

Health and Wellness Schedule for 2nd Quarter 2022

The schedule below is a 6-week class schedule.

Classes will begin **April 11th** and end **May 20th**.

Fitness class registration will be held Tuesday, March 29th through Thursday, March 31st, 9am – 2pm.

For Land Fitness Registration and Open Gym Appointments, please call- 404-612-2306 or 678-675-7541

For Aquatics Class Registration and Open Pool Appointments, please call- 404-612-2316 or 470-845-3905

Land Fitness

Virtual Classes:

Mondays: Cardio Strength 10:00 AM

Wednesdays: Cardio Circuit 10:00 AM

Hybrid Classes (In-Person & Virtual):

	<i>Time</i>	<i>Location</i>	<i>Class Capacity</i>	
Tuesday:	Chair Yoga	10:00AM	MPDH	20
Wednesday:	Theraband	9:00AM	MPDH	20
Wednesday:	Strength and Balance	10:00AM	MPDH	20
Thursday:	Flexibility	9:00AM	MPDH	20
Thursday:	Cardio Fun!	10:00AM	MPDH	20
Friday:	Cardio Tabata	10:00AM	MPDH	20

******For Virtual and Hybrid Class Links please check the weekly DSS Virtual Class Schedule******

In-Person:

Tues & Thurs:	Circuit Training	10:00AM	Gym	6
Tues & Thurs:	Circuit Training	11:00AM	Gym	6

******Circuit Training Classes are 50 minutes***

Mon, Wed, Fri:	Open Gym	9:00PM – 4:00PM		6
Tues & Thur:	Open Gym	1:00PM – 4:00PM		6

******Open Gym by Appointment Only******

Mon & Wed:	Tennis	11:00AM – 12:30PM	Tennis Court	16
Tuesday:	Walk-4-Life	9:00AM – 10:00AM	Mount Vernon Neighborhood	8
Thursday	Walk-4-Life	9:00AM – 10:00AM	Mount Vernon Neighborhood	8
Tue & Fri	Bocce	10:00AM – 12:00PM	Bocce Court	16

Aquatics Classes

In-Person:	Time		Location	Capacity
Monday & Wednesday	9:00AM – 9:45AM	Water Aerobics I	Pool	10
	10:00AM – 10:45AM	Water Walking	Pool	10
	11:00AM – 11:45AM	Water Aerobics II	Pool	10
	1:00PM – 1:45PM	Suspended & Weightless	Pool	10
Tuesday	10:00AM - 10:45AM	Aqua Bike	Pool	10
Tuesday & Thursday	11:00AM – 11:45AM	Water Aerobics I	Pool	10
	1:00PM – 1:45PM	Water Aerobics II	Pool	10
Thursday	10:00AM – 10:45AM	Aqua Bike	Pool	10
Monday – Thursday	2:00PM – 4:00PM		Open Pool	6
Friday	9:00AM – 12:00PM		Open Pool	6
	1:00PM – 4:00PM		Open Pool	6

*****Open Pool by Appointment Only*****