

North Cobb Senior Center
4100 South Main Street, Acworth, GA 30101
770-975-7740

Registration for summer 2025 classes begins Monday, June 23 at 9:00 am.

Monday

Chair Dance #47401

Instructor: Toni Stanfill

Mondays, July 7 – September 15 (no class 9/1)

10:00 am – 11:00 am

\$30.00

This is a fun & energetic workout that combines dance choreography with the use of a chair. Designed to improve flexibility, strength, and confidence. Suitable for all fitness levels, it's a playful & empowering way to move your body and express yourself. (Choice to sit in a chair or stand at a chair).

Tuesday

Yoga for Joint Health #47402

Instructor: Linda Spencer

Tuesdays, July 8 – September 9

9:30 am – 10:30 am

\$30.00

Relax your body and mind while you decrease arthritis pain. Promote stress reduction and mental clarity in a peaceful environment. Modifications for poses are offered. Please bring a yoga mat.

Tai Chi for Diabetes #47403

Instructor: Jocelyn Simpson

Tuesdays, July 8 – September 9

12:45 pm – 1:45 pm

\$30.00

This class is easy to learn and designed to prevent and improve the control of diabetes. This program is designed to minimize the risk of complications of diabetes by improving heart/lung function, muscular strength, flexibility, balance, and stress reduction.

Wednesday

Mindful Moving #47408

Instructor: Linda Nordahl

Wednesdays, July 9 – September 10

9:00 am – 10:00 am

\$30.00

This class will improve your mobility with some gentle stretching, as well as ease physical tension through relaxation and breathing techniques. Participants should be able to get up and down from the floor. Please bring your own mat, and if necessary, a cushion for your knees.

Stretch and Strengthen #47409

Instructor: Linda Nordahl

Wednesdays, July 9 – September 10

10:15 am – 11:15 am

\$30.00

This class will improve flexibility, mobility, and strength through gentle movement. Participants can do exercises standing up or in a chair.

Beginner Line Dance #47450

Instructor: Geneva Bjerklie

Wednesdays, July 30 – September 10

11:30 am – 12:30 pm

\$21.00

Lose those two left feet and be a pro on the dance floor. Learn the basic line dance steps while you groove to catchy, upbeat music.

Intermediate Line Dance: #47451

Instructor: Geneva Bjerklie

Wednesdays, July 30- September 10

12:45 pm – 1:45 pm

\$21.00

Take your line dance skills to the next level and step up your groovin' ability. Enjoy being on the dance floor with songs from country, pop, and your favorite oldies.

Thursday

Functional Zumba #47404

Instructor: Joyce Stanley

Thursdays, July 10 – September 11

10:00 am – 11:00 am

\$30.00

Move to the beat at your own speed with Zumba. This invigorating, dance-fitness class provides low-impact moves with easy-to-follow steps for those who are looking to lead a healthy, active lifestyle.

Get Fit with Angela: #47405

Instructor: Angela Crenshaw

Thursdays, July 10 – September 11

2:00 pm – 3:00 pm

\$30.00

Join us for some feel good music, fun and the ultimate chair exercise routine. This class will get you that much needed exercise that burns calories, builds strength, and helps improve your posture.

Friday

Gentle Yoga: #47406

Instructor: Deb McGhie

Fridays, July 11 – September 12

10:00 am – 11:00 am

\$30.00

Gentle class to improve strength, flexibility, stress management and mental clarity by using mindful stretch, movement, breath, relaxation. Appropriate for all levels. Please bring a yoga mat.

Chair Yoga: #47407

Instructor: Deb McGhie

Fridays, July 11 – September 12

11:15 am – 12:15 pm

\$30.00

Chair Yoga is a slow and playful practice. This class will enhance your flexibility and strength, reduce stress all while paving the way for more challenging poses with the chair. Build more power in your legs and core, while opening areas of tightness in your hips and shoulder. You will learn to concentrate on your posture and breathing.