

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

Fall 2025

Registration for Spring classes begins on Monday, September 22 at 9:00 a.m.

Registration is required for all classes.

Monday

Kettlebell Exercise #48112

October 6 – December 8

Instructor: Margaret Souter

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 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 #48113

Instructor: Margaret Souter

October 6 – December 8

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

\$30; 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 three 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 #48114

Instructor: Giulietta Glade

October 6 – December 15 (No class 12/1)

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 helping students immerse and interact in a Spanish language context. **Required Books:** Spanish Middle/High School Book by Cynthia Downs & Easy Spanish Step by Step by Barbara Bregstein.

Spanish – Intermediate #48115

Instructor: Giulietta Glade

October 6 – December 15 (No class 12/1)

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 Verb Tenses by Dorothy Richmond; Easy Spanish Step by Step by Barbara Bergstein.

Spanish –Conversational #48116

Instructor: Giulietta Glade

October 6 – December 15 (No class 12/1)

11:40a.m. – 12:40p.m.

\$30; Registration required

Prerequisite: Prior knowledge of Spanish required

Conversational 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:** Spanish Conversation by Jean Yates, PhD; Spanish Pronouns and Prepositions by Dorothy Richmond.

Drumstick Fitness #48117

Instructor: Jolanta Osoba-Olbrys

October 6 – December 8 (No class 11/24)

12:00p.m. – 12:45p.m.

\$21; 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 #48118

Instructor: Jolanta Osoba-Olbrys

October 6 – December 8 (No class 11/24)

1:00p.m. – 1:45p.m.

\$21; 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.

Seated Tai Chi #48344

Instructor: Melanie Knopf

October 6 - December 8

2:00p.m. – 3:00p.m.

\$30; Registration required

Seated Tai Chi is great for any level of fitness and any level of Tai Chi experience, we will practice traditional Tai Chi movements with our upper body and modify lower body movements to a seated position. The relaxing, graceful movements improve health and create mind-body balance. No equipment needed.

Tuesday

Smoveys Workout #48119

Instructor: Jolanta Osoba-Olbrys

October 7 – December 9 (No class 11/11, 11/25)

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 #48120

Instructor: Jolanta Osoba-Olbrys

October 7 – December 9 (No class 11/11, 11/25)

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 #48121

Instructor: Lydia McIntyre

October 7 – December 16 (No class 11/11)

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 #48122

Instructor: Jolanta Osoba-Olbrys

October 8 - November 19

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 #48123

Instructor: Margaret Souter

October 8 – December 10

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

\$30; Registration required

Pre-require: Beginner Strength 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 #48124

Instructor: Sachiko Hirata

October 8 – December 17 (No Class 11/5, 11/26)

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

\$27; Registration required

Tai Chi is a “moving meditation”. This class will be great for beginners and intermediate learners. Discover the benefits of ancient forms which will improve balance, coordination, strength, flexibility, etc. You will also learn the basic Chen Style Tai Chi form. This unique class will help you flow through your everyday life.

Intermediate/Advanced Tai Chi #48125

Instructor: Sachiko Hirata

October 8 – December 17 (No Class 11/5, 11/26)

1:00p.m.– 2:00p.m.

\$27; Registration required

This class is for more experienced participants with a couple of years of experience. Discover the benefits of the ancient form of martial arts which improves your health and defense training by Traditional Chen Style Tai Chi form of training.

Zumba #48126

Instructor: Kevin Jaycox

October 8 – December 10 (No Class 11/12)

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 #48127

Instructor: Kevin Jaycox

October 9 – December 18 (No class 11/13, 11/27)

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 #48127

Instructor: Margaret Souter

October 9 – December 18 (No class 11/27)

10:45a.m. – 11:45a.m.

\$30; 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 #48133

Instructor: Lydia McIntyre

October 9 – December 18 (No class 11/27)

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.

Paint like Bob Ross #48130

Instructor: Angela Sigari

October 9 – November 13

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

\$36; 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.

Computer Basics using Windows 11 #48138

Instructor: Paul Buege

November 6 – December 11 (No Class 11/27)

12:30p.m.– 2:30p.m.

\$10; Registration required

This course will introduce you to the basics of using a computer with Windows 11 installed as the operating system (sorry, using an iPad, MacBook or Chromebook will not be covered in this course. Nor will earlier versions of Windows). During this course, you will learn computer fundamentals, making inputs with a mouse or touchpad, using, and controlling Windows 11, organizing data, basic word processing, using the internet, as well as other topics. No computers will be provided for this class, so students are expected to bring their own laptop for each session. Each of the five (5) sessions will include 2 hours of formal instruction with additional time after class to help those who may need some one-on-one help.

Friday

Intermediate Pilates #48134

Instructor: Margaret Souter

October 10 – December 19 (No class 11/28)

9:30a.m. – 10:30a.m.

\$30; 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 #48135

Instructor: Jolanta Osoba-Olbrys

October 17 – November 21

11:45a.m. – 12:30p.m.

\$14; 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 & Stretching #48136

Instructor: Mark Steine

October 10 – December 12 (No Class 11/28)

2:45p.m. – 3:45p.m.

\$27; 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.