



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.

Inside:

ALPHA.5K.SERIES

Town Green Fitness - Chiringa Inclusion

NEW Balanced Kids Atlanta

Kilometer Kids - Registration January 16th

Fit4Mom - Information

Tinkergarten with Ms. Lynda

Health and Wellness Events (must register)

Health & Wellness FREE Class Calendar

Bike Alpharetta

Address Locations

Trail Map & Miles



ALPHA.5K.SERIES

HEALTH AND WELLNESS



TIMED RUN THROUGH ALPHARETTA WILLS PARK



REGISTRATION OPENS
FEBRUARY

5K DOG N' JOG - March 3rd
Summer Hustle 5k - June 30th
Think Pink 5K - October 6th



TOWN GREEN FITNESS

Join Alpharetta Health and
Wellness every Tuesday evening for
FREE fitness on the Green!

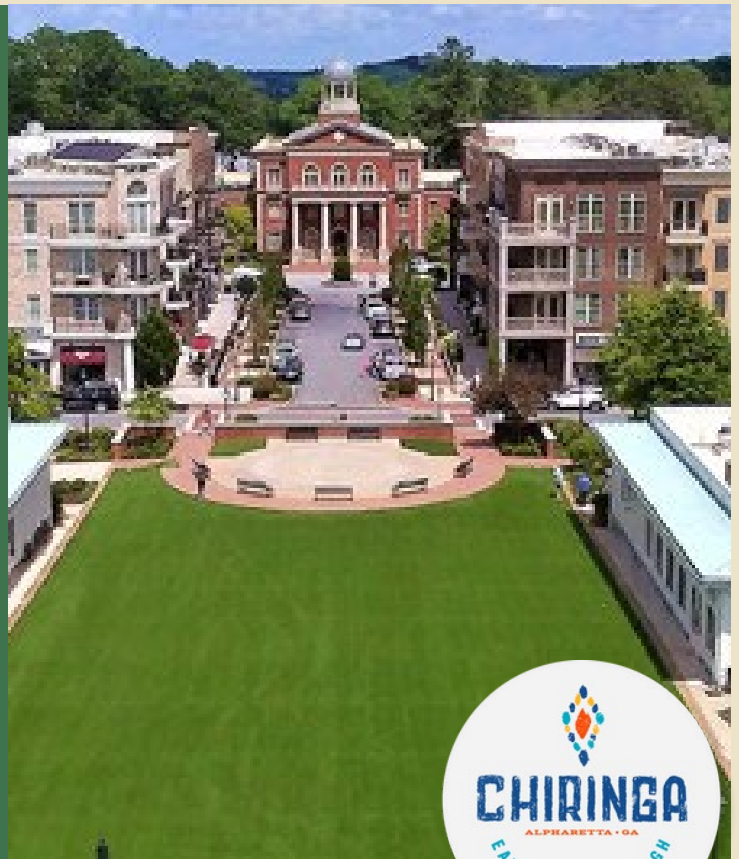
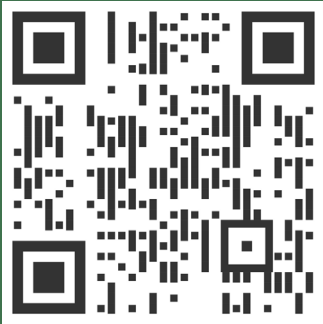
Town Green Fitness

April - May - June

Every Tuesday

6pm-7pm

SCAN WITH YOUR 
TO  OUR MONTHLY
SCHEDULE!



For Cancellation Updates
Follow us on Instagram:
@AlpharettaParks

Follow us on Facebook:
@AlpharettaRecreation

JOIN US!

Location: Alpharetta City Center
Time: 6pm -7pm
More information: 678-297-6194

TOWN GREEN FITNESS



Location: Alpharetta City Center

Time: Tuesdays 6pm -7pm

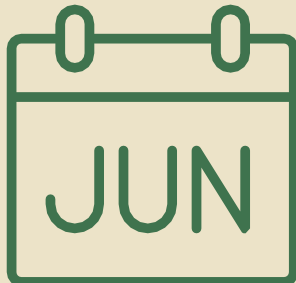
More information: 678-297-6194



Pure Barre	April 2nd
Zumba with Erika	April 16th
Horsepower Fitness	April 23rd



Pure Barre	May 7th
Horsepower Fitness	May 14th
Zumba With Erika	May 21st
Burn Boot Camp	May 28th



Pure Barre	June 4th
Burn Boot Camp	June 11th
Zumba with Erika	June 18th
Horsepower Fitness	June 25th



