

Tim D. Lee Senior Center

SUMMER 2026

CLASS CATALOG



Registration

Monday, June 22nd | 9:00 AM

Online and in-person registration
only!

****Please note****

Not all the classes are starting the week
of July 6th. 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?

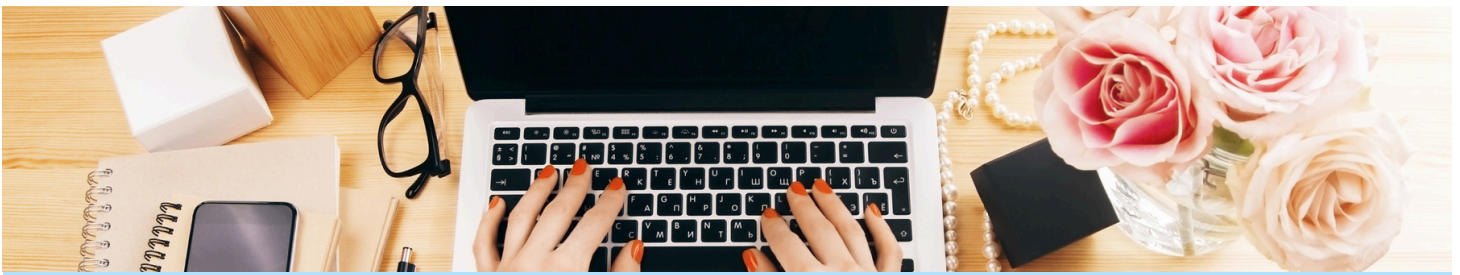
NO. Maximum number of students allowed in each class cannot be changed. Once a class is full the registration system will automatically start a waiting list for each class. When space becomes available the registration system will pull your name from the waiting list and staff will notify you.

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 #54666

Instructor: Margaret Souter

July 9 – September 17 (No class 8/27)

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 build strength in an advanced setting. 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. Please wear gym-appropriate clothing, bring a mat, a towel and water.

Thurs

Beginner Strength Training #54660

Instructor: Lydia McIntyre

July 7 – September 8

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

Intermediate Strength Training #54665

Instructor: Margaret Souter

July 8 – September 16 (No class 8/26)

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

Exercise Classes

Strength

Intermediate Pilates #54691

Instructor: Margaret Souter

July 10 – September 18 (No Class 8/28)

9:30 a.m. – 10:30 a.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. Intermediate Pilates is perfect for those of you who have mastered basic Pilates exercises and are ready for a challenge. Class will be held in the Grand Hall.

Fri

Kettlebell Exercise #54654

Instructor: Margaret Souter

July 6 – September 14 (No class 8/24, 8/31, 9/7)

9:30 a.m. – 10:30 a.m.

\$24; 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 #54659

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

July 6 – September 14 (No Class 7/20, 9/7)

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

Yoga & Stretching

Chair Yoga #54723

Instructor: Marty Steine

July 9 – September 10

1:15 p.m. – 2:15 p.m.

\$30; Registration required

Learn how to improve flexibility, strength, and balance from the comfort and safety of a chair. This class is intended for students who will remain seated in a chair but have the option to stand and use the chair as a balancing aid.

Thurs

Flexibility/Yin Yoga Class #54655

Instructor: Margaret Souter

July 6 – September 14 (No class 8/24, 8/31, 9/7)

10:45 a.m. – 11:45 a.m.

\$24; 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

Gentle Yoga and Stretching #54724

Instructor: Marty Steine

July 9 – September 10

12:00 p.m. – 1:00 p.m.

\$30; Registration required

In this class, you will learn how to flow through yoga sequences and hold poses for deeper stretching. 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.

Thurs



Exercise Classes

Cardio Fitness

Chair Dance #54805

Instructor: Sher Harris

July 7 – September 8

11:45 a.m. – 12:30 p.m.

\$23; 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

Interval Cardio with Lydia #54690

Instructor: Lydia McIntyre

July 16 – September 17

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

Zumba #54661

Instructor: Kevin Jaycox

July 8 – September 9

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 #54689

Instructor: Kevin Jaycox

July 9 – September 10

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

Exercise Classes

Cardio Fitness

Line Dance with Linda #54692

New!

Instructor: Linda Messing

July 10 – September 11

3:00p.m. – 4:00p.m.

\$30; Registration required

You'll learn the proper steps, rhythm, and technique behind today's most popular line dances – plus a few of the classics- so when it's time to hit the floor at weddings, parties, or country line dancing nights, you'll be ready to shine! Each class is taught by an experienced instructor who breaks each dance down step by step. **Boots not required, wear comfortable shoes to help you move safely while learning the steps.** No partner is needed, and no experience is required. Come for fun, leave with real skills (and some great new friends).

Fri

Tai Chi

Wed

Beginner Tai Chi #54662

Instructor: Sachiko Hirata

July 8 – September 2 (No class 8/12)

11:45 a.m. – 12:45 p.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 #54663

Instructor: Sachiko Hirata

July 8 – September 2 (No class 8/12)

1:00 p.m. – 2:00 p.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.

Wed

Advanced Tai Chi #54664

Instructor: Sachiko Hirata

July 8 – September 2 (No class 8/12)

3:30 p.m. – 4:30 p.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.

Wed

Classes

General Interest

Spanish – Beginner #54656

Instructor: Giulietta Glade

July 13 – August 31

9:30 a.m. – 10:30 a.m.

