

Aquatic Group Fitness Classes

Jan/Feb/March

2025

FOR QUESTIONS PLEASE CALL **770-793-7300**

Please note: Class times are 60 minutes unless otherwise noted. Instructors and classes are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30am (45min) <i>Hydro Pump</i> Katie ♥♥♥	7:00am <i>Cardiac Rehab</i> Open Pool Unavailable	7:00am (45 min) <i>Aqua Flow</i> Meg ♥	8:30am <i>A+ Barre 360</i> Brittany	8:30am <i>A+ Barre 360</i> Katie	9:30 am (45 min) <i>Hydro Pump</i> Will ♥♥♥	1:00pm (45 min) <i>Aqua Freestyle</i> Maria ♥♥
11:00am <i>Hydro Tone</i> Amber ♥♥	9:30am (45 min) <i>Adaptive Movement</i> Brittany ♥	9:30am <i>Hydro Power</i> Katie ♥♥♥	9:30am (45 min) <i>Adaptive Movement</i> Brittany ♥	9:30am <i>Hydro Power</i> Amber ♥♥♥		
4:00pm <i>A Healthier You</i> Open Pool Unavailable	11:00am <i>Hydro Fit</i> Brittany ♥♥	11:00am (45 min) <i>Aqua Freestyle</i> Will ♥♥	11:00am <i>Hydro Fit</i> Katie ♥♥	11:00am <i>Hydro Fit</i> Will ♥♥		
5:00pm <i>WaterWerks</i> Gi ♥♥♥	12:30pm <i>Rock Steady Boxing</i> Open Pool Unavailable	12:00pm <i>A+ Functional Fusion</i> Will	12:00pm <i>Cardiac Rehab</i> Open Pool Unavailable	5:00pm <i>A Healthier you</i> Open Pool Unavailable		
6:15pm (45 min) <i>AquaPilates</i> Gi ♥♥	1:15pm <i>A Healthier you</i> Open Pool Unavailable	4:00pm <i>A+ Step Trifecta</i> Gi	1:15pm <i>A Healthier you</i> Open Pool Unavailable			
	5:30pm <i>Hydro Power</i> Will ♥♥♥	5:30pm <i>Boot Camp</i> Gi ♥♥♥	5:30pm <i>Hydro Power</i> Will ♥♥♥			

Group Fitness Classes

Aquatics+ Small Group Training- **Paid Sessions**

A Healthier You/Cardiac Rehab/Rock Steady Boxing- **Special clearance needed**

♥ *Lower Level Intensity Class*

♥♥ *Medium Level Intensity Class*

♥♥♥ *Higher Level Intensity Class*

My I Club QR Code and Link Here



Wellstar Health Place

Monday- Friday 4:45AM-9:00PM

Saturday & Sunday 8:00AM-5:00PM

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No swimming skills required for these classes

ADAPTIVE MOVEMENT This specialized class is designed for the recovery and maintenance of chronic disease processes including (but not limited to) arthritis, stroke, metabolic disorders, cancer or surgery. The class will focus on exercises to increase strength, flexibility, and mobility. (45 minutes)

AQUA FLOW This class is designed for the maintenance of chronic diseases including (but not limited to) arthritis, stroke, metabolic disorders or surgery. Using fluid movements, this class will increase mobility while focusing on improving posture and balance. This low intensity class will utilize movements of yoga to include stretching and core exercises. (45 minutes)

AQUA FREESTYLE This moderate-level intensity class will be a total body workout including cardio, balance, and strength. Equipment will be used to target the most daily underused muscles in the body. Designed to keep participants moving efficiently through each movement at their appropriate capability. (45 minutes)

AQUA PILATES This intermediate-level class, uses a variety of equipment to build core strength and stability. Designed for those who wish to improve flexibility, posture, and balance. (45 minutes)

BOOT CAMP Based on interval training, power drills, and speed bursts. Designed for those who wish to obtain a full cardiovascular workout while using the natural resistance of the water to help increase strength, speed, power, endurance, core strength and range of motion. (60 minutes)

HYDRO FIT This intermediate-level class, which includes cardio, strength and stretching, uses a variety of equipment to increase the heart rate and build muscle mass. (60 minutes)

HYDRO POWER This high-intensity class includes cardio to increase the heart rate, burn calories, and increase metabolism. Equipment may be used to maximize intensity and increase strength. (60 minutes)

HYDRO PUMP Dive into Hydro Pump for an aquatic resistance training class that sculpts and strengthens every major muscle group. Get ready to make waves and boost your muscular strength and power in a refreshing, efficient full-body workout. (45 minutes)

HYDRO TONE This light-intensity class includes cardio movement, strength and stretching using a variety of equipment. A deep-water portion may be included. Designed for those who wish to start with a light workout to build strength and endurance. (60 minutes)

WATER WERKS This medium-high intensity WERKout is a great way to get your heart pumping and burn calories. Various exercise equipment may be utilized. The use of a floatation device is optional to decrease stress and impact on joints or increase muscle exertion. (60 minutes)