

Senior Wellness Center
1150 Powder Springs St, Marietta GA 30064
(770) 528-5355
January 2024

Registration for classes begins Monday 8,2024. Winter 2024 classes begins Tuesday,16 2024.

MONDAY

Jazz Dance Fitness #35818

Instructor: Mary Ann Colanero

January 22 - March 25

10:00 am - 11:00 am

\$10.00

Join Mary Ann for this fun fitness class celebrating artistic Jazz without any advance technical elements (i.e., leaps, turns, tricks) required. Suitable for all fitness levels.

Beginner Tai Chi Qigong #35823

Instructor: Julia Yuxia Zhao

January 22 - March 25

1:00 pm - 2:00 pm

\$30.00

Tai Chi Qigong (pronounced “chee-gung”) is a type of gentle exercise, particularly beneficial for promoting health which emphasizes complete relaxation and is essentially a form of “meditation in motion”. It can enhance the sensitivity of the nervous system, alleviate fatigue, improve blood circulation, boost resilience, and lengthen life. Suitable for all fitness levels.

Yoga Basics #35824

Instructor: Carmen George

January 22 - March 25

2:30 pm - 3:30 pm

\$30.00

Yoga basics focuses on basic work, slow movement, and balance. Emphasis is placed on individual understanding and capabilities; everyone is encouraged to participate at their own comfort levels. Participants will need to bring their own mat and towel. Suitable for all fitness levels.

TUESDAY

Paint Like Bob Ross – Basic #35831

Instructor: Angela Sigari

January 23 - February 27

10:00 am - 12:00 pm

\$36.00

These Basic classes are perfect for the beginning painter, yet suitable for all skill levels. Come and enjoy creating landscapes, seascapes, and floral paintings. This Bob Ross Certified

Instructor-led classes allow you to create 'happy little clouds' with his simplistic method where there are no mistakes, only 'happy little accidents'. Participants will leave each 2-hour class with a finished masterpiece all their own. \$35.00 supply fee payable to instructor at first class.

Beginner Soul Line Dance with Bunny #35846

Instructor: Vivian Denman

January 23 - March 26

11:00 am - 12:00 pm

\$30.00

Line dancing is a group of people dancing, often in lines, to a repeating sequence of choreographed steps. This class is a fun way to stimulate the mind and body, meet new friends, and have a great time with music and movement. Suitable for all fitness levels.

Paint Like Bob Ross - Basic Plus #35847 Cancelled

Instructor: Angela Sigari

January 16 - February 20

1:00 pm - 3:00 pm

\$36.00

These classes are for those who have some experience painting, have taken the Bob Ross Basic class, feel confident to move forward or need minimal one-on-one instruction. This Bob Ross Certified Instructor-led classes will still paint "happy little clouds" as well as encourage you to step out of your comfort zone to delve into different techniques and styles. Participants will leave each 2-hour class with a finished masterpiece all their own. \$35.00 supply fee payable to instructor at first class.

Intermediate Soul Line Dance with Bunny #35848

Instructor: Vivian Denman

January 23 - March 26

1:00 pm - 2:00 pm

\$30.00

This class is intended for dancers who are comfortable learning longer choreography with more complex steps and segments. Pre-requisite: previous line dancing experience required.

WEDNESDAY

Chair Yoga #35849

Instructor: Carmen George

January 17 - March 20

11:45 am - 12:45 pm

\$30.00

Chair Yoga emphasizes the needs and capabilities of the individual. Each student is encouraged to participate at their own comfort levels. In this class you will have the ability to use a chair to help with movements. Participants will need to bring their own mat and towel. Suitable for all fitness levels.

Beginner Yoga #35850

Instructor: Carmen George

January 17 - March 20

1:00 pm - 2:00 pm

\$30.00

Beginner yoga is appropriate for those who want a softer, slow-paced, and relaxing practice. The approach includes carefully orchestrated movements, controlled pressure, and well-measured stretches. A gentle yoga style encourages a highly individualized approach to practice; meeting yoga students “where they are.” All fitness levels welcome. Please bring yoga mat to class.

THURSDAY**Painting with Linda #35851**

Instructor: Linda Cherry

January 18 - March 7

10:00 am - 12:00pm

\$48.00

Learn great techniques to help bring out that artist in you. In this 8-week session you will complete 3- 4 paintings. All classes are designed to build confidence whether you have been painting or have always wanted to start. Supply list provided at the front desk, please purchase items before the first class.

Intermediate Tai Chi Qigong #35853

Instructor: Julia Yuxia Zhao

11:30 am - 12:30 pm

January 18 - March 21

\$30.00

Tai Chi Qigong (pronounced “chee-gung”) is a type of gentle exercise, particularly beneficial for promoting health which emphasizes complete relaxation and is essentially a form of “meditation in motion”. It can enhance the sensitivity of the nervous system, alleviate fatigue, improve blood circulation, boost resilience, and lengthen life. Pre-requisite: previous Tai Chi Qigong experience.

Health, Strength, & Mobility #35854

Instructor: David Shipley

January 18 - March 21

2:00 pm - 3:00 pm

\$30.00

Beginner Health, Strength & Mobility engages cardiovascular, neuromuscular, and balance systems while practicing martial art movements from China, Okinawa, and Japan. The class will allow each participant to use variable intensity and variable speed, training at their own level of comfort. Suitable for all fitness levels.