

# TIM D. LEE SENIOR CENTER



## SUMMER 2025 CLASS LISTING

**Registration:**  
**Monday, June 23**  
**9:00 a.m.**

**Online and in person registration only!**

**\*\*\*\*Please note\*\*\*\***

- **Not all the classes are starting the week of July 7**
- **You may not have a class every week, please make a note of dates with no class.**

For more information regarding registration please call the center at 770.509.4900 or visit us at 3332 Sandy Plains Road, Marietta, GA 30066  
You can also find needed information at [www.cobbseiors.org](http://www.cobbseiors.org).  
Follow us on Facebook: [www.Facebook.com/CobbSeniors](http://www.Facebook.com/CobbSeniors)



## Summer 2025 Schedule

Code	Monday	Time	Date	Cost	No Class	Make UP
47247	Kettlebell Exercise	9:30am - 10:30am	7/21-8/25	\$18		
47248	Flexibility/Yin Yoga Class	10:45a.m.-11:45a.m	7/21-8/25	\$18		
47249	Spanish Beginner	9:30am - 10:30am	7/7-9/15	\$30		
47250	Intermediate Spanish	10:35am-11:35am	7/7-9/15	\$30	9/1	
47251	Conversational Spanish	11:40am-12:40pm	7/7-9/15	\$30	9/1	
47252	Drumstick Fitness	12:00pm-12:45pm	8/4-9/29	\$16	9/1, 9/22	
47253	Smoveys	1:00pm - 1:45pm	8/4-9/29	\$16	9/1, 9/22	
	<b>Tuesday</b>	<b>Time</b>	<b>Date</b>			
47254	Smovey's Workout /Grand Hall	10:30am-11:15am	8/5-9/30	\$24	9/23	
47255	Fitness with Jola	11:45am-12:30pm	8/5-9/30	\$24	9/23	
47257	Beginner St. Training	2:45pm-3:45pm	7/8-9/9	\$30		
	<b>Wednesday</b>	<b>Time</b>	<b>Date</b>			
47260	Balance & Strength	9:15am-10:00am	8/6-9/17	\$16		
47261	Intermediate St. Training	10:30am-11:30am	7/23-8/27	\$18		
47605	Beginner/Intermediate Tai Chi	11:45am-12:45pm	7/09-8/27	\$24		
47606	Intermediate/Advanced Tai Chi	1:00pm-2:00pm	7/09-8/27	\$24		
47273	Wednesday Zumba	2:15pm-3:15pm	7/9-9/10	\$27	8/13	
	<b>Thursday</b>	<b>Time</b>	<b>Date</b>			
47272	Thursday Zumba	9:15am-10:15am	7/10-9/11	\$27	8/14	
47274	Intermediate St. Training	10:45am-11:45am	7/24-8/28	\$18		
47277	Tabata Workout	2:30pm-3:30pm	7/10-9/11	\$30		
	<b>Friday</b>	<b>Time</b>	<b>Date</b>			
47278	Intermediate Pilates/ Grand Hall	9:30am-10:30am	7/25-8/29	\$18		
47256	Fitness with Jola	11:45am-12:30pm	8/8-9/19	\$16		
47321	Gentle Yoga	2:45pm-3:45pm	7/11-9/12	\$30		

# Commonly Asked Questions & Answers

## **HOW CAN I REGISTER?**

Registration can only be done in person or online using CivicRec. Classes are offered on a first come, first served basis. Each person may sign up for himself/herself and one other person who cannot attend registration. If you do not have an account with CivicRec, please call the center for assistance. You can access the page at [www.cobbseiors.org](http://www.cobbseiors.org).

## **WHAT TYPE OF PAYMENTS DO YOU ACCEPT?**

Payment methods accepted: Visa, MasterCard, Discover or American Express, cash, and check.

## **MUST I BE REGISTERED TO ATTEND CLASSES?**

YES. Paid registration is required for all classes. Instructors are instructed not to permit participants who are not registered to attend classes. However, you may observe one class before registering. Please make an appointment with the front office.

## **DO I NEED TO PAY FOR THE FULL SESSION IF I CANNOT ATTEND ALL CLASSES?**

YES. All registrations are for the entire session, regardless of whether a participant will be able to attend all classes. We do not prorate classes.

