

Senior Wellness Center
1150 Powder Springs St, Marietta GA 30064
(770) 528-5355
October 2025

MONDAY

Jazz Dance Fitness #49435

Instructor: Mary Ann Colanero

October 06 – December 08

10:00 am - 11:00 am

\$10.00

Join Mary Ann for this fun 10-week session fitness class, celebrating artistic Jazz without any advance technical elements (i.e., leaps, turns, tricks) required. Suitable for all fitness levels. Suitable for all fitness levels. **Due to high demand, students are limited to registering for only one Jazz class (Monday class or Wednesday class).** Both classes will offer the same steps and routines.

Beginner Tai Chi Qigong #49436

Instructor: Julia Yuxia Zhao

October 06- December 08

1:00 pm - 2:00 pm

\$30.00

Tai Chi Qigong (pronounced “chee-gung”) is a type of gentle exercise, particularly beneficial for promoting health which emphasizes complete relaxation and is essentially a form of “meditation in motion”. It can enhance the sensitivity of the nervous system, alleviate fatigue, improve blood circulation, boost resilience, and lengthen life. Suitable for all fitness levels.

Beginner Yoga #49437

Instructor: Toni Stanfill

October 06-December 08 (No class Oct 27)

2:30 pm - 3:30 pm

\$27.00

Learn basic Yoga poses and beginner’s sequence. Focus on mobility, strength, and relaxation. No previous Yoga experience required. Please bring a yoga mat and towel to class.

TUESDAY

Belly Dance with Andrea #49438

Instructor: Andrea Demons

October 07 – December 16 (No class Nov 04; Nov 11; Dec 02)

5:30 pm – 6:30 pm

\$24.00

This is not just a dance class; it's a celebration of self-love and confidence. Experience the ultimate core workout as you master fluid rhythmic movements that engage and tone those abdominal muscles. Say goodbye to boring crunches and hello to a sculpted, empowered you!

Enhance your flexibility, improve posture, and celebrate the beauty of movement. All skill levels are welcome!

WEDNESDAY

Jazz Dance Fitness #49439

Instructor: Mary Ann Colanero

October 08- December 10

10:15 am - 11:15 am

\$10.00

Join Mary Ann for this fun 10-week session fitness class, celebrating artistic Jazz without any advance technical elements (i.e., leaps, turns, tricks) required. Suitable for all fitness levels. Suitable for all fitness levels. Due to high demand, students are limited to registering for only one Jazz class (Monday class or Wednesday class). Both classes will offer the same steps and routines.

Chair Yoga #49440

Toni Stanfill, Instructor

October 08 - December 10 (No class Oct 29)

11:45 am - 12:45 pm

\$27.00

Chair Yoga emphasizes the needs and capabilities of the individual. Each student is encouraged to participate at their own comfort levels. In this class you will have the ability to use a chair to help with movements. Participants will need to bring their own mat and towel. Suitable for all fitness levels.

Intermediate Yoga #49442

Toni Stanfill, Instructor

October 08 – December 10 (No class Oct 29)

1:00 pm - 2:00 pm

\$27.00

Class focuses on breathwork and the sequence of beginner and intermediate postures. This class is for participants with basic or beginner Yoga experience. Participants will need to bring a yoga mat and towel to class.

Serenity Sessions #49443

Toni Stanfill, Instructor

October 08 – December 10 (No class Oct 29)

2:30 pm - 3:30 pm

\$27.00

Discover the power of stillness and inner peace in our guided meditation class, designed for all levels. Each session includes simple breathing techniques, body awareness, and guided meditations to help reduce stress, improve focus, and promote emotional balance. Whether you're looking to start a new wellness routine or deepen your practice, this class provides the tools and guidance you need to bring clarity and calm into your daily life. Wear comfortable

clothing and bring a mat or cushion. Please arrive **15 minutes early** to allow time to settle in and prepare for meditation.

THURSDAY

Tai Chi Qigong #49445

Instructor: Julia Yuxia Zhao

October 09 – December 18 (No class Nov 27)

11:30 am - 12:30 pm

\$30.00

Tai Chi Qigong (pronounced “chee-gung”) is a type of gentle exercise, particularly beneficial for promoting health which emphasizes complete relaxation and is essentially a form of “meditation in motion”. It can enhance the sensitivity of the nervous system, alleviate fatigue, improve blood circulation, boost resilience, and lengthen life. Pre-requisite: previous Tai Chi Qigong experience.

FRIDAY

Beginner Line Dancing #49446

Instructor: Geneva Bjerklie

October 10 – December 12 (No class Oct 24; Nov 28)

10:00 am – 11:00 am

\$24.00

Line dancing is a group of people dancing, often in lines, to a repeating sequence of choreographed steps. This class is a fun way to stimulate the mind and body, meet new friends, and have a great time with music and movement. Suitable for all fitness levels.

Intermediate Line Dancing #49447

Instructor: Geneva Bjerklie

October 10 – December 12 (No class Oct 24; Nov 28)

11:15 am - 12:15 pm

\$24.00

This class is intended for dancers who are comfortable learning longer choreography with more complex steps and segments. Pre-requisite: previous line dancing experience required.