

WELLNESS ALPHARETTA

HEALTH & FITNESS FOR EVERYONE

QUESTIONS
678-297-6194
wellness@alpharetta.ga.us
 AlpharettaParks



Address of Facilities & Events – Last page

For cancelation updates – follow @AlpharettaParks on Instagram or Facebook

Schedule updated as of March 1st



Wednesday, March 1 st				
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 (Eccentrics)	9:30am-10:30am	Preston Ridge Community Center	Every Wed	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, Fri	40+
50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+

Thursday, March 2 nd				
Class	Time	Location	Schedule	Ages
50+ Basic Beginner Line Dance	10am-10:50am	Adult Activity Center	Every Thursday	50+
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, Thur	All Ages

Friday, March 3rd

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, Fri	40+
50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+

Saturday, March 4th

Class	Time	Location	Schedule	Ages
Lift Yoga	9am-10am	Preston Ridge Community Center	Every Sat.	All Ages
Total Fitness (step class)	9:30am-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+

Sunday, March 5th

Class	Time	Location	Schedule	Ages
Yoga with Lily	9:30am-10:30am	The Town Green	Every Sun	All Ages

Monday, March 6th

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, March 7th

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	6:30pm-7:30pm	Wills Park Recreation Center	Every Tue, Thur	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	All Ages

Wednesday, March 8th

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 (Eccentrics)	9:30am-10:30am	Preston Ridge Community Center	Every Wed	All
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, Fri	40+
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 Wed *Registration Required in class	All Ages
--------------------------------------	---------------	-----------------------------	--	-------------

Thursday, March 9th

Class	Time	Location	Schedule	Ages
50+ Basic Beginner Line Dance	10am-10:50am	Adult Activity Center	Every Thursday	50+
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, Thur	All Ages

Friday, March 10th

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, Fri	40+
50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+

Saturday, March 11th

Class	Time	Location	Schedule	Ages
Lift Yoga	9am-10am	Preston Ridge Community Center	Every Sat.	All Ages
Total Fitness (step class)	9:30am-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+

Sunday, March 12th

Class	Time	Location	Schedule	Ages
Yoga with Lily	9:30am-10:30am	The Town Green	Every Sun	All Ages

Monday, March 13th

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, March 14th

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 <u>NO CLASS</u>	6:30pm-7:30pm	Wills Park Recreation Center	Every Tue, Thur	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	All Ages

Wednesday, March 15th

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 (Eccentrics)	9:30am-10:30am	Preston Ridge Community Center	Every Wed	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, Fri	40+
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 Wed *Registration Required in class	All Ages

Thursday, March 16th

Class	Time	Location	Schedule	Ages
50+ Basic Beginner Line Dance	10am-10:50am	Adult Activity Center	Every Thursday	50+
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 <u>NO CLASS</u>	6:30pm-7:30pm	Wills Park Recreation Center	Every Tue, Thur	All Ages

Friday, March 17th – ST. PATRICK'S DAY

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, Fri	40+

50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+
Saturday, March 18 th				
Class	Time	Location	Schedule	Ages
Lift Yoga	9am-10am	Preston Ridge Community Center	Every Sat.	All Ages
Total Fitness (step class)	9:30am-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+

Sunday, March 19 th				
Class	Time	Location	Schedule	Ages
Yoga with Lily	9:30am-10:30am	The Town Green	Every Sun	All Ages

Monday, March 20 th				
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, March 21 st				
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	6:30pm-7:30pm	Wills Park Recreation Center	Every Tue, Thur	All
Yoga with Magda	7:30pm-8:30pm	Wills Park Recreation Center	Every Tuesday	All Ages
Move with Erika <u>NO CLASS</u>	7pm-8:30pm	Preston Ridge Community Center	Every Tuesday	All Ages

Wednesday, March 22nd

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 (Eccentrics)	9:30am-10:30am	Preston Ridge Community Center	Every Wed	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, Fri	40+
50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+

Thursday, March 23rd

Class	Time	Location	Schedule	Ages
50+ Basic Beginner Line Dance	10am-10:50am	Adult Activity Center	Every Thursday	50+
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, Thur	All Ages

Friday, March 24th

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, Fri	40+
50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+

Saturday, March 25th

Class	Time	Location	Schedule	Ages
Lift Yoga	9am-10am	Preston Ridge Community Center	Every Sat.	All Ages
Total Fitness (step class)	9:30am-10:30am	Wills Park Recreation Center	Every Mon, Wed, Fri, Sat	16+

Sunday, March 26th

Class	Time	Location	Schedule	Ages
Yoga with Lily	9:30am-10:30am	The Town Green	Every Sun	All Ages

Monday, March 27th

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, March 28th

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	6:30pm-7:30pm	Wills Park Recreation Center	Every Tue, Thur	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	All Ages

Wednesday, March 29th

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 (Eccentrics)	9:30am-10:30am	Preston Ridge Community Center	Every Wed	All
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, Fri	40+
50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+

Thursday, March 30th

Class	Time	Location	Schedule	Ages
50+ Basic Beginner Line Dance	10am-10:50am	Adult Activity Center	Every Thursday	50+
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, Thur	All Ages

Friday, March 31st

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, Fri	40+
50+ Aerobics	11am-12pm	Adult Activity Center	Every Mon, Wed, Fri	50+

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.

Community 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 Pavilion: 11925 Wills Road

Up Coming Events – All Ages

Pre- Registration Required


ALPHARETTA
RECREATION PARKS & CULTURAL SERVICES

Babysitter Certification Class



Register Online


April 22nd 1:00PM
Preston Ridge Community Center

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


ALPHARETTA
RECREATION PARKS & CULTURAL SERVICES


Home Alone Boot Camp



Register Online

May 6th 1:00PM
Preston Ridge Community Center

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

ALPHARETTA HEALTH AND WELLNESS


ALPHARETTA
RECREATION PARKS & CULTURAL SERVICES



TRAILS & ALES

BIKE TOUR OF ALPHARETTA GREEN WAY

REGISTRATION INCLUDES:

- Trails & Ales T-shirt
- Beverage token for the Jekyll Brewing's post-trail social!



SCAN WITH YOUR PHONE TO OUR MONTHLY SCHEDULE!

Grab your bike & enjoy the 20-mile trail as a group experience or on your own (and go as far as you like.) End your Bike ride at Jekyll Brewery off Marconi and stay after for a post-trail social.
Registration Required before attendance!

Register Online or Call:
678-297-6194



<https://www.alpharetta.ga.us/government/departments/recreation-parks>