## **WHAT WOULD PROMPT THE CANCELLATION OF A CLASS?**

It is imperative that participants register on time to prevent class cancellations. All classes are based on a minimum and maximum number of participants. If a class does not meet its minimum number of registrants, there is a chance the class could be canceled for that session.

## **WHAT IF A CLASS IS CANCELLED DUE TO INCLEMENT WEATHER, INSTRUCTOR ILLNESS OR CENTER HOLIDAY?**

Cancelled classes will be made up by extending the course, when possible. In the event weather causes Cobb County Schools to close, all center sponsored classes and special events will be postponed to a later date. We will be open for daily activities (billiards, library, etc.), if staff can safely open the Center. Call to confirm.

## **WITHDRAWAL AND REFUND POLICY**

Registration fees are 100% refundable when the department cancels the activity. A participant wishing to withdraw from a class that has not been cancelled by the department must provide a request at least seven days before the scheduled start of the class. They may receive 100% credit to their account in CivicRec or may request a refund. Within the week prior to the scheduled start of a class refund/credits will not be given except for verified medical/hardship cases. Refunds for payment made by cash or check will be received approximately 2-4 weeks after the refund is requested.

## **IF THE CLASS I WANTED IS FULL, CAN YOU OPEN ANOTHER SPOT FOR ME?**

NO. Maximum number of students allowed in each class cannot be changed. Once a class is full the registration system will automatically start a waiting list for each class. You may either request staff to register you for the waiting list or register online. When space becomes available, a staff member will then call you to expect payment and to inform you that you have been added to the class.

## **IF THE SAME CLASS IS OFFERED MULTIPLE DAYS OF THE WEEK OR AT OTHER CENTERS, CAN I MAKE UP A CLASS I MISSED BY ATTENDING ON A DIFFERENT DAY OR AT ANOTHER LOCATION?**

NO. Each day of the week is considered a separate class. Classes are not interchangeable with other senior centers. We do not offer make up classes for students who are unable to attend.

## **CAN I WEAR PERFUME?**

We ask that you are respectful to those with everyday allergies and refrain from wearing heavy perfumes and/or cologne during both exercise classes and/or center activities.

# MONDAY

## **Kettlebell Exercise #47247**

Instructor: Margaret Souter

July 21 - August 25

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

\$18; 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.

## **Flexibility/Yin Yoga Class #47248**

Instructor: Margaret Souter

July 21 - August 25

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

\$18; Registration required

- **Prerequisite: Beginner Yoga**

**Not appropriate for beginners.** This class will consist of yoga postures in a flow fashion to create warmth in the body preparing for supported mat poses that will be held for approximately 3 minutes each. These types of postures that are held in position get deep into the fascia tissue releasing tension/stress in the hip, back, glute and full leg area, front and back. Mobility movements will also be included to increase range of motion and ease of movement.

## **Spanish – Beginner #47249**

Instructor: Giulietta Glade

July 7 – September 15 (No class 9/1)

9:30a.m. – 10:30a.m.

\$30; 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: Spanish Middle High School Book by Cynthia Downs & Easy Spanish Step by Step by Barbara Bregstein.***

## **Spanish – Intermediate #47250**

Instructor: Giulietta Glade

July 7 – September 15 (No class 9/1)

10:35a.m. – 11:35a.m.

\$30; Registration required

### **Prior knowledge of Spanish required**

This course is designed to develop students' 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. ***Required Books: Spanish Conversation Second Edition by Jean Yates & Pronouns and Prepositions by Dorothy Richmond***

### **Spanish –Conversational #47251**

Instructor: Giulietta Glade

July 7 – September 15 (No class 9/1)

11:40a.m. – 12:40p.m.

\$30; Registration required

#### **Prerequisite: Prior knowledge of Spanish 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. ***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 #47252**

Instructor: Jolanta Osoba-Olbrys

August 4 – September 29 (No class 9/1, 9/22)

12:00p.m. – 12:45p.m.

\$16; 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 #47253**

Instructor: Jolanta Osoba-Olbrys

August 4 – September 29 (No class 9/1, 9/22)

1:00p.m. – 1:45p.m.

\$16; 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.**

# **TUESDAY**

## **Smoveys Workout #47254**

Instructor: Jolanta Osoba-Olbrys

August 5 – September 30 (No class 9/23)

10:30a.m. – 11:15a.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. Class is held in the Grand Hall.**

## **Fitness with Jola #47255**

Instructor: Jolanta Osoba-Olbrys

August 5 – September 30 (No class 9/23)

11:45a.m. - 12:30p.m.

