

# Tim D. Lee Senior Center

# Winter 2026

# CLASS LISTING



## Registration

Monday, January 12<sup>th</sup> | 9:00 AM

Online and in-person registration only!

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

Not all the classes are starting the week of January 26. You may not have a class every week, please make a note of dates with no class.

 **Senior Services**  
COBB COUNTY



[www.cobbcounty.gov/seniors](http://www.cobbcounty.gov/seniors)



770-509-4900

3332 Sandy Plains Road  
Marietta, GA 30066

# Commonly Asked Questions & Answers

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

NO. Registration can only be done in-person or online. A sign in list is maintained by Center staff the first day of registration. Classes are offered on a first come, first serve basis.

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

Payment methods accepted are check (made payable to Cobb County 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.

## **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 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 OR AN UNFORESEEN INSTRUCTOR ABSENCE?**

Cancelled classes will be made up by extending the course, when possible. If the schedule does not permit us to add a makeup class, a refund will be issued for the canceled class.

## **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 Manager. 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. When space becomes available the registration system will pull your name from the waiting list and staff will notify you.

## **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.

## **REFUND POLICY**

If your plans change and you need to withdrawal from a class, you must submit a withdrawal request at least 72 hours prior to the first class to receive a full refund or credit to your CivicRec account. After the 72-hour cut-off, no refunds or credits will be issued. If a class is cancelled by the department, all registrants will automatically receive a full refund for the cost of the class.



## HOW TO REGISTER ONLINE

1. Visit our website at [www.cobbcounty.gov/seniors](http://www.cobbcounty.gov/seniors)
2. From the homepage, scroll down and select the **Register for Classes and Activities** icon. You will be directed to the CivicRec registration system page.
3. Select **Log In/Create Account** in the upper-left corner. At this time, you will either need to create an account or log in to an existing account. If you are unsure if you have an account, please call us at 770-509-4900 to verify with staff.
4. If logging into an existing account, enter your email address and password. If you have not set up your password or have forgetting , please select **Forgot Password?** and follow the instructions.
5. To create a new account select the **Create Your CCGA Account** and complete the required information. Please remember passwords must be at least 8 characters long and contain 3 of the following 4 categories: lower case letters, uppercase letters, numbers, special characters.
6. Once logged in, locate the **Filter** box at the top-left and enter the 5 digit activity code associated with the activity for which you will be registering. You can also register by selecting the **Senior Services Activities** tab and further filter by selecting the name of the senior center.
7. Select **Add to Cart**. You can either select **Close** to add more activities or select **Checkout**. Be sure to accept all waivers to proceed to the payment screen and complete the registration process.
8. At any time, you can log on to your account, select the **Account** option, and view your **Dashboard** which contains information such as your upcoming events, transaction history, payment options, and event calendar. Please note that you will not be able to remove yourself from an activity once you have registered. You will need to contact the center and have staff remove you.

## Winter 2026 Schedule

CODE	CLASS	TIME	DATES	COST	NO CLASS
<b>MONDAY</b>					
# 50311	Kettlebell Exercise	9:30am - 10:30am	1/26-3/30	\$27	3/23
# 50312	Flexibility/Yin Yoga Class	10:45am - 11:45am	1/26-3/30	\$27	3/23
# 50313	Spanish - Beginner	9:30am - 10:30am	1/26-3/30	\$27	3/23
# 50314	Spanish - Intermediate	10:35am - 11:35am	1/26-3/30	\$27	3/23
# 50315	Spanish - Conversational	11:40am - 12:40pm	1/26-3/30	\$27	3/23
# 50316	Drumstick Fitness	12:00pm - 12:45pm	1/26-3/23	\$18	2/16
# 50317	Smoveys	1:00pm - 1:45pm	1/26-3/23	\$18	2/16
# 50318	Gentle Yoga & Stretching	2:00pm - 3:00pm	1/26-3/23	\$27	
# 50319	Chair Yoga	3:15pm - 4:15pm	1/26-3/23	\$27	
<b>TUESDAY</b>					
# 50320	Smoveys	10:30am-11:15am	1/27-3/24	\$18	2/17
# 50415	Fitness with Jola	11:45am-12:30pm	1/27-3/24	\$18	2/17
# 50321	Beginner Strength Training	2:45pm - 3:45pm	1/27-3/24	\$27	
<b>WEDNESDAY</b>					
# 50416	Balance and Strength	9:15am - 10:00am	1/28-3/25	\$18	2/18
# 50322	Intermediate Strength Training	10:30am - 11:30am	1/28-3/25	\$27	
# 50323	Beginner Tai Chi	11:45am - 12:45pm	1/28-3/18	\$24	
# 50324	Intermediate Tai Chi	1:00pm - 2:00pm	1/28-3/18	\$24	
# 50325	Zumba	2:15pm-3:15pm	1/28-3/25	\$24	2/11
# 50326	Advanced Tai Chi	3:30pm - 4:30 pm	1/28-3/18	\$24	
<b>THURSDAY</b>					
# 50327	Zumba	9:15am - 10:15am	1/29 - 3/26	\$21	2/12, 3/19
# 50328	Intermediate Strength Training	10:45am - 11:45am	1/29 - 3/26	\$27	
#50566	Intermediate Computer Class with Windows 11	12:30pm - 2:30pm	2/12 - 2/26	\$10	
# 50331	Interval Cardio with Lydia	2:30pm - 3:30pm	1/29 - 3/26	\$27	
<b>FRIDAY</b>					
# 50332	Intermediate Pilates	9:30am - 10:30am	1/30 - 3/27	\$27	
# 50459	Fitness with Jola	11:45am - 12:30pm	1/30 - 3/27	\$18	2/20

## **Kettlebell Exercise #50311**

Instructor: Margaret Souter

January 26 - March 30 (No Class 3/23)

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

\$27; 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 #50312**

Instructor: Margaret Souter

January 26 - March 30 (No Class 3/23) | 10:45a.m. - 11:45a.m.