W H Y D R A T E



BalancedKids ATLANTA

STARTING 2024 - REGISTER ONLINE

INTRODUCTORY CLINIC WILL TEACH KIDS HOW TO CONFIDENTLY RIDE ON 2 WHEELS IN A FUN AND SUPPORTIVE ENVIRONMENT! THEY ARE DESIGNED TO HELP KIDS LEARN THE FUNDAMENTALS OF RIDING A BIKE WHILE GUIDING PARENTS LEARN HOW TO SUPPORT THEIR YOUNG RIDERS. BIKES ARE AVAILABLE IF NEEDED FOR AGES 3-6, AGES 7 AND UP MUST BRING THEIR OWN WITHOUT TRAINING WHEELS.

PRESTON RIDGE RD SUITE
100, ALPHARETTA, GA
30005



**Preston Ridge
Community
Center**



@BalancedKidsAtlanta



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.





TINKERGARTEN

With Ms. Lynda



REGISTRATION REQUIRED

Play-based classes designed thoughtfully and geared toward outdoors & developing critical skills

MEETS EVERY THURSDAY

10:00AM

Ages 1.5 – 8

Wills Park Pavilion



SUMMER CAMP


JUNE 25TH - 27TH / 10AM

SCAN WITH YOUR
TO REGISTER



Health & Wellness EVENTS



SCAN WITH YOUR 
TO REGISTER FOR
THESE EVENTS



FEB

04

Community First Aid

Learn critical skills to respond to and manage an emergency in the first few minutes until EMS arrives. Develop skills on how to treat bleeding, sprains, broken bones, shock and other first-aid emergencies. **REGISTRATION REQUIRED**

FEB

24

Babysitter Boot Camp

Learning babysitting skills is not just about changing diapers! In Babysitter Boot Camp® Certification class participants learn the business of being a good babysitter through safety skills, etiquette, marketing, choosing age appropriate and fun activities, and knowing what parents are looking for.

FEB

25

Balanced Kids Atlanta

Balanced Kids Atlanta bike riding clinics teach kids how to confidently ride on two wheels in a fun and supportive environment! This one-day clinic is designed to help kids learn the fundamentals of riding a bike while gaining confidence and learning a lifelong skill. Clinics are geared towards beginners, ages 4-11! Bikes are provided or you can bring your own. (Note: ages 7+ must bring own bike). Please bring a helmet and water bottle.

MAR

03

Family & Friends CPR

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**

MAR

03

5K Dog N' JOG

This is a timed 3.1 mile run / walk through the Wills Park trail. **REGISTRATION REQUIRED**

MAR

14

Tinkergarten

Purposeful Play proudly presents Tinkergarten Explorers with Ms. Lynda! Play-based classes designed thoughtfully and geared toward getting families outdoors and developing critical skills. Offered to a mixed age group (recommended for 18 months to 8 years) accompanied by a caregiver following the Tinkergarten curriculum. We play through songs, stories, movement, and exploration.

MAR

23

HOME ALONE BOOT CAMP

This program will help children feel confident about coming home safely from school, completing homework, doing chores, food preparation, and entertaining themselves. It also includes training for knowing how to keep yourself safe and how to act and respond in an emergency. Be safe at home while your parents are away. **REGISTRATION REQUIRED**

MAR

25

Balanced Kids Atlanta

Balanced Kids Atlanta bike riding clinics teach kids how to confidently ride on two wheels in a fun and supportive environment! This one-day clinic is designed to help kids learn the fundamentals of riding a bike while gaining confidence and learning a lifelong skill. Clinics are geared towards beginners, ages 4-11! Bikes are provided or you can bring your own. (Note: ages 7+ must bring own bike). Please bring a helmet and water bottle.



Special Event 5K Dog N' JOG

This is a timed 3.1 mile run / walk through the Wills Park trail.
Pre-registration is required! Opening January 2024 - Event Date: March 3rd 9:30am
Please make sure to bring your own equipment necessary for you and your dog to run.
Running Bibs are provided for timing.
Special Event gift will be handed out after the run!

Note: You do not have to have a dog to run this event!