\$18; Registration required

This class is a low impact training, and 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).***

## **Beginner Strength Training #47257**

Instructor: Lydia McIntyre

July 8 – September 9

2:45p.m – 3:45p.m.

\$30; Registration required

Weight training builds strength in your muscles and protects your bones and joints. Learn the benefits of strength training, the basics of muscle strengthening, correct form for each exercise, importance of stretching, and much more. This is a low impact class, but we will perform some exercises on the floor, so you need to be able to get up and down from the floor. Be sure to bring a mat.

# **WEDNESDAY**

## **Balance & Strength #47260**

Instructor: Jolanta Osoba-Olbrys

August 6 – September 17

9:15a.m. – 10:00a.m.

\$16; Registration required

Do you have concerns about falling? You have the power to reduce your risk of falls. This program is a progressive exercise class to assist in fall prevention including an educational component on what may be putting you at risk for falls. Wear comfortable shoes.

## **Intermediate Strength Training #47261**

Instructor: Margaret Souter

July 23 – August 27

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

\$18; Registration required

### **Pre-requisite: Beginner St. Training**

***This class is not recommended for beginners.*** You must already exercise regularly and be in good health. 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/Intermediate Tai Chi #47605**

Instructor: Sachiko Hirata

July 9 – August 27

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

\$24; Registration required

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.



### **Intermediate/Advanced Tai Chi #47606**

Instructor: Sachiko Hirata

July 9 – August 27

1:00p.m.– 2:00p.m.

\$24; Registration required

#### **Prerequisite: Beginner Tai Chi Class**

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. **All new people should register for the beginner's class please.**

### **Zumba #47273**

Instructor: Kevin Jaycox

July 9 – September 10 (No class 8/13)

2:15p.m. – 3:15p.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.

# **THURSDAY**

## **Zumba #47272**

Instructor: Kevin Jaycox

July 10 – September 11 (No class 8/14)

9:15a.m. – 10:15a.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.

## **Intermediate Strength Training #47274**

Instructor: Margaret Souter

July 24 – August 28

10:45a.m. – 11:45a.m.

\$18; Registration required

### **Prerequisite: Beginner St. Training**

***This class is not recommended for beginners.*** You must already exercise regularly and be in good health. 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).***

## **Tabata Workout with Lydia #47277**

Instructor: Lydia McIntyre

July 10 – September 11

2:30p.m-3:30p.m

\$30; Registration required

Tabata is a style of interval training with 20 seconds of exercise followed by 10 seconds of rest. It can include the use of cardio, weights, ball, and band. Tabata training improves heart health, blood circulation, and stamina. This exercise is going to improve core, glute and hip flexor strength, posture, and balance.

# **FRIDAY**

## **Intermediate Pilates #47278**

Instructor: Margaret Souter

July 25 – August 29

9:30a.m. – 10:30a.m.

\$18; Registration required

### **Not appropriate for beginners.**

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. **Class will be held in the Grand Hall.**

## **Fitness with Jola #47256**

Instructor: Jolanta Osoba-Olbrys

August 8 – September 19

11:45a.m. – 12:30p.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)***

## **Gentle Yoga & Streching #47321**

Instuctor: Mark Steine

July 11 – September 12

2:45p.m. – 3:45p.m.

\$30; Registration required

In this class your will learn a flow through yoga sequences, and hold poses for deeper stretching. Breathing and relaxation techniques will be used to guide you throughout. Accessible to beginners and students with limitations, but students should be able to get up and down from the floor. Please plan to bring a yoga mat. Other yoga accessories such as blocks, blankets and straps can be helpful, but are not required.

