

# Aquatic Group Fitness Classes

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

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

## September 2025

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

- Group Fitness Classes
- Aquatics+ Small Group Training- **Paid Sessions**
- A Healthier You/Cardiac Rehab/Rock Steady Boxing- **Special clearance needed**

- ♥ *Lower Level Class*
- ♥♥ *Medium Level Class*
- ♥♥♥ *Higher Level Class*

My I Club QR  
Code and Link  
Here



## Wellstar Health Place

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

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

FOR QUESTIONS PLEASE CALL 770-793-7300

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)

**45 Splash** 45 Splash is a mix of aqua cardio, strength, stretch, flexibility, balance, dance and fun! This low to mid-level class will keep you moving mentally and physically. The mystery is in the mix and WHATEVER it is; you will be splashing! (45 minutes)