

4025 South Hurt Road  
Smyrna, GA 30082  
770-801-3400

# FREEMAN POOLE SENIOR CENTER



## SUMMER 2025 CLASS LISTING

### **SUMMER Registration**

**Monday, June 23<sup>rd</sup>  
9:00 a.m.**

**Online and in person**

**registration only**

**No phone registration.**

- **Classes begin the week of July 7<sup>th</sup>.**
- **You may not have a class every week,**  
**please make a note of dates with no class.**

### **Upcoming Dates**

**Fall Registration: September 22**  
**Fall Classes Begin: October 6**

# Commonly Asked Questions & Answers

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## **CAN I REGISTER BY MAIL OR PHONE?**

NO. Registration can only be done in person or online. Classes are offered on a first come, first serve basis. Each person may sign up for himself/herself and one other person who cannot attend registration.

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

Payment methods accepted are: check (made payable to Cobb Senior Services), cash or credit card (Visa, MasterCard, Discover or American Express). Payment is due in full at the time of registration.

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

YES. Paid registration is required for all classes. Teachers 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.

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

It is imperative that participants register on time in order to prevent class cancellations. All classes are based on a minimum and maximum number of participants. If a particular 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 CANCELED DUE TO INCLEMENT WEATHER, INSTRUCTOR ILLNESS OR CENTER HOLIDAY?**

Canceled 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.

## **WHAT IF I REGISTERED FOR A CLASS, BUT I HAVE TO CANCEL?**

To qualify for a credit/refund, withdrawals are accepted prior to the beginning of classes. Late cancellations and refunds are made on a case-by-case basis by the Center Coordinator. Transactions entailing a refund of cash or check may take up to 4 to 6 weeks. Supply fees are non-refundable.

## **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 the registration system will pull your name from the waiting list in the order that it was placed in the system.

## **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.

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**For more information regarding registration please call the Center at  
770-801-3400, or visit our website at [www.cobbseniors.org](http://www.cobbseniors.org).**



# SUMMER AT A GLANCE



Code	Monday	Time	Date	Cost	No Class
47509	Focus on Fitness	9:00am - 10:15pm	7/7 – 9/16	\$10	9/1
47513	Painting with Linda	1:00pm - 3:00pm	4/7 – 8/25	\$48	
	Tuesday	Time	Date	Cost	No Class
47477	Qigong	9:00am - 10:00am	7/8 – 9/9	\$24	7/15
47476	Tai Chi	10:00am - 11:00am	7/8 – 9/9	\$27	7/15
47514	Painting with Linda	10:00am - 12:00pm	7/8 – 8/24	\$48	
47474	Gentle Yoga Stretch	1:00pm - 2:00pm	7/8 - 9/9	\$27	7/15
	Wednesday	Time	Date	Cost	No Class
47510	Focus on Fitness	9:00am - 10:15pm	7/9 – 9/17	\$10	-
47515	Painting with Linda	10:00am - 12:00pm	7/9-8/27	\$48	
47512	Cardio Fusion	1:30pm - 2:30pm	7/9-9/10	\$30	-
	Thursday	Time	Date	Cost	No Class
47583	Soul Line Dance Intermediate	9:30am - 10:30am	7/10-9/11	\$30	-
47584	Freeman Trekkers Walk Club	9:30am-10:30am	7/10-9/11	Free	
47473	Zumba	11:00am - 12:00pm	7/10-9/11	\$30	-
47475	Chair Yoga	1:00pm - 2:00pm	7/10-9/11	\$30	-
47582	Soul Line Dance Beginner	2:30pm - 3:30pm	7/10-9/11	\$30	
	Friday	Time	Date	Cost	No Class
47511	Focus on Fitness	9:00am - 10:15pm	7/11-9/19	\$11	

Registration for Summer classes begins Monday, June 23.

**\*In person and online only, no phone registration\***

Registration will begin at 9:00 a.m.

Online registration can be done at [cobbseiors.org](http://cobbseiors.org)

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## ART

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### **PAINTING CLASS**

**8 sessions**

**Minimum of 7, Maximum of 10**

*Linda Cherry, instructor*

Easy and fun acrylic painting class. This painting class is for artists of every level. No experience necessary. You will complete beautiful works of art during this 8-week class. Each class is 2 hours. **Ask for a copy of the supply list at registration.**

Mondays ( <b>47513</b> )	July 7 – August 25 1:00 pm – 3:00 pm	\$48
Tuesdays ( <b>47514</b> )	July 8 – August 24 10:00 am – 12:00 pm	\$48
Wednesdays ( <b>47515</b> )	July 9 – August 27 10:00 am – 12:00 pm	\$48

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## EXERCISE

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### **FOCUS ON FITNESS**

**Minimum of 10, Maximum of 40**

*Monireh Saunders and Christine Emery, instructors*

Low impact chair and floor exercises accompanied by music. Keep joints moving, improve circulation, and increase cardio endurance. Mats, TheraBand's and weights required.

