



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:

- Pop-Up Fitness Family Event
- ALPHA.5K.SERIES
- Town Green Fitness - Chiringa Inclusion
- CPR & First AID Classes
- 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

APRIL 27TH



2024


JOIN US!

FREE COMMUNITY KID-FRIENDLY EVENT



Cultural Arts is teaming up with Pure Barre to provide FREE youth art classes while Pure Barre is in session!
Bring your own mat or beach towel!

10:30AM

Reserve a spot today! Follow @alpharettaartcenter on  for Free Registration Information.

ALPHA



5K.SERIES



TIMED RUN

BECOME A SPONSOR

ALPHA.5K.SERIES is a NEW Health & Wellness event for the City of Alpharetta Recreation, Parks, & Cultural Services.

Please email (wellness@alpharetta.ga.us) for sponsorship application!



TWO EVENTS LEFT FOR 2024



TRACX

MYLAPS SPORTS TIMING



pure barre



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



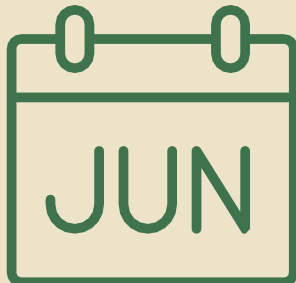
Location: Alpharetta City Center
Time: Tuesdays 6pm -7pm
More information: 678-297-6194



Pure Barre	April 2nd - CANCELED
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





BalancedKids ATLANTA

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.



Learn & Overcome

BIKE RIDING CLASSES



Highlights

Location: Preston Ridge
Community Center

Monthly clinics

Hour long summer camp



@BalancedKidsAtlanta



ALPHARETTA

DEPARTMENT OF PUBLIC SAFETY

Community First Aid

Learn critical skills to respond to and manage an emergency in the first few minutes until EMS arrives. You will learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. Age 13-17 allowed with parent or guardian.



SCAN WITH YOUR
TO REGISTER



Family & Friends CPR

This one-day course teaches the lifesaving skills of adult Hands-Only CPR, child CPR with breaths, adult and child AED use, infant CPR and relief of choking in an adult, child, or infant. Skills are taught in a dynamic group environment by using the American Heart Association's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible. Age 13-17 allowed with parent or guardian.



LOCATION

ROSWELL-ALPHARETTA
PUBLIC SAFETY TRAINING
CENTER - 11565 MAXWELL RD,
ALPHARETTA, GA 30009

AVAILABLE

NOW



CLASSES

Community First Aid: April 7th - 1:00pm

Family & Friends CPR: May 5th - 1:00pm



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



APRIL
04
TREE CLIMBING
Discover a sense of joy and exhilaration as you learn a fun, safe way to ascend a tree with a ropes/saddle system. Intro course with climbs tailored to be challenging or leisurely. An adventurous, confidence-building experience for all ages and abilities; families welcome! Climbers under 17 must be accompanied by an adult; no cost for adult if not climbing.

APRIL
14
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 life ling skill.

APRIL
20
BABYSITTER BOTT 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 when they hire a babysitter.

MAY
11
TREE CLIMBING
Discover a sense of joy and exhilaration as you learn a fun, safe way to ascend a tree with a ropes/saddle system. Intro course with climbs tailored to be challenging or leisurely. An adventurous, confidence-building experience for all ages and abilities; families welcome! Climbers under 17 must be accompanied by an adult; no cost for adult if not climbing.

MAY
18
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

MAY
19
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 life ling skill.



Special Event SUMMER HUSTLE 5K

This is a timed 3.1-mile run / walk through the Wills Park trail.
Pre-registration is required! Opening January 2024 - Event Date: June 30th 8:30am
Running Bibs are provided for timing.
Special Event gift will be handed out after the run!

Health & Wellness Calendar



HEALTH AND WELLNESS - APRIL & MAY

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 can 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 April & May



