

Tim D. Lee Senior Center

SPRING 2026

CLASS LISTING



Registration

Monday, March 23rd | 9:00 AM

Online and in-person registration only!

****Please note****

Not all the classes are starting the week of April 6, 2026. You may not have a class every week, please make a note of dates with no class.



3332 Sandy Plains Road
Marietta, GA 30066

 770-509-4900

 www.cobbcounty.gov/seniors

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?

If your plans change and you need to withdraw 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 or credit for the cost of the class. 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?

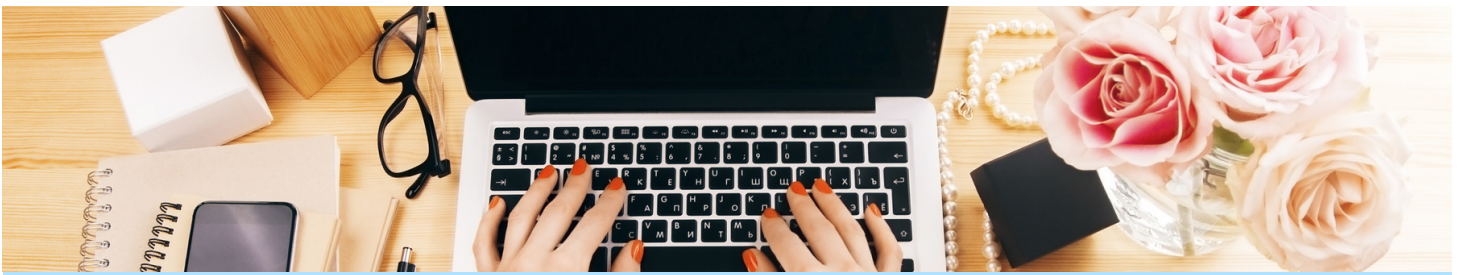
NO. Maximum number of students allowed in each class cannot be changed. Once a class is full the registration system will automatically start a waiting list for each class. When space becomes available the registration system will pull your name from the waiting list and staff will notify you.

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.



HOW TO REGISTER ONLINE

1. Visit our website at 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.

Exercise Classes

Strength

Advanced Strength Training #53091

Instructor: Margaret Souter

April 9 – June 11

10:45 a.m. – 11:45 a.m.

\$30; Registration required

Pre-requisite: Intermediate St. Training

This class is for the active senior that is looking to improve their skeletal structure and muscle mass. You will be encouraged to use heavy dumbbells. If you can easily perform 8-10 reps of one weight, in this class you are expected to increase your load. This class is a challenge for most but is worth it. Please sign up only if you have completed a session of another Strength class and are looking for more. Please wear gym-appropriate clothing, bring a mat, a towel and water. Embrace it the hard.

Thurs

Balance & Strength #53090

Instructor: Jolanta Osoba-Olbrys

April 15 – May 13

9:15 a.m. – 10:00 a.m.

\$12; Registration required

Do you have concerns of falling? You have the power to reduce the 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. Class begins in a chair to freely move every part the body and then transitions to standing weight bearing exercise to improve bone and muscle strength.

Wed

Beginner Strength Training #53088

Instructor: Lydia McIntyre

April 7 – June 9

2:45 p.m. – 3:45 p.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.

Tues



Exercise Classes

Strength

Intermediate Strength Training #53093

Instructor: Margaret Souter

April 8 – June 10

10:30 a.m. – 11:30 a.m.

\$30; Registration required

Prerequisite: Beginner St. Training

This class is for the physically active senior that is looking to build strength, stamina, skeletal muscle and physical endurance. You will be able to choose your level of weight but will be encouraged to lift more as time goes on. There will be some light cardio, moves that will take a little time to master, but certainly attainable. All in all, a great class for those that are looking to up their game and would like a challenge. Of course, how much you lift and how much you do is always up to you and what feels right within your own body.

Wed

Intermediate Pilates #53106

Instructor: Margaret Souter

April 10 – June 12

9:30 a.m. – 10:30 a.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.

Fri

Kettlebell Exercise #53075

Instructor: Margaret Souter

April 6 – June 15 (No class 5/25)

9:30 a.m. – 10:30 a.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.

