

# Aquatic Group Fitness Classes

# June/July 2026

FOR QUESTIONS PLEASE CALL 770-793-7300

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30am (45min) Hydro Pump Katie	7:00am Cardiac Rehab Open Pool Unavailable	7:00am (45 min) Aqua Flow Meg	8:30am A+ Barre 360 Katie	11:00am Hydro Fit Meg	9:30am (45 min) Aqua Freestyle Maria	
11:15am Hydro Fit Katie	10:15am Aqua Motions Katie	10:15am Hydro Power Katie	9:30am (45 min) Adaptive Movement Katie	5:00pm A Healthier you Open Pool Unavailable		
4:00pm A Healthier You Open Pool Unavailable	12:30pm Rock Steady Boxing Open Pool Unavailable	5:30pm Bootcamp Gi	11:00am Hydro Fit Katie			
5:15pm (45 min) 45 Splash Gi	1:30pm A Healthier you Open Pool Unavailable		12:15pm Cardiac Rehab Open Pool Unavailable			
6:15pm (45 min) AquaPilates Gi	5:30pm Hydro Power Jamella		1:30pm A Healthier you Open Pool Unavailable			
			5:30pm Hydro Fit Graham			

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

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

*No swimming skills required for these classes.*

My I Club QR Code and Link Here



## Wellstar Health Place

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

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

**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)

**AQUA MOTIONS** This specialized class is designed to incorporate cardio, strength training, and stretching; the class focuses on improving strength, flexibility, mobility, and overall endurance. Participants will use a variety of equipment to safely increase heart rate, build muscle mass, and enhance functional movement and daily wellness. (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)