\$27; 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 #50313**

Instructor: Giulietta Glade

January 26 - March 30 (No Class 3/23) | 9:30a.m. – 10:30a.m.

\$27; 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.

**Required Books:** Spanish Middle High School Book by Cynthia Downs & Easy Spanish Step by Step by Barbara Bregstein.

## **Spanish – Intermediate #50314**

Instructor: Giulietta Glade

January 26 - March 30 | 10:35a.m. – 11:35a.m.

\$27; 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 Bregstein.

## **Spanish – Conversational #50315**

Instructor: Giulietta Glade

January 26 - March 30 | 11:40a.m. – 12:40p.m.

\$27; 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:** Spanish Conversation by Jean Yates, PhD. Spanish Pronouns and Prepositions by Dorothy Richmond.

# Monday



## **Drumstick Fitness #50316**

Instructor: Jolanta Osoba-Olbrys

January 26 - March 23 | 12:00p.m. – 12:45p.m.

\$18; Registration required (No Class 2/16)

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 #50317**

Instructor: Jolanta Osoba-Olbrys

January 26 - March 23 | 1:00p.m. – 1:45p.m.

\$18; Registration required (No Class 2/16)

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. **Only 10 rings are available, please notify the staff if you have your own rings.**

## **Gentle Yoga & Stretching #50318**

Instructor: Marty Steine

January 26 - March 23 | 2:00p.m. – 3:00p.m.

\$27; Registration required

In this class you 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.

## **Chair Yoga #50319**

Instructor: Marty Steine

January 26 - March 23 | 3:15p.m. – 4:15p.m.

\$27; Registration required

This class is intended for students who will remain seated in a chair, but with options at times to stand and use the chair as a balancing aid. The exercises engage almost the entire body. Students will be introduced to breathing techniques, which they will then use in a meditative way, coordinating breath with movement. The class will enable students to improve flexibility, strength, and balance, - as well the ability to relax.

# Tuesday

## Smoveys Workout #50320

Instructor: Jolanta Osoba-Olbrys  
January 27 - March 24 (No Class 2/17)  
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. **Only 10 rings are available, please notify the staff if you have your own rings.**

## Fitness with Jola #50415

Instructor: Jolanta Osoba-Olbrys  
January 27 - March 24 (No Class 2/17) | 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 #50321

Instructor: Lydia McIntyre  
January 27 - March 24 | 2:45p.m – 3:45p.m.  
\$27; 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 #50416

Instructor: Jolanta Osoba-Olbrys  
January 18 - March 25 (No Class 2/18) | 9:15a.m. – 10:00a.m.  
\$18; 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.

# Wednesday



## **Intermediate Strength Training #50322**

Instructor: Margaret Souter

January 28 - March 25 | 10:30a.m. - 11:30a.m.

\$27; 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 Tai Chi #50323**

Instructor: Sachiko Hirata

January 28 - March 18 | 11:45a.m. - 12:45p.m.

\$24; Registration required

Tai Chi is often described as "meditation in motion", but it might well be called "medication in motion." This class is for beginners and focusing on balance, coordination, and muscle strength. Even if you had some experience of Tai Chi in the past, please take this class first.

## **Intermediate Tai Chi #50324**

Instructor: Sachiko Hirata

January 28 - March 18 | 1:00p.m.- 2:00p.m.

\$24; Registration required

This class is for intermediate level Tai Chi. Thank you for taking Beginner Tai Chi before joining. Based on the Chen Style of Tai Chi, you will learn self defense forms. Training slow and gentle, these forms will improve your health.

## **Zumba #50325**

Instructor: Kevin Jaycox

January 28- March 25 (No class 2/11)

2:15p.m. - 3:15p.m.

\$24; 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.

## **Advanced Tai Chi #50326**

Instructor: Sachiko Hirata

January 28 - March 18 | 3:30p.m.- 4:30p.m.

\$24; Registration required

This class teaches self-defense forms while understanding the philosophy of Chen Style Tai Chi and traditional Chinese medicine. It will lead to improve your health. Not only the basic forms, you will be enjoying the weapon forms in a safe way.

## **Zumba #50327**

Instructor: Kevin Jaycox

January 29 - March 26 (No class 2/12, 3/19)

9:15a.m. – 10:15a.m.

\$21; 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 #50328**

Instructor: Margaret Souter

January 29 - March 26 | 10:45a.m. – 11:45a.m.

\$27; 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).

## **Intermediate Computer Class with Windows 11 #50566**

Instructor: Paul Buege

February 12 - February 26 | 12:30p.m. – 2:30p.m.

\$10; Registration required

Course will cover the basics of using a computer with Windows 11 installed as the operating system. 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. Computers will not be provided for this class. Student must bring their own laptop for each session (no iPads, MacBooks, or Chromebooks please). This course will not cover earlier versions of Windows.

## **Interval Cardio with Lydia #50331**

Instructor: Lydia McIntyre

January 29 - March 26 | 2:30p.m. - 3:30p.m.

\$27; Registration required

Interval Cardio 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 #50332

Instructor: Margaret Souter

January 30 - March 27 | 9:30a.m. – 10:30a.m.

\$27; 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 #50459

Instructor: Jolanta Osoba-Olbrys

January 30 - March 27 (No Class 2/20) | 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).**



Please place a check next to your selection

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