Mon

Preventative Exercises for Bone Health #53085

Instructor : Beverly Stegman (BS, MAud, CR, RYT-200)

April 13 – June 15 (No class 5/25)

2:00 p.m. – 3:00 p.m.

\$27; Registration required

Just like every part of your body, your bones need maintenance to be healthy and strong. These preventing exercises are one of the pillars of bone care and fall prevention. You will learn and practice weight bearing exercises, and resistance training to build strength and stability to promote bone health. The focus will also be on alignment and balance.

Mon

Exercise Classes

Tai Chi

Seated Tai Chi #53109

Instructor: Melanie Knopf

May 18 – June 22 (No class 5/25)

12:00 p.m. – 12:45 p.m.

\$10; 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.

Mon

Beginner Tai Chi #53094

Instructor: Sachiko Hirata

April 8 – June 10

11:45 a.m. – 12:45 p.m.

\$30; 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.

Wed

Intermediate Tai Chi #53095

Instructor: Sachiko Hirata

April 8 – June 10

1:00 p.m. – 2:00 p.m.

\$30; 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.

Wed

Advanced Tai Chi #53097

Instructor: Sachiko Hirata

April 8 – June 10

3:30 p.m. – 4:30 p.m.

\$30; 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.

Wed

Exercise Classes

Yoga & Stretching

Flexibility/Yin Yoga Class #53077

Instructor: Margaret Souter

April 6 – June 15 (No class 5/25)

10:45 a.m. – 11:45 a.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.

Mon

Cardio Fitness

Chair Dance #53199

Instructor: Sher Harris

May 19 – June 16

11:45 a.m. – 12:30 p.m.

\$12; Registration required

A low-impact chair workout that builds strength and supports everyday movement. This workout is ideal for beginners, is joint-friendly and helps build functional strength to improve daily mobility. Get your feet tapping and head bobbing to energetic music!

Tues

Drumstick Fitness #53082

Instructor: Jolanta Osoba-Olbrys

April 13 – May 11 (No class 5/4)

12:00 p.m. – 12:45 p.m.

\$10; 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. What you need to bring: set of drumsticks (anything you can find in your house), spatulas short pool noodles must be at least a foot long.

Mon

Exercise Classes

Cardio Fitness

Fitness with Jola #53086

Instructor: Jolanta Osoba-Olbrys

April 14 – May 12

11:45 a.m. – 12:30 p.m.

\$12; 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 used 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).

Tues

Fitness with Jola #53087

Instructor: Jolanta Osoba-Olbrys

April 17 – May 15 (No class 5/1)

11:45 a.m. – 12:30 p.m.

\$10; 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 used 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).

Fri

Interval Cardio with Lydia #53105

Instructor: Lydia McIntyre

April 9 – June 18 (no class 5/14)

2:30 p.m. – 3:30 p.m.

\$30; 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. Interval Cardio training improves heart health, blood circulation, and stamina. This exercise is going to improve core, glute and hip flexor strength, posture, and balance.

Thurs

Exercise Classes

Cardio Fitness

Smoveys Workout #53083

Instructor: Jolanta Osoba-Olbrys

April 13 – May 11 (No class 5/4)

1:00 p.m. – 1:45 p.m.

\$10; 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.**

Mon

Smoveys Workout #53084

Instructor: Jolanta Osoba-Olbrys

April 14 – May 12

10:30 a.m. – 11:15 a.m.

\$12; 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.

Tues

Zumba #53099

Instructor: Kevin Jaycox

April 8 - June 10

2:15 p.m. – 3:15 p.m.

\$30; 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.

Wed

Zumba #53100

Instructor: Kevin Jaycox

April 9 - June 18 (No class 4/16)

9:15 a.m. – 10:15 a.m.

\$30; 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.

Thurs

Classes

General Interest

Spanish – Beginner #53079

Instructor: Giulietta Glade

April 20 – June 15 (No class 5/18, 5/25)

9:30 a.m. – 10:30 a.m.

\$21; 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.

Mon

Spanish – Intermediate #53080

Instructor: Giulietta Glade

April 20 – June 15 (No class 5/18, 5/25)

10:35 a.m. – 11:35 a.m.

