

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

FREEMAN POOLE SENIOR CENTER



FALL 2025 CLASS LISTING

Fall Registration

**Monday, September 22
9:00 a.m.**

**Online and in person
registration only**

No phone registration.

**Classes begin the week
of October 6**

**You may not have a
class every week, please
make a note of dates
with no class.**

Commonly Asked Questions & Answers

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.

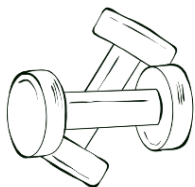
**For more information regarding registration please call the Center at
770-801-3400, or visit our website at www.cobbcounty.gov/seniors**

FALL AT A GLANCE

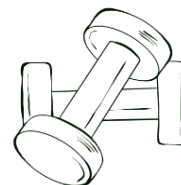
✓	Code	Monday	Time	Date	Cost	No Class
	49411	Focus on Fitness	9:00am - 10:15am	10/6-12/8	\$10	-
	49422	Painting with Linda	1:00pm-3:00pm	10/6-12/8	\$48	11/10, 11/24
✓	Code	Tuesday	Time	Date	Cost	No Class
	49414	Qigong	9:00am - 10:0am	10/7-12/16	\$24	11/4, 11/11, 12/2
	49415	Tai Chi	10:00am - 11:00am	10/7-12/16	\$24	11/4, 11/11, 12/2
	49423	Painting with Linda	10:00am-12:00pm	10/7-12/9	\$48	11/11, 11/25
	49416	Gentle Yoga Stretch	1:00pm-2:00pm	10/7-12/16	\$24	11/4, 11/11, 12/2
✓	Code	Wednesday	Time	Date	Cost	No Class
	49412	Focus on Fitness	9:00am - 10:15am	10/8-12/10	\$10	-
	49424	Painting with Linda	10:00am - 12:00pm	10/8-12/10	\$48	11/12, 11/26
	49419	Cardio Fusion	1:30pm - 2:30pm	10/8-12/10	\$30	-
✓	Code	Thursday	Time	Date	Cost	No Class
	49421	Soul Line Dance. Int	9:30am - 10:30am	10/9-12/11	\$27	11/27
	49425	Freeman Trekkers Walk Club	9:30am-10:30am	10/9-12/11	\$8	10/23, 11/27
	49418	Zumba	11:00am - 12:00pm	10/9-12/18	\$30	11/27
	49417	Chair Yoga	1:00pm-2:00pm	10/9-12/18	\$30	11/27
	49420	Soul Line Dance. Beg	2:30pm - 3:30pm	10/9-12/11	\$27	11/27
✓	Code	Friday	Time	Date	Cost	No Class
	49413	Focus on Fitness	9:00am - 10:15am	10/10-12/19	\$10	11/28

Registration Begins on Monday September 22nd at 9:00am
Classes start on Monday October 6th

GYM



DAYS: MONDAY TO FRIDAY
HOURS: 8:30AM-4:30PM
ORIENTATION REQUIRED BEFORE USE
ORIENTATION IS HELD EVERY THURSDAY-
CALL CENTER FOR APPOINTMENT



In person and online only, no phone registration Registration will begin
at 9:00 a.m.

Online registration can be done at cobbcounty.gov/seniors

ART

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 (49422)	October 6 – December 8 1:00 pm – 3:00 pm	(No Class 11/10, 11/24) \$48
Tuesdays (49423)	October 7 – December 9 10:00 am – 12:00 pm	(No Class 11/11, 11/25) \$48
Wednesdays (49424)	October 8 – December 10 10:00 am – 12:00 pm	(No Class 11/12, 11/26) \$48

EXERCISE

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 (49411)	October 6 – December 8 9:00 am – 10:15 am	\$10
Wednesdays (49412)	October 8 – December 10 9:00 am – 10:15 am	\$10
Fridays (49413)	October 10 – December 12 9:00 am – 10:15 am	\$10

QIGONG	8 sessions	Minimum of 10, Maximum of 25
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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 (49414)	October 6 – December 16 9:00 am – 10:00 am	(No Class 11/4, 11/11, 12/2) \$24
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TAI CHI	8 sessions	Minimum of 10, Maximum of 20
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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 (49415)	October 6 – December 16 10:00 am – 11:00 am	(No Class 11/4, 11/11, 12/2) \$24
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GENTLE YOGA STRETCH	8 sessions	Min of 10, Max of 25
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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 (49416)	October 6 – December 16 9:00 am – 10:00 am	(No Class 11/4, 11/11, 12/2) \$24
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CARDIO FUSION	10 sessions	Minimum of 10, Maximum of 20
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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 (49419)	October 8 – December 10 1:30 pm – 2:30 pm	\$30
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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 (49420)	October 6 – December 16	(No Class 11/27)
	2:30 pm – 3:30 pm	\$27

SOUL LINE DANCE Intermediate 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 (49421)	October 6 – December 16	(No Class 11/27)
	9:30 am – 10:30 am	\$27

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 (49418)	October 6 – December 16	(No Class 11/27)
	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 (49417)	October 6 – December 16	(No Class 11/27)
	1:00 pm – 2:00 pm	\$30