



# 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:

Water Fitness

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

Adult Athletics

Bike Alpharetta

Address Locations

Trail Map & Miles

# WILLS PARK POOL

CITY OF ALPHARETTA

WELLNESS

## WATER THERAPY

Experience and enjoy water exercises for relaxation, fitness, and physical rehabilitation.

No Class on Memorial Day, July 4, and Labor Day.

AGES 14+

SAT / 9:45-10:15am



## WATER FITNESS

This is a deep water, high intensity aqua aerobics class.

AGES 12+

10:10-11:30am

Mon, Sat

## SUP YOGA

Registration Required

A combination of paddle boarding and yoga practice.

AGES 16+

June 23 / July 21 / August 25

9-11am



Live Well... Be Cool,,, Have Fun!

# 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](mailto:wellness@alpharetta.ga.us) ) for sponsorship application!



TWO EVENTS LEFT FOR 2024



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





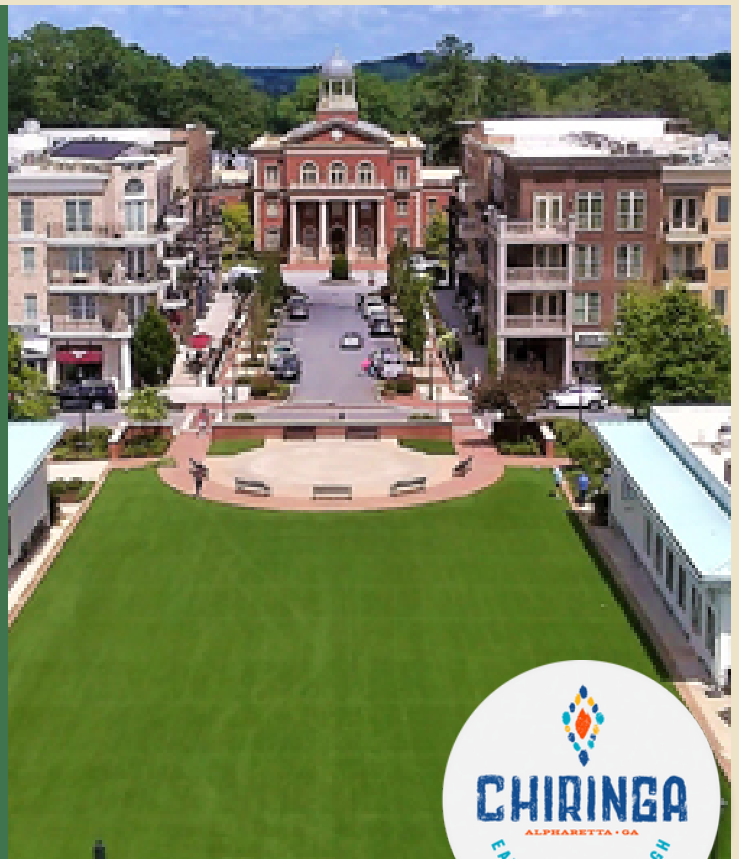
# TOWN GREEN FITNESS

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**



<b>Pure Barre</b>	<b>April 2nd - CANCELED</b>
<b>Zumba with Erika</b>	<b>April 16th ✓</b>
<b>Horsepower Fitness</b>	<b>April 23rd ✓</b>



<b>Pure Barre</b>	<b>May 7th ✓</b>
<b>Horsepower Fitness</b>	<b>May 14th - CANCELED</b>
<b>Zumba With Erika</b>	<b>May 21st ✓</b>
<b>Burn Boot Camp</b>	<b>May 28th ✓</b>



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





# 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](http://www.roswell.fit4mom.com), on Instagram  
at @FIT4MOM\_Roswell\_Alpharetta or  
[RebekahMurphy@fit4mom.com](mailto:RebekahMurphy@fit4mom.com).







THE CITY OF  
**ALPHARETTA**  
 RECREATION PARKS &  
 CULTURAL SERVICES

# 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

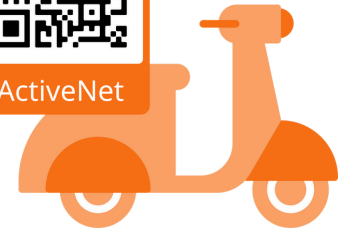


# Health & Wellness EVENTS

SCAN WITH YOUR   
TO REGISTER FOR  
THESE EVENTS



ActiveNet



## COMMUNITY FIRST AID

JUNE  
02

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. Free program.

## BABYSITTER 3 DAY CAMP

JUNE  
03

Enhance your babysitting skills and safety knowledge! Learn the business of being a good babysitter through safety skills, etiquette, marketing, choosing age appropriate activities and knowing what parents are looking for when they hire a babysitter. Participants earn Babysitter Certification, American Heart CPR, AED, and First Aid Certification. Great camp idea for scouts, older siblings or junior camp counselors.

## TREE CLIMBING

JUNE  
08

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.

## BALANCE KIDS CAMP

JUNE  
10

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.

## BABYSITTER BOOT CAMP

JUNE  
22

Enhance your babysitting skills and safety knowledge! Learn the business of being a good babysitter through safety skills, etiquette, marketing, choosing age appropriate activities and knowing what parents are looking for when they hire a babysitter. Participants earn Babysitter Certification, American Heart CPR, AED, and First Aid Certification. Great camp idea for scouts, older siblings or junior camp counselors.

## TINKERGARTEN

JUNE  
24


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.



## 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 EVENTS

SCAN WITH YOUR   
TO REGISTER FOR  
THESE EVENTS



## **SUMMER HUSTLE 5K**

**JUNE  
30**

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!