PLEASE PLACE A CHECK MARK NEXT TO YOUR SELECTION(S):

**Monday**

47247__ Kettlebell Exercise	\$18
47248__ Flexibility/Yin Yoga Class	\$18
47249__ Spanish <b>Beginner</b>	\$30
47250__ Spanish <b>Intermediate</b>	\$30
47251__ Spanish <b>Conversational</b>	\$30
47252__ Drumstick Fitness	\$16
47253__ Smoveys	\$16

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**Tuesday**

47254__ Smovey's/ <b>Grand Hall</b>	\$18
47255__ Fitness with Jola	\$18
47257__ Beginner St. Training	\$30

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**Wednesday**

47260__ Balance & Strength	\$16
47261__ Beginner/Intermediate St. Training	\$18
47605__ Intermediate/Advanced Tai Chi	\$24
47606__ Advanced Tai Chi	\$24
47273__ Zumba	\$27

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**Thursday**

47272__ Zumba	\$27
47274__ Intermediate St. Training	\$18
47277__ Tabata with Lydia	\$30

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**Friday**

47278__ Intermediate Pilates/ <b>Grand Hall</b>	\$18
47256__ Fitness with Jola	\$16
47351__ Gentle Yoga	\$30

### Monday

__ Kettlebell Exercise	9:30a.m. - 10:30a.m.
__ Flexibility/Yin Yoga Class	10:45a.m.-11:45a.m.
__ Spanish <b>Beginner</b>	9:30a.m. - 10:30a.m.
__ Spanish <b>Intermediate</b>	10:35a.m.-11:35a.m.
__ Spanish <b>Conversational</b>	11:40a.m. - 12:40p.m.
__ Drumstick Fitness	12:00p.m.- 12:45p.m.
__ Smoveys	1:00p.m. - 1:45p.m.

### Tuesday

__ Smoveys/ <b>Grand Hall</b>	10:30am-11:15am
__ Fitness with Jola	11:45a.m. - 12:30p.m.
__ Beginner St. Training	2:45p.m.-3:45p.m.

### Wednesday

__ Balance & Strength	9:15a.m.- 10:00a.m.
__ Intermediate St. Training	10:30a.m.-11:30a.m.
__ Beginner/Intermediate Tai Chi	11:45a.m. – 12:45p.m.
__ Intermediate/Advanced Tai Chi	1:00p.m.-2:00p.m.
__ Zumba	2:15p.m.-3:15p.m.

### Thursday

__ Zumba	9:15a.m. - 10:15a.m.
__ Intermediate St. Training	10:45a.m. – 11:45a.m.
__ Tabata Workout with Lydia	2:30p.m.-3.30p.m.

### Friday

__ Intermediate Pilates/ <b>Grand Hall</b>	9:30a.m.- 10:30a.m.
__ Fitness with Jola	11:45a.m. – 12:30p.m.
__ Gentle Yoga	2:45p.m.-3:45p.m

## TIM D. LEE SENIOR CENTER REGISTRATION

You must complete all information below to register for classes. Please print.

GIVEN NAME (please print): \_\_\_\_\_

PREFERRED NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_ PHONE: () \_\_\_\_\_

Email Address: \_\_\_\_\_ Are you a Cobb County resident? Yes No

HOW WOULD YOU LIKE TO BE CONTACTED? ☐ EMAIL ADDRESS ☐ PHONE ☐ CELL PHONE ☐ TEXT

### *Program Participation Release*

I, \_\_\_\_\_, request that I be allowed to participate in the program/activity sponsored by **Cobb Senior Services** at **TIM D. LEE SENIOR CENTER**.

To my knowledge I do not have any medical or other condition which would prevent me from participating in the program/activity. I also acknowledge that if I have any reservations or concerns about my medical condition, it is my responsibility to consult with the appropriate medical personnel prior to participating in the program/activity.

I understand that my participation is strictly voluntary. In addition, I release **Cobb Senior Services** and **TIM D. LEE SENIOR CENTER** and its agents from any responsibility for any injury and/or illness resulting from my participation in this program/activity.

I am satisfied that I understand the potential risks of this program/activity. I do hereby consent to participate in the program/activity sponsored by **Cobb Senior Services**.

I, the undersigned below, hereby consent to the participation in interviews, the use of quotes, and the taking of photographs, movies, or video of my image by Cobb County and its employees and/or volunteers. I grant to Cobb County, its agents, officials, employees and volunteers the right to edit, publish, use, and reuse said photographs, movies and videos for government and nonprofit purposes including use in print, electronic format, on social media, on the internet, and all other forms of media. I also hereby release Cobb County and its agents, officials, employees, and volunteers from all claims, demands, and liabilities whatsoever in connection with the permissions and uses granted above.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

In case of emergency, please contact:

Name (please print): \_\_\_\_\_ Phone #: \_\_\_\_\_

Relationship: \_\_\_\_\_