

Tim D. Lee Senior Center (770-509-4900)

Spring 2024

Registration for Spring classes begins on Monday, March 18 at 9:00 a.m.

Registration is required for all classes.

Monday

Zumba # 37422

Instructor: Kevin Jaycox

April 1 – June 10 (No class 4/29, 5/27)

8:15a.m. – 9:15a.m.

\$27; Registration required

Zumba is a dance fitness class. It is very fun, and you won't feel like you are exercising. You can expect to tone your entire body while targeting many muscle groups. It boosts your heart health as well as aerobic benefits. No previous experience necessary. Move at your own pace.

Kettlebell Exercise # 37413

Instructor: Margaret Souter

April 1 – June 10 (No class 5/27)

9:30a.m. - 10:30a.m.

\$30; Registration required

- **Prerequisite: Intermediate Strength Training**

A challenging class for the fit senior looking for a strength-based workout. Must be a regular exerciser and in a good health, not for beginners. We will be using a Kettlebell (use KettleBell size that you are most comfortable with). Weighted balls, dumbbells, and bands will be used as well. Dress to sweat.

Spanish – Beginner # 37430

Instructor: Giulietta Glade

April 1 – May 27

10:00a.m. – 11:00a.m.

\$21; Registration required

This class focuses on the development of communication grammar and four language skills of: listening, speaking, reading, and writing. These four skills will be approached and practiced in order to help students immerse and interact in a Spanish language context. ***Books Required: Middle/High School by Cynthia Downs. Easy Spanish Step by Step by Barbara Bregstein.***

Wisdom Warrior Yoga # 37434

Instructor: Belinda Vogel

March 25 – May 20

10:45a.m. - 11:45a.m.

\$27; Registration required

Alignment based yoga for beginner, intermediate, and advanced yogis, focusing on beginner and intermediate poses. Slow pace and long holds incorporating breath work and balance. ***Please bring: a yoga mat, yoga blocks, yoga straps (8' is best but 6' will work or a long thin belt with a small buckle), knee cushion if kneeling is challenging (optional).***

Spanish –Advanced/Conversational # 37433

Instructor: Giulietta Glade

11:05a.m. – 12:35p.m.

April 8 – May 13

\$32; Registration required

Advanced Spanish is a course designed to develop student fluency in communication with increased linguistic accuracy. Students will develop greater proficiency in the four language skills (listening, speaking, reading, and writing) while deepening insight into Spanish-speaking culture. We will dedicate the first hour to grammar.

Required Books: *Easy Spanish Step by Step* by Barbara Bregstein , *Painless Spanish* by Carlos B. Vega, *Spanish Verb Tenses* by Dorothy Richmond (recommended but not required).

Drumstick Fitness # 37449

Instructor: Jolanta Osoba-Olbrys

April 22- June 3 (No class 5/27)

12:00p.m. – 12:45p.m.

\$18; Registration required

The class consists of drumming, cardio, and strength training. It fuses cardio interval training with drumming to provide a challenging, heart-pumping workout. The constant up-and-down drumming targets your inner and outer thighs, and core.

Smoveys Workout # 37454

Instructor: Jolanta Osoba-Olbrys

April 22- June 3 (No class 5/27)

1:00p.m. – 1:45p.m.

\$18; Registration required

Join us for this new, fun, and innovative exercise program, which promotes general fitness, weight loss, and provides therapeutic benefits. Smoveys' are a pair of molded hollow rings and each contains four stainless steel balls. Benefits include balance, stability, mobility, endurance, and coordination.

Hollow rings are provided if you do not already have your own. However, space is limited, so please bring your own rings if you have them.

Absolute Beginner Line Dance # 37458

Instructor: Gay Davis

April 8- June 10 (No class 5/27)

2:15p.m. – 3:15p.m

\$27; Registration required

Learn the basic art of line dance using proper dance techniques. Dance to a wide variety of music from pop, rock and country. This class is for the beginners with little or no experience. Wear comfortable clothing and comfortable shoes.

Beginner Line Dance # 37460

Instructor: Gay Davis

April 8- June 10 (No class 5/27)

3:30p.m. – 4:30p.m

\$27; Registration required

Continue learning the art of line dancing as a beginner dancer in a fun atmosphere. Must have basic knowledge of line dance steps. Dance to a wide variety of music from pop, rock and country. Wear comfortable clothing and comfortable shoes.