## **FAMILY FRIENDS CPR**

**JULY  
07**

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.

## **BABYSITTER 3 DAY CAMP**

**JULY  
08**

Enhance your babysitting skills and safety knowledge! Learn the business of being a good babysitter through safety skills, etiquette, marketing, choosing age appropriate activities and knowing what parents are looking for when they hire a babysitter. Participants earn Babysitter Certification, American Heart CPR, AED, and First Aid Certification. Great camp idea for scouts, older siblings or junior camp counselors.

## **TREE CLIMBING**

**JULY  
13**

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.

## **BALANCE KIDS CLINIC**

**JULY  
28**

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 long skill.

# Health & Wellness Calendar



## HEALTH AND WELLNESS - JUNE & JULY

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](mailto:wellness@alpharetta.ga.us) or call us at 678-297-6194.

Calendar reads Monday - Sunday classes for the month of June & July.



**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+

# June & July

## 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

### Bone Health Yoga Class Canceled

June 12th - 14th

## 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

### Alpharetta Barre Class Canceled

June 11th-20th  
July 17th - 18th  
July 31st - August 1st



# SPORT NEWS



## THE SPORT NEWS

# ADULT ATHLETICS

1

### Softball

Adult Softball - Men's and Coed  
USSSA League.

2

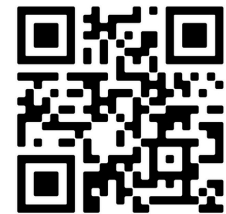
### Basketball

Adult Basketball - three different  
leagues / 8 games

3

### Flag Football

Adult Flag Football - NIRSA coed  
league



SCAN ME



City of Alpharetta Adult Athletics  
[athleticprograms@alpharetta.ga.us](mailto:athleticprograms@alpharetta.ga.us)  
678-297-6130



# 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](mailto:hello@bikealpharetta.org)  
or  
[bikealpharetta.org](http://bikealpharetta.org)



## ZEN RIDES

Informal "Zen Rides" on the first Friday of each month from Jekyll Brewing, from 5:30-6:45om.

## 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](http://bikealpharetta.org)







# Alpharetta Parks

LOCATION

*Live Well...Be Cool...Have Fun!*





**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

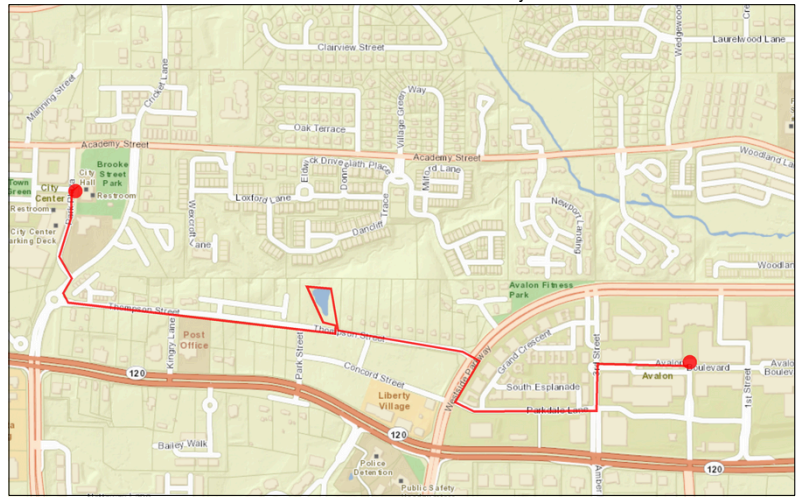
## DOWNTOWN WALKS

City Center Stroll - 0.75 mile

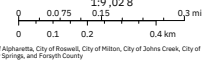
Taste of Alpharetta Loop - 1 mile

Downtown to Avalon - 3 mile round trip

Avalon Walk 1.5 mile one way



October 14, 2019

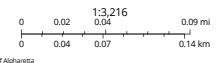


City of Alpharetta, City of Roswell, City of Milton, City of Johns Creek, City of Sandy Springs, and Forsyth County  
City of Alpharetta Georgia  
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Taste of Alpharetta Loop 1.1

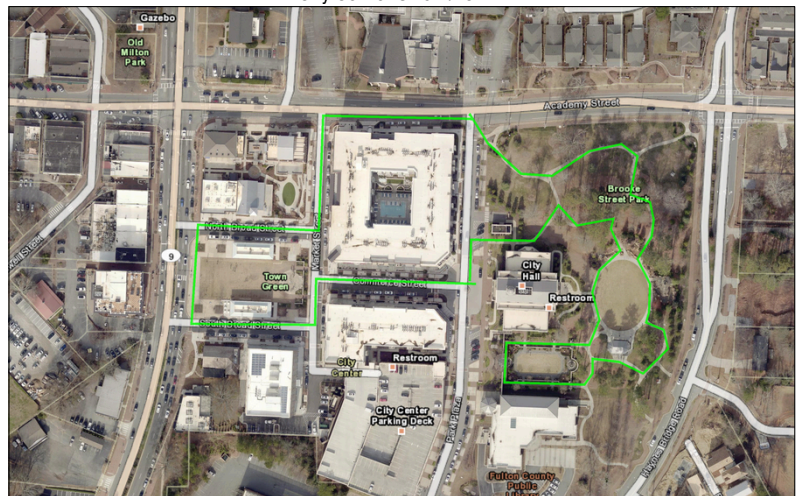


1/30/2024

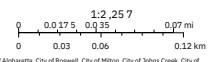


City of Alpharetta

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.**

