**West Cobb Senior Center**
4915 Dallas Highway Powder Springs GA 30127
770-528-8200

Registration for winter 2026 classes begins Monday, January 12 at 9:00 am.

**Monday**

**Circuit Training #50888**
Instructor: Mitzi Logan
Mondays, January 26 – March 16
8:50 am – 9:50 am
$24.00
Circuit training is a total body challenge that is designed to combine resistance training and low impact aerobics. You will strengthen your heart and cardiovascular system, increase muscular strength and endurance, and improve agility, balance, and flexibility through various stations. The stations will provide you the opportunity to work at your own individual pace making the class suitable for anyone! Bring your own (light) weights.

**Core & Restore #50889**
Instructor: Mitzi Logan
Mondays, January 26 – March 16
10:00 am – 11:00 am
$24.00
This class will help improve and maintain the strength of your core including abdominals, back, hips and thighs, and improve your posture and the strength of your pelvic floor muscles potentially improving bladder control. We will work to gently increase the flexibility of your muscles and range of motion of your joints. Class is done on the floor on your mat. All fitness levels welcome, but you must be able to get down to the floor once and back up at the end of class. Bring a mat and a hand towel or yoga strap.

**Tai Chi I #50890**
Instructor: Sachi Hirata
Mondays, January 26 – March 16
12:00 pm – 1:00 pm
$24.00
Tai Chi is a low impact and slow-motion exercise. It is often described as “meditation.” Benefits are relaxation, improved strength, and flexibility. Beginners are welcome.

**Tai Chi II #50891**
Instructor: Sachi Hirata
Mondays, January 26 – March 16
1:15 pm – 2:15 pm
$24.00
Tai Chi is a low impact and slow-motion exercise. It is often described as “meditation.” Benefits are relaxation, improved strength, and flexibility. This class is designed for people who have experience in Tai Chi.

**Georgia Serial Killers Part 2 #50892**
Instructor: Adrienne Mintz
Mondays, January 26 – March 2
1:00 pm – 2:00 pm

$6.00
Ever wonder what makes a serial killer tick? Even if you didn't attend Part 1, join us for Georgia Serial Killers Part 2! The first four classes will focus on eight Georgia serial killers including background information, psychological profiles, and case studies. During the last four classes, we'll explore how to catch a killer.

**Tuesday**

**Strength & Stretch #50893**
Instructor: Mitzi Logan
Tuesdays, January 27 – March 17
9:00 am - 10:00 am
$24.00
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, balance, and flexibility. Bring your own (light) weights and resistance bands.

**Crocheting: Beginner #50894**
Instructor: Lois Minta
Tuesdays, January 27 – March 3
9:00 am – 10:00 am
$6.00 (+ $15.00 supply fee)
Crocheting is an amazing and incredibly satisfying hobby. Learn basic techniques you will need to get started on your first projects. $15.00 supply fee to instructor first day of class. All students must have the same supplies; therefore, students will be required to pay the supply fee.

**Bridge: Advanced Beginner #50895**
Instructor: Sandy Molander
Tuesdays, January 27 – March 17
9:30 am - 11:30 am
$16.00 (+ book)
This is the second course for beginner bridge players who have a basic knowledge of bidding and are ready to work on "playing the hand." Students will need to purchase *Play of the Hand in the 21st Century (ACBL Bridge Series)*, which is available on Amazon, and bring to each class. Attendance to each class is required to ensure mastery of the concepts necessary for progression.

**Level Up Your Genealogy #50896**
Instructor: Cathie McCabe
Tuesdays, January 27 – February 24
10:00 am – 11:00 am
$5.00
Whether you've already built your family tree or you're just beginning to explore your roots, this class series is designed to help you take your genealogy skills to the next level. Each session offers practical strategies, hands-on activities, and expert guidance to help you uncover hidden ancestors, interpret historical records, and preserve your legacy for future generations. No computer? No problem! Each class is designed to be accessible without a device. Group discussions, hands-on activities, and instructor demonstrations will ensure everyone can participate fully.

**American Mahjong for Beginners #50897**
Instructors: Mary Zupec and Gail Kelly
Tuesdays, February 10 – March 3
10:00 am - 11:30 am

$6.00
Are you ready to discover the fast-paced, captivating, and social game of American Mahjong? This beginner-friendly class is the perfect way to learn the fundamentals of this exciting game played with tiles and racks. All supplies provided.

**Yoga #50898**
Instructor: Mitzi Logan
Tuesdays, January 27 – March 17
10:15 am - 11:15 am
$24.00
This class is designed to introduce seniors to gentle yoga postures, simple stretches, breath work and conscious relaxation. Relax and quiet the mind, body and spirit while simultaneously energizing the body, improving muscle tone and stamina. All levels are welcome. Please bring a yoga mat to class.

**Chair Fitness #50900**
Instructor: Mitzi Logan
Tuesdays, January 27 – March 17
11:45 am – 12:15 pm
$12.00
Needing something a little slower paced but still effective? This class will help to improve your cardiovascular fitness, muscular strength, muscular endurance, and balance in just 30 minutes all from a chair! Bring your own (light) weights and resistance bands.

**Chair Yoga #50899**
Instructor: Mitzi Logan
Tuesdays, January 27 – March 17
12:30 pm – 1:00 pm
$12.00
You will complete yoga postures and gentle stretches designed to improve flexibility and strength all on and around a chair in this 30-minute class. All levels welcome. Please bring a yoga mat to class.