Health & Wellness Calendar



HEALTH AND WELLNESS - FEBRUARY & MARCH

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 February & March



NH
NORTHSIDE HOSPITAL
ORTHOPEDIC INSTITUTE
SPORTS MEDICINE



Monday				
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+
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+
Tuesday				
Class	Time	Location	Schedule	Ages
50+ Basic Beginner Line Dance	10am-10:50am	Preston Ridge Community Center	Every Tuesday	50+
50+ High 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	6:30-7:30pm	Wills Park Recreation Center	Every Tue, Thu	All Ages
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	9am-9:45am	Preston Ridge Community Center	Every Wednesday	All Ages
50+ Tai Chi	10-11am	Adult Activity Center	Every Mon, Wed, Fri	50+
Bone Health Balance (chair yoga)	10-11am	Preston Ridge Community Center	Every Wed, Thu, Fri	40+
50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+

Thursday				
Class	Time	Location	Schedule	Ages
Alpharetta Barre Club (Essentrics)	9-9:45am	Preston Ridge Community Center	Every Thursday	All Ages
50+ Basic Beginner Line Dance	10-10:50am	Adult Activity Center	Every Thursday	50+
Bone Health Balance (chair yoga)	10-11am	Preston Ridge Community Center	Every Wed, Thu, Fri	40+
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+
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)	9:30-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+
50+ Tai Chi	10-11am	Adult Activity Center	Every Mon, Wed, Fri	50+
Bone Health Balance (chair yoga)	10-11am	Preston Ridge Community Center	Every Wed, Thu, Fri	40+
50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+
Saturday, September 17				
Class	Time	Location	Schedule	Ages
Total Fitness (Step Class)	9:30-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	50+
Lift Yoga – Returning in the Spring 2024		Brooke St. Park	Every Saturday	All Ages
Sunday, September 18				
Class	Time	Location	Schedule	Ages
Yoga with Lily	9:30am-10:30am	Brooke Street Park	Every Sunday	All Ages

February & MARCH

Health & Wellness Notes

- ♦ Lift Yoga Classes will return in the Spring
- ♦ Alpharetta Barre & Eccentrics moved to PRCC.
- ♦ 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

CANCELED CLASSES

Bone Health Balance - Entire month
of February



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



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 Trail Map

PARK TRIALS

Cogburn Road Park - 0.2-mile path.

