

CLASS DESCRIPTIONS

AquaJoint

Specialized classes designed to improve joint flexibility & muscular strength while reducing joint pain and stiffness. Classes are approximately 45 minutes in length and instructed by certified Arthritis Foundation instructors. **Physician referral is required** – call 770-793-7313 for more information.

AquaFlex

30 minutes designed to improve flexibility, balance & coordination.

Cardiac Rehab

Call 770-793-7455 for additional information.

HydroLite, HydroFit & HydroPower

Health Place members take your cardio workout to the water! Hydro classes build cardiovascular endurance, improve strength & enhance flexibility. **HydroLite** is a 50-60 minute beginner, lighter paced level class, **HydroFit** is a 50-60 minute intermediate level class, while **HydroPower** is a more advanced 50-60 minute workout for those wanting more intensity. Water exercise is an excellent low/non-impact workout that relies on the water resistance to achieve an effective workout. Swimming skills are not necessary.

HydroMix

This class offers the best of both HydroFit & HydroPower! An excellent class if you are looking for a lot of variety & energy.

New Kids

“New Kid’s on the Block” is an exercise program designed for those 50 years and older. Class registration is required. For additional information, call 770-793-7309.

Swim Lessons

Swim lessons are available year round for children ages 6 months to 11 years of age and are open to children of Health Place members and the Community. Adult lessons are also available for ages 12 and up. For additional information, please call 770-793-7462.

Aquacuts

Cardio interval class with simple moves using various pieces of equipment for sculpting.