

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

Registration for classes begin Monday March 18, 2024. Classes begin Monday, April 1, 2024.

MONDAY

Jazz Dance Fitness #37425

Instructor: Mary Ann Colanero

April 1 - June 3 (No Class April 8; May 6; May 27)

10:00 am - 11:00 am

\$7.00

Join Mary Ann for this fun 8-week session 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 #37428

Instructor: Julia Yuxia Zhao

April 1 - June 3 (No Class May 27)

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 #37431

Instructor: Carmen George

April 1 - May 6

2:30 pm - 3:30 pm

\$18.00

In this 6-week session, learn yoga basics which 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

Beginner Line Dancing with Leslie #37766

Instructor: Leslie Thompson

April 2 - June 11 (No Class May 21)

\$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-II #37435

Instructor: Angela Sigari

April 30 - May 17 (Tuesdays & Fridays)

10:00 am - 12:00 pm

\$36.00

This class is designed for those who have some experience painting, but suitable for all skill levels. In this 3-week session with 2 classes per week, the Bob Ross Certified Instructor-led classes create landscapes, seascapes, and floral paintings with “happy little trees and clouds”, while encouraging you to step out of your comfort zone to delve into slightly different techniques and styles to paint more independently. Participants will leave each 2-hour class with a finished masterpiece all their own. **\$35.00 supply fee payable to instructor first class.**

Paint Like Bob Ross -I #37436

Instructor: Angela Sigari

April 30 - May 17 (Tuesdays & Fridays)

1:00 pm - 3:00 pm

\$36.00

This class is perfect for the beginning painter, yet suitable for all skill levels. In this 3-week session with 2 classes per week, enjoy creating landscapes, seascapes, and floral paintings. The Bob Ross Certified Instructor-led classes allow you to create ‘happy little trees and 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 first class.**

WEDNESDAY**Chair Yoga #37437**

Instructor: Carmen George

April 3 - May 8

11:45 am - 12:45 pm

\$18.00

Chair Yoga emphasizes the needs and capabilities of the individual. Each student is encouraged to participate at their own comfort levels in this 6-week session. 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 #37438

Instructor: Carmen George

April 3 - May 8

1:00 pm - 2:00 pm

\$18.00

In this 6-week session, beginner yoga is 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 #37439

Instructor: Linda Cherry

April 4 - May 9

10:00 am - 12:00 pm

\$36.00

Learn great techniques to help bring out that artist in you. In this 6-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 #37440

Instructor: Julia Yuxia Zhao

April 4 - June 6

11:30 am - 12:30 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. Pre-requisite: previous Tai Chi Qigong experience.

Health, Strength, & Mobility #37443

Instructor: David Shipley

April 4 - June 6

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.

FRIDAY

Intermediate Line Dancing with Leslie #37767

Instructor: Leslie Thompson

April 5 - June 7

11:30 am - 12:30 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.