\$24; 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 #54657

Instructor: Giulietta Glade

July 13 – August 31

10:35 a.m. – 11:35 a.m.

\$24; Registration required

This course is designed for students **who have completed Spanish Beginner level recently** or who can already comfortably: Conjugate verbs, form basic sentences without translation tools and be able to speak in full sentences. **This is not a review of beginner material.** Students should already have a solid foundation in present tense conjugation and basic grammar. Required Books: Spanish Verb Tenses by Dorothy Richmond. Easy Spanish Step by Step by Barbara Bergstein.

Mon

Spanish – Conversational #54658

Instructor: Giulietta Glade

July 13 – August 31

11:40 a.m. – 12:40 p.m.

\$24; 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

Classes

General Interest

Intermediate Computer Class Using Windows 11 #55023

Instructor: Paul Buege

July 16 – July 30

12:30p.m. – 2:30p.m.

\$18; Registration required

Prerequisite - The student will have an understanding of the basics on how to:

Use mouse or touchpad, set up desktop/taskbar/start menu, organize files and folders, perform basic word processing, use an internet/web browser

This course will provide the students with instructions on how to take care of their computer with Disk Cleanup and Files Backup, Useful Windows 11 Apps, understanding key Settings & Control Panel functions. **No computers will be available for this class, so it is necessary for students to bring their own laptop to each session.** (Using an iPad, Macbook or Chromebook will not be covered in this course. Nor will earlier versions of Windows).

Thurs

Paint Like Bob Ross #54693

Instructor: Angela Sigari

July 9 – August 13

1:00p.m. - 3:00p.m.

\$36; Registration required

Plus \$35 supply fee paid to instructor at first class.

Come and enjoy creating landscapes, seascapes, and floral paintings. Bob Ross Certified Instructor-led classes allow you to create 'happy little clouds' with his simplistic method where there are no mistakes, only 'happy little accidents'. Suitable for all skill levels. Participants will leave each 2-hour class with a finished masterpiece all their own.

Thurs

Phone Photography for Beginners #54694

New!

Instructor: Ash Frost

July 10 – September 11

1:00p.m. – 3:00p.m.

\$60; Registration required

Ready to take your photos to the next level? This class will teach you the basics of taking pictures with your smart phone and will teach you techniques for enhancing your photography through lighting, composition, color and depth. Beginner friendly, no experience required. What to bring: any smart phone.

Fri

CLASS LIST SUMMER 2026

TIM D. LEE SENIOR CENTER

CODE	CLASS	TIME	DATES	COST	NO CLASS	
MONDAY						
#54654	Kettlebell Exercise	9:30 am - 10:30 am	7/6 - 9/14	\$24	8/24, 8/31, 9/7	
#54655	Flexibility/ Yin Yoga Class	10:45 am - 11:45 am	7/6 - 9/14	\$24	8/24, 8/31, 9/7	
#54656	Spanish - Beginner	9:30 am - 10:30 am	7/13 - 8/31	\$24		
#54657	Spanish - Intermediate	10:35 am - 11:35 am	7/13 - 8/31	\$24		
#54658	Spanish - Conversational	11:40 am - 12:40 pm	7/13 - 8/31	\$24		
#54659	Preventative Exercise for Bone Health	2:00 pm - 3:00 pm	7/6 - 9/14	\$27	7/20, 9/7	
TUESDAY						
#54805	Chair Dance	11:45 am - 12:30 pm	7/7 - 9/8	\$23		
#54660	Beginner Strength Training	2:45 pm - 3:45 pm	7/7 - 9/8	\$30		
WEDNESDAY						
#54665	Intermediate Strength Training	10:30 am - 11:30 am	7/8 - 9/16	\$30	8/26	
#54662	Beginner Tai Chi	11:45 am - 12:45 pm	7/8-9/2	\$24	8/12	
#54663	Intermediate Tai Chi	1:00 pm - 2:00 pm	7/8-9/2	\$24	8/12	
#54661	Zumba	2:15 pm - 3:15 pm	7/8-9/9	\$30		
#54664	Advanced Tai Chi	3:30 pm - 4:30 pm	7/8-8/12	\$24	8/12	
THURSDAY						
#54689	Zumba	9:15 am - 10:15 am	7/9-9/10	\$30		
#54666	Advanced Strength Training	10:45 am - 11:45 am	7/9-9/17	\$30	8/27	
#54724	Gentle Yoga and Stretching	12:00 pm - 1:00 pm	7/9-9/10	\$30		
#55023	Intermediate Computer Class Using Windows 11	12:30 pm - 2:30 pm	7/16 - 7/30	\$18		
#54693	Paint like Bob Ross	1:00 pm - 3:00 pm	7/9-8/13	\$36		
#54723	Chair Yoga	1:15 pm - 2:15 pm	7/9-9/10	\$30		
#54690	Interval Cardio with Lydia	2:30 pm - 3:30 pm	7/16-9/17	\$30		
FRIDAY						
#54691	Intermediate Pilates	9:30 am - 10:30 am	7/10-9/18	\$30	8/28	
#54694	Phone Photography for Beginners	1:00 pm - 3:00 pm	7/10-9/11	\$60		
#54692	Line Dance with Linda	3:00 pm - 4:00 pm	7/10-9/11	\$30		

