

West Cobb Senior Center
4915 Dallas Highway Powder Springs GA 30127
770-528-8200

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

Monday

Circuit Training #47137

Instructor: Mitzi Logan

Mondays, July 7 – September 15 (no class 7/21 & 9/1)

8:50 am – 9:50 am

\$27.00

Circuit training is a total body challenge that is designed to combine resistance training and low impact aerobics. You will strengthen your heart and cardiovascular system, increase muscular strength and endurance, and improve agility, balance, and flexibility through various stations. The stations will provide you the opportunity to work at your own individual pace making the class suitable for anyone! Bring your own (light) weights.

Core & Restore #47138

Instructor: Mitzi Logan

Mondays, July 7 – September 15 (no class 7/21 & 9/1)

10:00 am – 11:00 am

\$27.00

This class will help improve and maintain the strength of your core including abdominals, back, hips and thighs, and improve your posture and the strength of your pelvic floor muscles potentially improving bladder control. We will work to gently increase the flexibility of your muscles and range of motion of your joints. Class is done on the floor on your mat. All fitness levels welcome, but you must be able to get down to the floor once and back up at the end of class. Bring a mat and a hand towel or yoga strap.

Cardio Kickbox #47139

Instructor: Mitzi Logan

Mondays, July 7 – September 15 (no class 7/21 & 9/1)

11:10 am – 11:40 am

\$13.50

Come join us for this heart pumping low-impact 30-minute workout! We will combine punches and kicks to create fun and easy to follow combinations that will improve cardiovascular endurance and boost brain health. This is a no contact, strictly shadow boxing class. Boxing gloves are optional but not required.

Qigong #47140

Instructor: Veda Simpson

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

12:00 pm – 1:00 pm

\$30.00

Qigong, pronounced “chee-gung”, translates from Chinese to “energy cultivation”. It is an ancient system of postures, exercises, breathing techniques and meditations designed to enhance the body’s qi, or life energy responsible for health and vitality. Qigong can increase energy, reduce stress and aid in disease prevention and longevity. Beginners are welcome.

Tai Chi #47141

Instructor: Veda Simpson

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

1:15 pm – 2:15 pm

\$30.00

Tai Chi is a Chinese martial art practiced for its defense training and health benefits. Tai Chi's low stress movement and coordinated breathing can improve balance control, flexibility, cardiovascular endurance, and stress reduction. Beginners are welcome.

Tuesday

Strength & Stretch #47142

Instructor: Mitzi Logan

Tuesdays, July 8 – September 16 (no class 7/22)

9:00 am - 10:00 am

\$30.00

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, balance, and flexibility. Bring your own (light) weights and resistance bands.

Yoga #47143

Instructor: Mitzi Logan

Tuesdays, July 8 – September 16 (no class 7/22)

10:15 am - 11:15 am

\$30.00

This class is designed to introduce seniors to gentle yoga postures, simple stretches, breath work and conscious relaxation. Relax and quiet the mind, body and spirit while simultaneously energizing the body, improving muscle tone and stamina. All levels are welcome. Please bring a yoga mat to class.

Chair Fitness #47146

Instructor: Mitzi Logan

Tuesdays, July 8 – September 16 (no class 7/22)

11:45 am – 12:15 pm

\$15.00

Needing something a little slower paced but still effective? This class will help to improve your cardiovascular fitness, muscular strength, muscular endurance, and balance in just 30 minutes all from a chair! Bring your own (light) weights and resistance bands.

Chair Yoga #47144

Instructor: Mitzi Logan

Tuesdays, July 8 – September 16 (no class 7/22)

12:30 pm – 1:00 pm

\$15.00

You will complete yoga postures and gentle stretches designed to improve flexibility and strength all on and around a chair in this 30-minute class. All levels welcome. Please bring a yoga mat to class.

Thursday

Get Fit! #47147

Instructor: Susan Schumacher

Thursdays, July 10 – September 18 (no class 8/21)

9:00 am – 10:00 am

\$30.00

Class focuses on muscle strength, cardio endurance, balance, and flexibility for beginners. Weights and resistance bands will be used to safely perform seated and standing exercises to get fit and have fun. Please bring hand weights and resistance bands.

Yoga #47148

Instructor: Susan Schumacher

Thursdays, July 10 – September 18 (no class 8/21)

10:15 am – 11:15 am

\$30.00

Class is designed to introduce seniors to gentle yoga postures, simple stretches, breath work and conscious relaxation. Relax and quiet the mind, body and spirit while energizing the body, improving muscle tone and stamina. Previous yoga experience is preferred. Please bring a yoga mat to class.

Sound Healing and Meditation #47149

Instructor: Toni Stanfill

Thursdays, July 10 – September 18 (no class 7/31 & 8/21)

11:30 am – 12:30 pm

\$27.00

Sound Healing utilizes sound vibrations to promote relaxation, reduce stress, and potentially improve physical and mental well-being. It involves using instruments such as singing bowls, gongs, and chimes to create a relaxed meditative state. Please bring a yoga mat, and a yoga blanket or large towel.

Zumba #47150

Instructor: Yvette Hassell

Thursdays, July 10 – September 18

2:00 pm – 3:00 pm

\$33.00

Zumba is the high energy fitness program consisting of dance set to international music. Zumba incorporates the choreography of hip-hop, soca, samba, salsa, meringue, and mambo with aerobic elements for a total body work out.

Friday

Baby Boomers Bootcamp #47151

Instructor: Mitzi Logan

Fridays, July 11 – September 19 (no class 7/18 & 7/25)

9:00 am - 10:00 am

\$27.00

This class is designed for the specific needs of the active senior who wants to enjoy their retirement to the fullest! You will complete age specific functional exercises to improve and maintain muscular strength, cardio capacity, balance, and flexibility while minimizing stress on joints. The exercises are simple, effective, and low impact. This class is suitable for an active senior looking for a challenge. Bring your own (light) weights and resistance bands.

Drumming Strong #47152

Instructor: Mitzi Logan

Fridays, July 11 – September 19 (no class 7/18 & 7/25)

10:10 am – 11:10 am

\$27.00

Cardio drumming combinations followed by intervals of strength training using body weight and dumbbells. Suitable for any level. Can be done standing or seated. Bring your own (light) weights.

Chair Yoga #47153

Instructor: Mitzi Logan

Fridays, July 11 – September 19 (no class 7/18 & 7/25)

11:20 am – 11:50 am

\$13.50

You will complete yoga postures and gentle stretches designed to improve flexibility and strength all on and around a chair in this 30-minute class. All levels welcome. Please bring a yoga mat to class.

Gentle Stretch, Breathwork and Guided Meditation #47154

Instructor: Toni Stanfill

Fridays, July 11 – September 19 (no class 8/1 & 8/22)

2:00 pm – 3:00 pm

\$27.00

Unwind and restore with this calming class that blends gentle stretching to release physical tension, breathwork to center the mind, and guided meditation to promote deep relaxation. Perfect for all levels, this session supports stress relief, mindfulness, and overall well-being. Please bring a yoga mat (a yoga blanket is optional).