**Wednesday**

**H2-Oh! Intro to Water-Based Art Mediums #50901**
Instructors: Barb Adamak and Debbie Novac
Wednesdays, January 28-March 4
10:00 am – 12:00 pm
$12.00
Explore art through the many techniques of watercolor, acrylics, and soft pastels. Learn foundational skills through guided projects and demonstrations and develop confidence using the materials to create original artwork. On the first day of class bring a #3 sharpened pencil to use and $20.00 supply fee to instructors.

**Stand Strong #50902**
Instructor: Toni Stanfill
Wednesdays, January 28 – March 18
9:45 am – 10:45 am
$24.00
Looking to increase confidence in your mobility and reduce your risk of falls? This gentle yet effective class is designed specifically for those looking to improve balance, build strength, and enhance overall stability. Class is

performed standing and/or seated with the use of a chair to practice functional movements and stretching. Perfect for all fitness levels. No weights or equipment are used.

**Thursday**

**Get Fit! #50903**
Instructor: Susan Schumacher
Thursdays, January 29 – March 19
9:00 am – 10:00 am
$24.00
Class focuses on muscle strength, cardio endurance, balance, and flexibility for beginners. Weights and resistance bands will be used to safely perform seated and standing exercises to get fit and have fun. Please bring hand weights and resistance bands.

**Seniors in Play: Intro to Acting #50904**
Instructor: Cyndi Crawford
Thursdays, January 29 – February 19
10:00 am – 12:00 pm
$8.00
There are no age limits on talent or fun! Explore your creativity and learn to express yourself through acting. This course will get your creative energies flowing by studying drama, improv, and comedy. Gain confidence and find your voice through lively social interactions and playful spontaneity.

**Yoga #50905**
Instructor: Susan Schumacher
Thursdays, January 29 – March 19
10:15 am – 11:15 am
$24.00
Class is designed to introduce seniors to gentle yoga postures, simple stretches, breath work and conscious relaxation. Relax and quiet the mind, body and spirit while energizing the body, improving muscle tone and stamina. Students must have previous yoga experience. Please bring a yoga mat to class.

**Sound Healing and Meditation #50906**
Instructor: Toni Stanfill
Thursdays, January 29 – March 19
11:30 am – 12:30 pm
$24.00
Sound Healing utilizes sound vibrations to promote relaxation, reduce stress, and potentially improve physical and mental well-being. It involves using instruments such as singing bowls, gongs, and chimes to create a relaxed meditative state. Please bring a yoga mat, and a yoga blanket or large towel.

**Wing It: Beginners Guide to Birdwatching #50907**
Instructors: Vic and Vicki Williams
Thursdays, February 19 – March 5
1:00 pm – 2:00 pm
$3.00
Get ready to discover the beautiful, feathered neighbors that share our world. Learn the basics of birdwatching including bird identification and how to use birding apps and books. Please note that the last day of class will be an offsite birdwatching practice. Participants will need to meet at Green Meadows Preserve (3780 Dallas Hwy). Bring a smartphone and binoculars to each class.

**Zumba #50908**
Instructor: Yvette Hassell
Thursdays, January 29 – March 19
2:00 pm – 3:00 pm
$24.00
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.

**Friday**

**Baby Boomers Bootcamp #50909**
Instructor: Mitzi Logan
Fridays, January 30 – March 20
9:00 am - 10:00 am
$24.00
This class is designed for the specific needs of the active senior who wants to enjoy their retirement to the fullest! You will complete age specific functional exercises to improve and maintain muscular strength, cardio capacity, balance, and flexibility while minimizing stress on joints. The exercises are simple, effective, and low impact. This class is suitable for an active senior looking for a challenge. Bring your own (light) weights and resistance bands.

**Drumming Strong #50910**
Instructor: Mitzi Logan
Fridays, January 30 – March 20
10:10 am – 11:10 am
$24.00
Cardio drumming combinations followed by intervals of strength training using body weight and dumbbells. Suitable for any level. Can be done standing or seated. Bring your own (light) weights.

**Chair Yoga #50911**
Instructor: Mitzi Logan
Fridays, January 30 – March 20
11:20 am – 11:50 am
$12.00
You will complete yoga postures and gentle stretches designed to improve flexibility and strength all on and around a chair in this 30-minute class. All levels welcome. Please bring a yoga mat to class.

**Computer Basics using Windows 11 #50912**
Instructor: Paul Buege
Fridays, February 20 – March 20
1:00 pm - 4:00 pm
$15.00
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. Students must bring their own laptop for each session (no iPads, Macbooks or Chromebooks please). This course will not cover earlier versions of Windows.

**Gentle Stretch, Breathwork and Guided Meditation #50913**

Instructor: Toni Stanfill
Fridays, January 30 – March 20
2:00 pm – 3:00 pm
$24.00
Unwind and restore with this calming class that blends gentle stretching to release physical tension, breathwork to center the mind, and guided meditation to promote deep relaxation. Perfect for all levels, this session supports stress relief, mindfulness, and overall well-being. Please bring a yoga mat (a yoga blanket is optional).

**Stay Focused: Basic iPhone Photography #50914**
Instructor: Johnny Barfield
Fridays, January 30 – February 13
2:00 pm – 3:30 pm
$4.50
Are you ready to unlock the incredible potential of the camera already in your pocket? In this three-week class, we will go beyond simple snapshots to explore your iPhone camera's basic features, powerful editing tools, and the essential rules of composition. Learn how to frame compelling images and apply techniques that turn a snapshot into a stunning photograph.