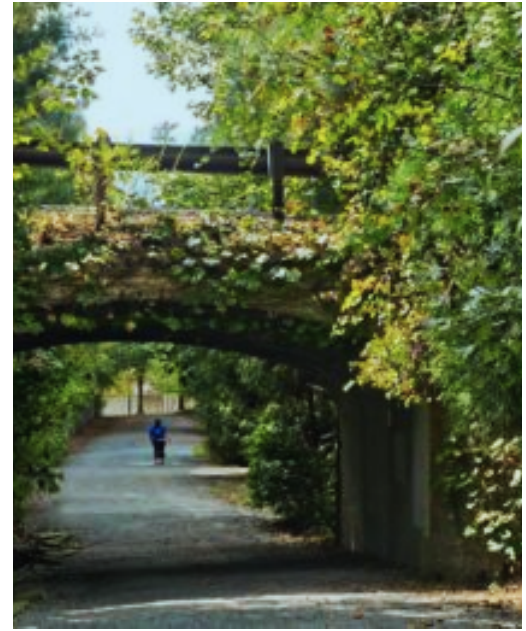




# Health & Wellness



## About

### HEALTH AND WELLNESS

Alpharetta's Health & Wellness Program provides a wide range of opportunities aimed at enhancing both physical and mental health. The programs are thoughtfully crafted for all ages and skill levels, encouraging everyone to participate in diverse activities that foster community connections and educational growth.

Throughout the year, new events and classes are introduced. You can find the complete schedule featured in this newsletter.

## Inside:

Health and Wellness Events  
(registration required)

Free Health & Wellness  
Class Schedule

Location Addresses

Trail Map and Distance

2025 POWER HOUR  
at Town Green

**JAN  
03**

## BABYSITTER BOOTCAMP

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. This is a great class for older siblings, camp counselors, neighborhood babysitters, children coming home from school alone, and Girl & Boy Scouts

**JAN  
19**

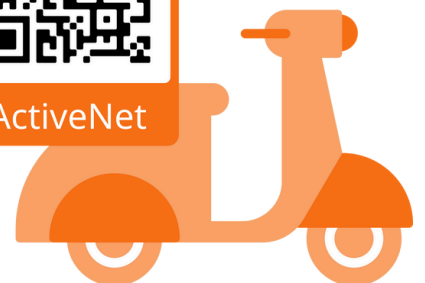
## BIKE RIDING CLINIC

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.



ActiveNet

SCAN WITH YOUR   
TO REGISTER FOR  
THESE CLASSES



CITY OF *Alpharetta*  
*Health & Wellness*

## Calendar

### HEALTH AND WELLNESS: JAN-FEB

The Health and Wellness calendar is revised each month and may not account for last-minute class cancellations.

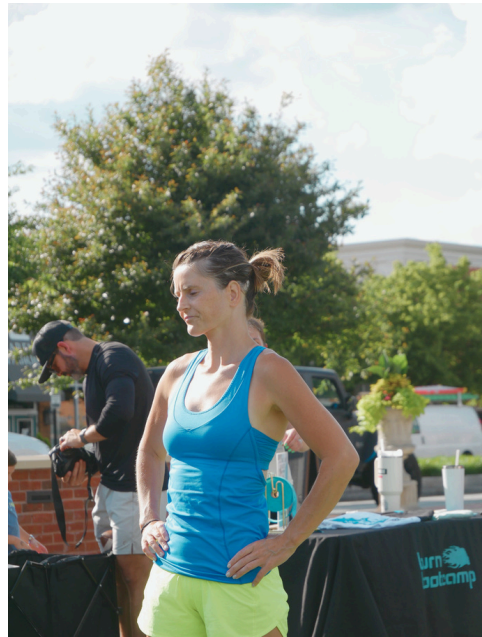
All Health and Wellness Fitness sessions are FREE and available to everyone who wishes to participate. To stay updated on class cancellations, please follow us on Instagram @alpharettaparks. For any inquiries, feel free to email us at [wellness@alpharetta.ga.us](mailto:wellness@alpharetta.ga.us) or call us at 678-297-6194.

The calendar features classes from Monday to Sunday for the month of January and February.