Tuesday

Intermediate Strength Training # 37461

Instructor: Margaret Souter

April 2 – June 4

8:45a.m. – 9:45a.m.

\$30; Registration required

You must already exercise regularly and be in good health. ***This class is not recommended for beginners.*** If you have not attended a strength class before, you will find this class challenging yet invigorating. This class is full body strengthening with the use of hand weights and a band. Athletic shoes and appropriate clothing required. ***Please bring your own mat and weights. (Weights based on your personal preferences. We do not recommend weights exceeding 15 pounds).***

Intermediate/Advanced Watercolor # 37463

Instructor: Ayanna Daughtry

April 2 – April 30

10:00a.m. - 12:00p.m.

\$30; Registration required

Ready to further your skills in watercolor? Come join Intermediate/Advanced watercolor to learn new techniques and to refine your work. We will be building off the methods learned in beginning and intermediate watercolor. Each week we will paint a new picture, and by the end of the sessions, you will be more confident in your talents as a painter. **Materials:** Watercolor tubes and watercolor palette with airtight lid or watercolor set; Brushes: medium round (sizes 6 to 4), large round (sizes 8 to 10), liner or script, mop, and any other brushes that you want to practice with; watercolor paper; cold press if you want a more textured paper, or hot press for a smoother more absorbent paper; Pencil Eraser; Painter's tape; Drawing board; a little larger than your paper; Small bag of salt; white gouache Masking fluid; paper towel roll; large container for water; Cheap medium and small brush for masking fluid. **Optional:** watercolor pencils; sponges; old toothbrush.

Fitness with Jola #37464

Instructor: Jolanta Osoba-Olbrys

April 23 – June 4

11:30a.m. - 12:15p.m.

\$21; Registration required

This class is a low impact training, suitable for all fitness levels. Designed to increase muscle strength, range of movement and improve balance for daily life activities. A chair is used for seated exercises and standing support. Class may be modified depending on fitness levels. Selection of the age appropriate music makes class - fun and enjoyable.

- ***What You need to bring: hand-held weights, elastic tubing or resistance band, ball (any ball can be use but no bigger or smaller than the soccer ball), set of “drumsticks” (anything you can find at the house; spatulas, short pool noodles etc. must be at least foot long).***

Wednesday

Gentle Yoga # 37465

Instructor: Carolyn Purvis

9:15a.m. – 10:15a.m.

April 3 – May 29 (No class May 15 & 22)

\$21; Registration required

The class will start on a chair. It will include warmups, gentle flows, breath work, meditation, and balance.

Please bring: a yoga mat and a yoga block.

Intermediate Yoga # 37466

Instructor: Carolyn Purvis

10:30a.m. - 11:30a.m.

April 3 – May 29 (No class May 15 & 22)

\$21; Registration required

This is a general Hatha Yoga class (standard poses) with modification options. Must be able to get up and down off the floor by yourself. It will include warmups, gentle flows, strength work, breath work, meditation, and balance poses. ***Please bring: a yoga mat and a yoga block.***

Introduction to using Excel Microsoft #37526

Instructor: Paul Buege

May 22 – June 5

12:30p.m. – 2:30p.m.

Open Q&A - 2:30p.m.—3:30p.m.

\$3; Registration required

Prerequisite: Basic understanding of making inputs using a mouse or touchpad, using the desktop/taskbar/start menu, organizing/saving files and folders, and performing basic cut/copy/paste techniques. Students are expected to provide their own computer with windows 10 or 11 operating System and which has excel version 2010 or later or office 365 installed. This course will review the layout of an excel worksheet (workbook), explain the meaning, and use of nine different shapes of the mouse pointer in a worksheet; how to enter, modify, format and delete data; how to create and work with formulas.

Beginner Tai Chi # 37467

Instructor: Sachiko Hirata

April 3 – May 22

11:45a.m. - 12:45p.m.

\$24; Registration required

Tai Chi is often characterized as a moving meditation. The form focuses on self-cultivation, integrates both physical and mental energy mechanics, promotes relaxation, and builds a sense of presence and awareness. Please wear comfortable, flexible shoes with a good grip to avoid slipping.