\$21; Registration 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.

Mon

Spanish – Conversational #53081

Instructor: Giulietta Glade

April 20 – June 15 (No class 5/18, 5/25)

11:40 a.m. – 12:40 p.m.

\$21; 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.

Mon

Watercolor with Ashley #53107

Instructor: Ashley Walker

April 14 – June 9 (No class 6/2)

10:00 a.m. – 12:00 p.m.

\$48; Registration required

This class is a beginners guide to getting started with watercolor painting. We begin by exploring watercolor materials and the basics of watercolor painting. Then, we will dabble in some color theory and maybe even use some “unlikely” materials! We will complete exercises and projects to apply what we learn. On Week 1, We will explore materials and give a supply list for this course. Feel free to bring any watercolor materials that you may already have.

Tues

Classes

General Interest

Computer Basics using Windows 11 #53568

Thursdays, April 9 – May 7

12:30 pm – 2:30 pm

\$5.00; Registration required

This course will introduce the student 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.

Thurs



CLASS LIST SPRING 2026

TIM D. LEE SENIOR CENTER

CODE	CLASS	TIME	DATES	COST	NO CLASS	
MONDAY						
# 53075	Kettlebell Exercise	9:30 am - 10:30 am	4/6-6/15	\$30	5/25	
# 53077	Flexibility/Yin Yoga Class	10:45 am - 11:45 am	4/6-6/15	\$30	5/25	
# 53079	Spanish - Beginner	9:30 am - 10:30 am	4/20-6/15	\$21	5/18, 5/25	
# 53080	Spanish - Intermediate	10:35 am - 11:35 am	4/20-6/15	\$21	5/18, 5/25	
# 53081	Spanish - Conversational	11:40 am - 12:40 pm	4/20-6/15	\$21	5/18, 5/25	
# 53082	Drumstick Fitness	12:00 pm - 12:45 pm	4/13-5/11	\$10	5/4	
# 53109	Seated Tai Chi	12:00 pm - 12:45 pm	5/18-6/22	\$10	5/25	
# 53083	Smoveys	1:00 pm - 1:45 pm	4/13-5/11	\$10	5/4	
# 53085	Preventative Exercises for Bone Health	2:00 pm - 3:00 pm	4/13-6/15	\$27	5/25	
TUESDAY						
# 53107	Watercolor with Ashley	10:00 am - 12:00 pm	4/14-6/9	\$48	6/2	
# 53084	Smoveys	10:30 am - 11:15 am	4/14-5/12	\$12		
# 53086	Fitness with Jola	11:45 am - 12:30 pm	4/14-5/12	\$12		
# 53199	Chair Dance	11:45 am - 12:30 pm	5/19-6/16	\$12		
# 53088	Beginner Strength Training	2:45 pm - 3:45 pm	4/7-6/9	\$30		
WEDNESDAY						
# 53090	Balance and Strength	9:15 am - 10:00 am	4/15-5/13	\$12		
# 53093	Intermediate Strength Training	10:30 am - 11:30 am	4/8-6/10	\$30		
# 53094	Beginner Tai Chi	11:45 am - 12:45 pm	4/8-6/10	\$30		
# 53095	Intermediate Tai Chi	1:00 pm - 2:00 pm	4/8/-6/10	\$30		
# 53099	Zumba	2:15 pm-3:15 pm	4/8/-6/10	\$30		
# 53097	Advanced Tai Chi	3:30 pm - 4:30 pm	4/8/-6/10	\$30		
THURSDAY						
# 53100	Zumba	9:15 am - 10:15 am	4/9-6/18	\$30	4/16	
# 53091	Advance Strength Training	10:45 am - 11:45 am	4/9-6/11	\$30		
# 53568	Computer Basics using Windows 11	12:30 pm - 2:30 pm	4/9 - 5/7	\$10		
# 53105	Interval Cardio with Lydia	2:30 pm - 3:30 pm	4/9-6/18	\$30	5/14	
FRIDAY						
# 53106	Intermediate Pilates	9:30 am - 10:30 am	4/10-6/12	\$30		
# 53087	Fitness with Jola	11:45 am - 12:45 pm	4/17-5/15	\$10	5/1	