NH
NORTHSIDE HOSPITAL
ORTHOPEDIC INSTITUTE
SPORTS MEDICINE



CLASS	TIME	LOCATION	SCHEDULE	AGES
50+Yoga	8:45-9:45am	Adult Activity Center	Mon,Wed, Fri	50+
Total Fitness (Step Class)	9:30-10:30am	Wills Park Recreation Center	Mon, Wed, Fri, Sat	16+
Tai Chi	10-11am	Adult Activity Center	Mon, Wed, Fri	50+
Aerobics	11am-12pm	Adult Activity Center	Mon, Wed, Fri	50+
Cardio Dance - Bilingual	6:30-7:30pm	Wills Park Recreation Center	Tue,Thu	All ages
Yoga with Magda	7:30-8:30pm	Wills Park Recreation Center	Tue	All ages
Alpharetta Barre	9-9:45am	Preston Ridge Community Center Brooke St. Park (May-August)	Wed	40+
Alpharetta Barre (essentrics)	9-9:45am	Preston Ridge Community Center	Thu	40+
Bone Health Yoga (Osteoporosis)	10-11am	Preston Ridge Community Center	Wed,Thu,Fri	40+
Zumba with Erika	7pm-8:30pm	Preston Ridge Community Center	Tue	All Ages
Lift Yoga	9-10am	Formal Garden - Down Town Alpharetta	Sat	All Ages
Yoga with Lily	9:30-10:30am	Formal Garden - Down Town Alpharetta	Sun	All Ages
MMM Soul Satisfying Meditation	12:15pm-1pm	Preston Ridge Community Center	Tue	40+
Basic Beginner Line Dance	10am-10:50am	Preston Ridge Community Center	Tue	40+
		Adult Activity Center	Thu	50+
Beginner Line Dance	11am-11:50am	Preston Ridge Community Center	Tue	40+
		Adult Activity Center	Thu	50+

APRIL & May

Health & Wellness Notes

- ◆ Lift Yoga Classes starting first weekend of APRIL.
- ◆ Alpharetta Barre & Essentrics Wednesday
- ◆ Class will be outside starting May-Aug.
- ◆ 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

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 5:30-6:45am.

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 and Wellness



City of Alpharetta

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

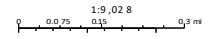
Taste of Alpharetta Loop - 1 mile

Downtown to Avalon - 3-mile round trip

Avalon Walk 1.5 mile one way

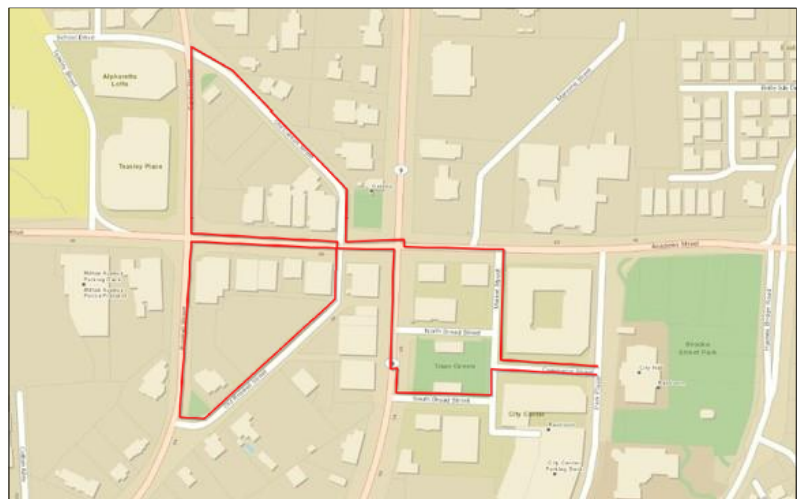


October 14, 2019

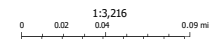


City of Alpharetta, City of Roswell, City of Milton, City of Johns Creek, City of Sandy Springs, and Forsyth County
City of Alpharetta Georgia
copyright 2017

Taste of Alpharetta Loop 1.1

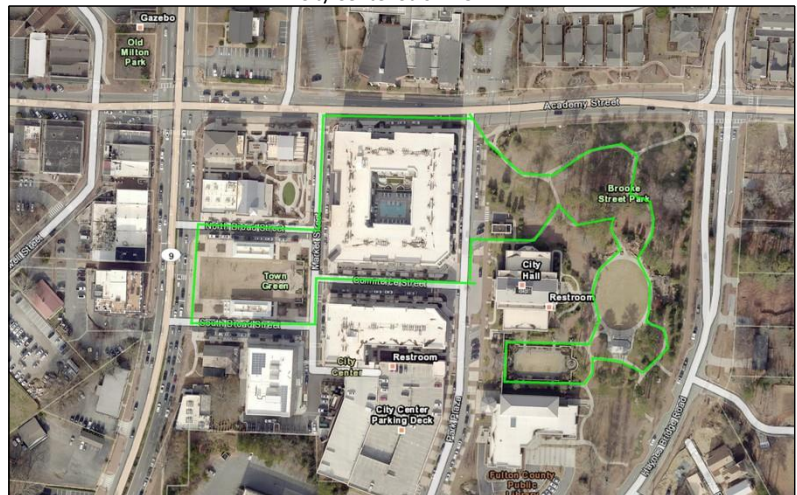


1/30/2024

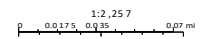


City of Alpharetta

City Center Stroll .75 mi



October 14, 2019



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



SUMMER HUSTLE 5K

MARK YOUR CALENDAR!
JUNE 30TH

*Bring the whole family and friends for the
SUMMER HUSTLE 5K at the Alpharetta
Community Center.*