**NORTHSIDE HOSPITAL**  
ORTHOPEDIC INSTITUTE

SPORTS MEDICINE





CLASS	TIME	LOCATION	SCHEDULE	AGES
50+Yoga	8:45-9:45am	Adult Activity Center	Mon,Wed, Fri	50+
Chair Yoga	10-11am	Adult Activity Center	Mon,Wed,Fri	50+
<b>Total Fitness (Step Class)</b>	9:30-10:30am	Wills Park Recreation Center	Mon, Wed, Fri, Sat	16+
<b>Tai Chi</b>	10-11am	Adult Activity Center	Mon, Wed, Fri	50+
<b>Aerobics (Instructor or Video)</b>	11am-12pm	Adult Activity Center	Mon, Wed, Fri	50+
Cardio Dance - Bilingual	6:30-7:30pm	Wills Park Recreation Center	Tue,Thu	All ages
<b>Yoga with Magda</b>	7:30-8:30pm	Wills Park Recreation Center	Tue	All ages
Alpharetta Barre	9:30am-10:15am	Preston Ridge Community Center	Wed	40+
Strength and Stretch with Alpharetta Barre	10:30am-11:15am	Preston Ridge Community Center	Wed	40+
Alpharetta Barre (essentrics)	9:30am-10:15am	Preston Ridge Community Center	Thu	40+
TriYoga	11am-12pm	Preston Ridge Community Center	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 <hr/> Adult Activity Center	Tue <hr/> Thu	40+ <hr/> 50+
Beginner Line Dance	11am-11:50am	Preston Ridge Community Center <hr/> Adult Activity Center	Tue <hr/> Thu	40+ <hr/> 50+



## Health & Wellness Notes

- Lift Yoga Classes will commence on the first weekend of April.
- Outdoor classes will take place from April - October
- "Zumba with Erika" will not be held on the third Tuesday of each month.

Please note that yoga mats are not provided.

## Class Cancellation

All class cancellations will be communicated via the @alpharettaparks Instagram page or will be included in the newsletter.

For inquiries related to Health & Wellness, please reach out to us at 678-297-6194.

# 2025

— HAPPY NEW YEAR —







# 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
- NEW "Pocket Park" - Waters Road Park: 3395 Kimball Bridge Road
- NEW "Pocket Park" - Mid Broadwell Park: 1480 Mid Broadwell Road



# CITY OF Alpharetta 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

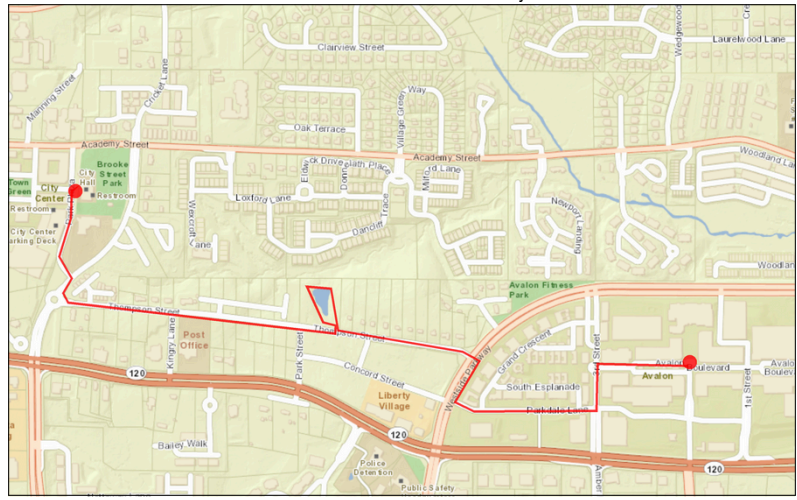
City Center Stroll - 0.75 mile

Taste of Alpharetta Loop - 1 mile

Downtown to Avalon - 3 mile round trip

Alpha Loop NEW\*

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  
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Taste of Alpharetta Loop 1.1

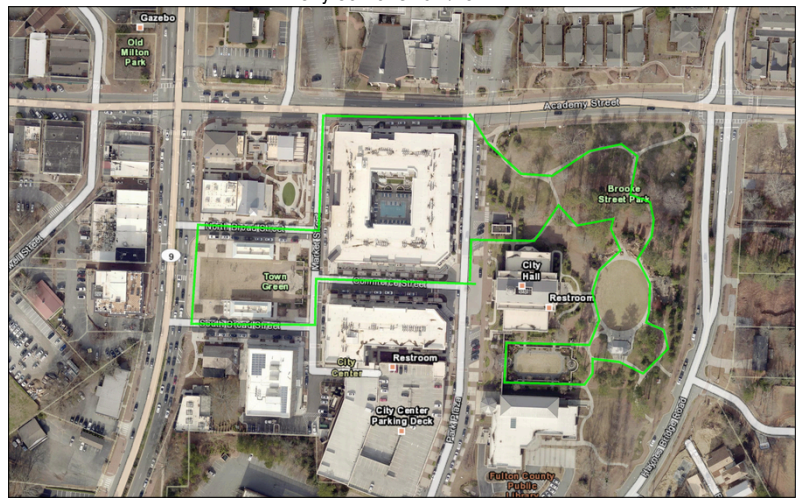


1/30/2024

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 0.0175 0.035 0.07 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



CITY OF *Alpharetta*  
*Health & Wellness*

## Power Hour

AT TOWN GREEN

Join us for FREE community workouts with local fitness groups!

April - June & August - October