North Park - 1 mile trail

Webb Bridge Park - 1.7 mile trail

Wills Park - 1.8 mile trail

Big Creek Greenway - 8 mile one way; joins 1.5 loop

Mt Adams Nature Trail - 1.3 mile loop

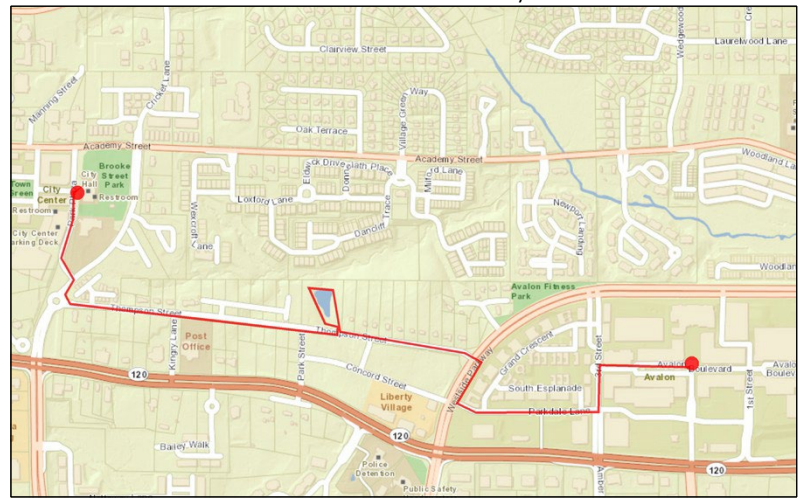
DOWNTOWN WALKS

City Center Stroll - 0.75 mile

Taste of Alpharetta Loop - 1 mile

Downtown to Avalon - 3 mile round trip

Avalon Walk 1.5 mile one way



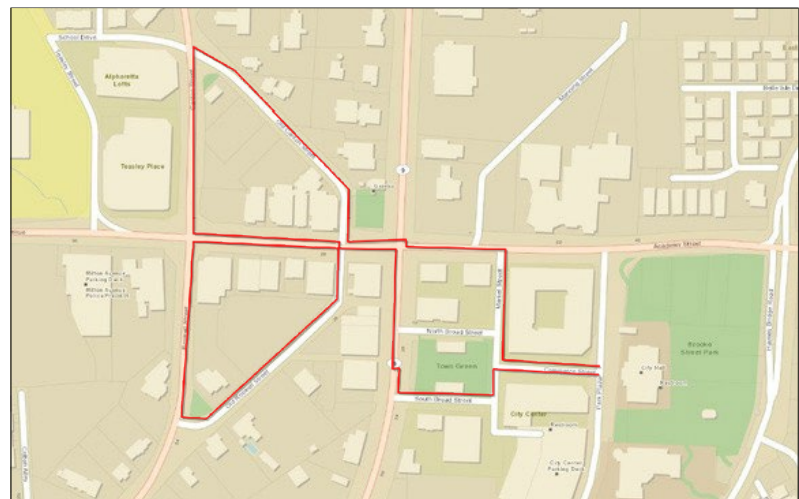
October 14, 2019

0 0.075 0.15 0.3 mi
0 0.1 0.2 0.4 km

City of Alpharetta, City of Roswell, City of Milton, City of Johns Creek, City of Sandy Springs, and Forsyth County

City of Alpharetta Georgia
copyright 2017

Taste of Alpharetta Loop 1.1

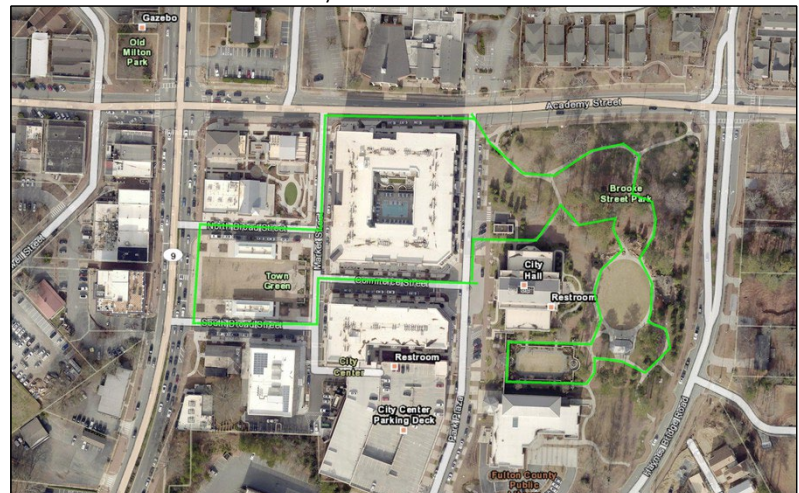


1/30/2024

0 0.02 0.04 0.09 mi
0 0.04 0.07 0.14 km

City of Alpharetta

City Center Stroll .75 mi



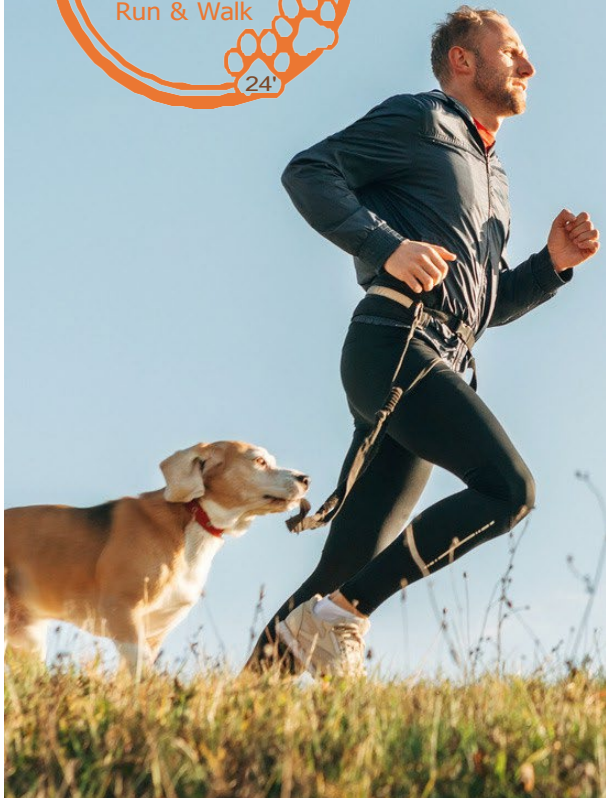
October 14, 2019

0 0.075 0.15 0.3 mi
0 0.03 0.06 0.12 km

City of Alpharetta, City of Roswell, City of Milton, City of Johns Creek, City of Sandy Springs, and Forsyth County

City of Alpharetta Georgia
copyright 2017

Health & Wellness



SPRING 5K DOG N' JOG

**MARK YOUR CALENDAR!
MARCH 3RD**

***Bring the whole family and friendly fur babies for a
5K DOG N' JOG event through Wills Park. All
pre-registered will receive a pint glass and medal.***

Your running companion will receive treats!