Intermediate Tai Chi # 37468

Instructor: Sachiko Hirata

April 3 – May 22

1:00p.m. - 2:00p.m.

\$24; Registration required

Prerequisite: Beginner Tai Chi Class

Tai Chi is a "moving meditation" class for new students with the at least one year of experience. Discover the benefits of this ancient form of martial arts which will improve balance, agility, strength, and coordination. This unique class will help you flow through your everyday life. **All new people should register for the beginner's class please.**

Advanced Tai Chi # 37469

Instructor: Sachiko Hirata

April 3 – May 22

2:15p.m.– 3:15p.m.

\$24; Registration required

Pre-requisite: Intermediate Tai Chi Clas

Tai Chi is a "moving meditation." This class is for the more experienced participants with two or three years of experience. Discover the benefits of this ancient form of martial arts which will improve balance, agility, strength, and coordination. This unique class will help you flow through your everyday life.

Thursday

Zumba # 37416

Instructor: Kevin Jaycox

April 4 – June 13 (No class 5/2)

9:15a.m. – 10:15a.m.

\$30; Registration required

Zumba is a dance fitness class. It is very fun, and you won't feel like you are exercising. You can expect to tone your entire body while targeting many muscle groups. It boosts your heart health as well as aerobic benefits. No previous experience necessary. Move at your own pace.

Intermediate Strength Training # 37470

Instructor: Margaret Souter

April 4- June 6

10:45a.m. – 11:45a.m.

\$30; Registration required

You must already exercise regularly and be in good health. ***This class is not recommended for beginners.*** If you have not attended a strength class before, you will find this class challenging yet invigorating. This class is full body strengthening with the use of hand weights and a band. Athletic shoes and appropriate clothing required. ***Please bring your own mat and weights. (Weights based on your personal preferences. We do not recommend weights exceeding 15 pounds).***

Beginner Yoga # 37471

Instructor: Belinda Vogel

April 4 – May 30

12:00p.m. – 1:00p.m.

\$27; Registration required

This workshop will focus on gently easing us into yoga practice. It will include warm ups, gentle flows, breath work, meditation and balance. ***Please bring: a yoga mat, yoga blocks, yoga straps (8' is best but 6' will work or a long thin belt with a small buckle), knee cushion if kneeling is challenging (optional).***

Bob Ross Art Class # 37472

Instructor: Angela Sigari

April 4 – June 6 (No class 4/18, 4/25)

1:00p.m. - 3:00p.m.

\$42; Registration required

Plus \$35 supply fee paid to instructor at first class

Come and enjoy creating landscapes, seascapes, and floral paintings. 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'. Suitable for all skill levels. Participants will leave each 2-hour class with a finished masterpiece all their own.

Chair Yoga # 37473

Instructor: Carmen George

April 4 – May 9

2:30p.m. – 3:30p.m.

\$18; Registration required

Chair yoga is a gentle class adapting yoga poses with a chair. This class cultivates awareness and deep relaxation through meditation, breath work, and gentle stretches all without the stress of getting up and down off the floor. Some balancing postures will require to stand up with the help of the chair. Bring your own strap.

Friday**Intermediate Pilates # 37474**

Instructor: Margaret Souter

April 5 – June 7

8:45a.m. –9:45a.m.

\$30; Registration required

Pilates is a form of low-impact exercise designed to help you strengthen your muscles while improving your flexibility and body alignment. Pilates focuses on your core, low back, pelvic floor, and hips. This Intermediate Pilates workout is perfect for those of you who have mastered the basic pilates exercises and are ready for a challenge. **Not appropriate for beginners.**

Fitness with Jola # 37475

Instructor: Jolanta Osoba-Olbrys

April 26 – May 31

12:00p.m. – 12:45p.m.

\$18; Registration required

This class is a low impact training, suitable for all fitness levels. Designed to increase muscle strength, range of movement and improve balance for daily life activities. A chair is used for seated exercises and standing support. Class may be modified depending on fitness levels. Selection of the age appropriate music makes class - fun and enjoyable.

- ***What You need to bring: hand-held weights, elastic tubing or resistance band, ball (any ball can be use but no bigger or smaller than the soccer ball), set of “drumsticks” (anything you can find at the house; spatulas, short pool noodles etc. must be at least foot long).***