

WellstarHealth Place

Aquatic Group Fitness Modified Schedule

Time	M	T	W	TH	F	SA	SUN
9:30 am	Hydro Power Savannah		Hydro Power Mary Ann		Hydro Power Mary Ann		
10:30 am		Adaptive Movement Michelle		Adaptive Movement Michelle			
11:15 am	Hydro Fit Savannah		Hydro Fit Mary Ann		Hydro Fit Mary Ann		
11:30 am		Adaptive Movement Michelle		Adaptive Movement Michelle			
5:30 pm		Hydro Power Savannah		Hydro Power Savannah			

330 Kennestone Hospital Blvd.
Marietta, GA 30060

HealthPlaceSwim@wellstar.org

Instructors are subject to change without notice.

*This is a temporary modified schedule. Thank you for your
patience during this transition time.
The Aquatics Department*

ONLY TWO LAP LANES
AVAILABLE.
NO SHARING LANES.
LAP SWIMMING WILL BE
TEMPORARILY LIMITED, CLICK
OR SCAN THE QR CODE TO
REGISTER FOR YOUR LANE.

To ensure your spot, scan or click to QR Code to register
for your spot. Space is limited so be sure to register today!



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Aquatic Group Fitness Class Descriptions

*No swimming
skills required for
these classes.*

HYDRO FIT 50-60 minutes

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.

HYDRO POWER 50-60 minutes

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.

ADAPTIVE MOVEMENT 45 minutes

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.

To ensure your spot, scan or click to QR Code to register
for your spot. Space is limited so be sure to register today!



**** Water Assessments****

The Aquatics Department offers one free water safety assessment by an aquatic specialist for any member or guest before participation in Adaptive Movement classes. Independent entry and exit of the pool, buoyancy and recovery are tested for safety and maximization of the aquatic experience. A lifeguard is on duty during the assessment.

330 Kennestone Hospital Blvd.
Marietta, GA 30060
770-793-7300

For more information, please contact Health
Place at HealthPlaceSwim@wellstar.org.