Mondays ( <b>47509</b> )	July 7 – September 16 9:00 am – 10:15 am	(No Class 9/1) \$10
Wednesdays ( <b>47510</b> )	July 9 – September 17 9:00 am – 10:15 am	\$11
Fridays ( <b>47511</b> )	July 11 – September 9:00 am – 10:15 am	\$11

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<b>QIGONG</b>	<b>8 sessions</b>	<b>Minimum of 10, Maximum of 25</b>
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*Ernest Hester, instructor*

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.

Tuesdays ( <b>47477</b> )	July 8 – September 9 9:00 am – 10:00 am	(No class 7/15) \$27
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<b>TAI CHI</b>	<b>9 sessions</b>	<b>Minimum of 10, Maximum of 20</b>
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*Veda Simpson, instructor*

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.

Tuesdays ( <b>47476</b> )	July 8 – September 9 10:00 am – 11:00 am	(No class 7/15) \$27
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<b>GENTLE YOGA STRETCH</b>	<b>9 sessions</b>	<b>Min of 10, Max of 25</b>
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*Diane Sye, instructor*

Learn the principles of yoga; basic poses and breathing techniques. Sessions end with guided meditation led by instructor. **Floor mat required.**

Tuesdays ( <b>47474</b> )	July 8 – September 9 1:00 pm – 2:00 pm	(No class 7/15) \$27
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<b>CARDIO FUSION</b>	<b>10 sessions</b>	<b>Minimum of 10, Maximum of 20</b>
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*Yvette Hassell, instructor*

Cardio Fusion is a fun-filled, dance inspired cardio workout that will raise your heart rate and your mood. Easy to follow moves performed to popular music makes this class excellent for every level of exerciser.

Wednesdays ( <b>47512</b> )	July 9- September 10 1:30 pm –2:30 pm	\$30
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**SOUL LINE DANCE Intermediate 10 sessions Minimum of 10, Maximum of 25**

*Lanette Vickers, instructor*

Come dance for fun, exercise, balance, coordination and to learn a new skill. Line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face! It's a full body workout for the mind, body, and spirit.

Thursdays (47583)                      July 10- September 11  
9:30 am – 10:30 am                      \$30

**FREEMAN TREKKERS WALK CLUB 10 sessions Minimum of 10, Maximum of 25**

*Alyssa Ruff, Freeman Poole Staff*

Join us as we embrace the joy of walking in the great outdoors! Freeman's Trail Trekkers Walking Club is a welcoming community of individuals who enjoy staying active, meeting new people, and exploring local trails and parks. Whether you're looking to improve your fitness, unwind in nature, or simply enjoy a social stroll, our club offers a relaxed and friendly environment for all levels of walkers. We will be kicking off the walking club with a presentation on the benefits of walking, which trails we will be exploring, what to bring and answer any questions you may have.

Thursdays (47584)                      July 10- September 11  
9:30 am – 10:30 am                      Free

**ZUMBA 10 sessions Minimum of 10, Maximum of 20**

*Yvette Hassell, instructor*

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.

Thursdays (47473)                      July 10 – September 11  
11:00 am – 12:00 pm                      \$30

**CHAIR YOGA W/GUIDED MEDITATION 10 sessions Minimum of 10, Maximum of 25**

*Diane Sye, instructor*

Chair yoga is for everybody! It is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. Chair yoga deepens flexibility and strengthens personal body awareness. It is also a way to achieve physical and mental fitness. It is one of the gentlest forms of yoga, helping people with symptoms of many health issues, including hypertension, anxiety, arthritis, vertigo, multiple sclerosis, osteoporosis, clinical depression and chronic pain.

Thursdays (47475)                      July 10 – September 11  
1:00 pm – 2:00 pm                      \$30

**SOUL LINE DANCE for beginners 9 sessions Minimum of 10, Maximum of 25**

*Lanette Vickers, instructor*

Come dance for fun, exercise, balance, coordination and to learn a new skill. Line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face! It's a full body workout for the mind, body, and spirit.

Thursdays **(47582)**

July 10 – September 11

2:30 pm – 3:30 pm

\$30

**Gym Hours:**

Monday to Friday

8:00 am to 4:30 pm

A one-time orientation is required prior to using the gym.

