

WellstarHealth Place

Aquatic Group Fitness Modified Schedule

Time	M	T	W	TH	F	SA	SUN
8:00 am						Hydro Fit (8:05am) Jessica	
9:30 am	Hydro Power Jessica	Adaptive Movement Kate	Hydro Power Gi	Adaptive Movement Kate	Hydro Power Kimberly		
10:30 am							Hydro Power Jessica
11:15 am	Hydro Fit Jessica		Hydro Fit Gi		Hydro Fit Kimberly		
11:30 am		Hydro Power Gi		Hydro Power Gi			Hydro Fit Jessica
1:30pm		Hydro Fit Meg		Hydro Fit Meg			
5:30 pm	Deep Water Gi	Hydro Power Karina	Boot Camp Gi	Hydro Power Karina			

330 Kennestone Hospital Blvd.

Marietta, GA 30060

Healthplaceswim@wellstar.org

Please click or scan the QR code to register for your class today!



Instructors are subject to change without notice.

*This is a temporary modified schedule. Any class with consistently less than 6 people will be removed from the schedule.
Thank you for your patience during this transition time.
The Aquatics Department*

WellstarHealth Place

Aquatic Group Fitness Class Descriptions

***No swimming
skills required for
these classes.***

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. A deep-water portion may be included. Class is 50-60 minutes in length.

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. Class is 50-60 minutes in length.

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. Classes may include a deep-water portion with a flotation device (optional). This is a similar format as the Arthritis Foundation classes but more adaptive to assist special medical conditions. Class is 45 minutes in length.

DEEP WATER

This medium-high intensity water workout is a great way to get your heart pumping and burn calories all while suspended with a flotation device to decrease stress and impact on joints and muscles. Class is 50-60 minutes in length.

BOOTCAMP

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. Class is 50-60 minutes in length.

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For more information, please contact Health Place at
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