Basic Beginner Line Dance	10-10:50am	Adult Activity Center	Every Thursday	50+
50+ Beginner Line Dance	11-11:50am	Adult Activity Center	Every Thursday	50+
50+ High Beginner Line Dance	12-1pm	Adult Activity Center	Every Thursday	50+
FIT4BABY prenatal classes 	7:30pm	Alpharetta Community Center Dance Room	Every Thursday *Registration Required at site	Mom

Friday, October 28

Class	Time	Location	Schedule	Ages
50+ Yoga	8:45-9:45am	Adult Activity Center	Every Mon, Wed, Fri	50+
Bone Health Yoga	9-10am	Preston Ridge Community Center	Every Friday	40+
Total Fitness	9:30-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+
50+ Tai Chi	10-11am	Adult Activity Center	Every Mon, Wed, Fri	50+
50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+

Saturday, October 29

Class	Time	Location	Schedule	Ages
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Lift Yoga  LIFT YOGA + BODY	9-10am	Brook St. Park	Every Saturday	All Ages
Total Fitness	9:30-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+

Sunday, October 30

Class	Time	Location	Schedule	Ages
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Monday, October 31

Class	Time	Location	Schedule	Ages
50+ Yoga	8:45-9:45am	Adult Activity Center	Every Mon, Wed, Fri	50+
Total Fitness	9:30-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+
50+ Tai Chi	10-11am	Adult Activity Center	Every Mon, Wed, Fri	50+
50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+
Bollywood Dance Fitness (Women only)	6:45pm-7:45pm	Alpharetta Community Center	Every Mon, Wed *Registration Required in class	All Ages

Locations:

Adult Activity Center: 13450 Cogburn Road

Farm at Old Rucker Park: 900 Rucker Road

Preston Ridge Community Center: 3655 Preston Ridge Road

Innovation Academy: 125 Milton Avenue (field behind the school)

Wills Park Grand Pavilion and Alpharetta Community Center: 175 Roswell Street

Event Lawn/Pavilion behind the ACC

Wills Park Recreation Center, Gym, Multipurpose room, and Pavilion: 111925 Wills Road

Wills Park Lion's Club Pavilion: 11925 Wills Road by Wacky World Playground

Brooke Street Park: 2 Park Plaza // Behind City Hall * Parking located on street or in parking deck only**

Rock Mill Park: 3100 Kimball Bridge Road

Town Green: 2 Park Plaza (by fountains)

Wills Park Pool: 1815 Old Milton Parkway

Roswell Alpharetta Public Safety Training Center: 11565 Maxwell Road