

2022 Winter General and Fitness Online Course Descriptions

Table of Contents

GENERAL ONLINE COURSE DESCRIPTIONS	2
ART CLASSES	2
COMPUTER CLASSES.....	6
HEALTH & SCIENCE	9
HISTORY	9
MUSIC	11
PERSONAL ENRICHMENT	12
PHOTOGRAPHY.....	14
WORLD LANGUAGE	14
WRITING/LITERATURE.....	18
FITNESS ONLINE COURSE DESCRIPTIONS	19
CARDIO CONDITIONING	19
DANCE CLASSES	21
FUNCTIONAL CONDITIONING	23
LINE DANCE CLASSES	27
PILATES/CORE STABILITY	27
SEATED EXERCISE CLASSES.....	29
TAI CHI/BALANCE	35
WEIGHT TRAINING FOR OLDER ADULTS.....	37
YOGA.....	37

GENERAL ONLINE COURSE DESCRIPTIONS

ART CLASSES

Art Education for Older Adults

FROM IMPRESSIONISM TO MODERNISM

A time of radical innovation and creative ideas from such artists as; Marc Chagall, Gustav Klimt, and, Marcel Duchamp. It started in Paris with the luminous years.

Nanci Davis-Buck – Instructor

ART 916-101 - Tuesdays, 1/11- 3/01/22 from 10:30 a.m.-12:30 p.m.

Art History

This course provides instruction on the worldwide history of art. Specifically, we will use the works of the world's art masters to analyze and discuss the fundamental principles and elements of art.

Tisha Richardson – Instructor

ATS 904-101 – Mondays, 1/10- 3/14/22 from 2:00-3:30 p.m.

ATS 904-102 - Fridays, 1/14- 3/4/22 from 12:30-2:00 p.m.

DPAO: Acrylic Painting

This course is designed to guide you through the history of acrylics, set up, product essentials and technique. We will delve in to creating magnificent paintings fast and easily with direction, individuality and imagination. We will also expand in to marketing and sales of art on and offline.

Scott Clarke - Instructor

CRE 912-104 - Tuesdays, 1/11- 3/15/22 from 2:00-4:00 p.m.

DPAO: Mixed Media Art

Using various medium this course offers the student a general understanding of the unique strengths and weaknesses of various medium. Media primarily include watercolor, oil and acrylic additionally charcoal and pencil may be discussed. Increase student's knowledge and help them to determine the best medium to use to express themselves. Students are encouraged to develop their strengths by critiques showing them how subtle changes may improve their work. Design and composition are stressed in this class. An understanding of the use of color, design, composition, materials and techniques will be the basis for instruction. Students will do painting of their own subject matter or images picked by the

instructor. Individuality is stressed by encouraging students to take chances. Students will identify art venues and determine sales potential.

David Lawton - Instructor

CRE 912-113 - Fridays, 1/14- 3/18/22 from 10:00 a.m.-12:00 p.m.

DPAO: Painting

Learn more about painting with oils or acrylic. Course provides an intermediate and experienced oil painter the opportunity to refine technical skills in composition, design and execution. Instructor provides lecture and individualized guidance. Previous painting experience recommended. Students will learn how to better evaluate their own paintings and determine what changes are needed to improve their painting. Students will do painting of their own subject matter or images picked by the instructor. Individuality is stressed by encouraging students to take chances. Students will identify art venues and determine sales potential.

David Lawton – Instructor

CRE 913-107 - Thursdays, 1/13- 3/17/22 from 12:30-3:30 p.m.

DPAO: Painting – Intermediate/Advanced

Learn to improve your painting skills with oils, watercolor, pastels or acrylic and to draw as a necessary prerequisite to the painting. Course provides an intermediate and experienced painter the opportunity to refine technical skills. Instructor provides lecture and individualized guidance. Previous painting experience recommended. Local art associations, art venues and sales potential will be covered.

Desiree Scherini – Instructor

CRE 913-108 - Fridays, 1/14- 3/04/22 from 9:30 a.m.-12:30 p.m.

DPAO: Portrait Painting

Portraiture will include drawing or painting portraits in various medium. Using images students supply or images given by instructor students will learn and gain confidence in producing a portrait that achieves a likeness of the sitter. Demos using various medium help students understand how to approach a portrait with confidence. Students who wish to paint may bring in their favorite watercolor, acrylic or oil painting supplies (see list). Beginning portrait students will be encouraged and supported. More advanced students will receive instruction and suggestions individually or in small groups to work toward their individual style. Classes and demonstrations will cover line, proportion, composition, likeness, texture, anatomy, shading, values, and color. Students will do painting of their own subject matter or images picked by the instructor. Individuality is stressed by encouraging students to take chances. Students will identify art venues and determine sales potential.

David Lawton – Instructor

CRE 913-104 - Mondays, 1/10- 3/21/22 from 9:00-11:30 a.m.

DPAO: Pastels

Course Description: This course is for students of all levels from beginning to advanced. The instructor will explain by demonstrating to beginners about materials and methods of applying pastels. Students will learn how and when to use various brands of pastel and surfaces. Advanced students will learn more about the principles of art and new techniques as they relate to painting with pastels. The student will find this an exciting medium that is different from the usual methods of painting. Individual attention will be given to each student. Framing pastels, exhibiting and shipping will be discussed. Students will do painting of their own subject matter or images picked by the instructor. Individuality is stressed by encouraging students to take chances. Students will identify art venues and determine sales potential

David Lawton – Instructor

CRE 913-105 - Tuesdays, 1/11- 3/15/22 from 1:00-3:30 p.m.

DPAO: Watercolor

This is an intermediate to advanced watercolor class. Students will improve their drawing skills. Better compose and design your artwork by planning before you start will be stressed in this course. How to better evaluate what images to use for your painting will be discussed. Gain confidence in your painting by learning a three-step approach to your watercolor. Students will learn how to avoid muddy color by understanding why that happens.

Demos will show how to approach a watercolor and critiques will show students how to improve their own work. Students will do painting of their own subject matter or images picked by the instructor. Individuality is stressed by encouraging students to take chances. Students will identify art venues and determine sales potential.

David Lawton – Instructor

CRE 913-106 - Tuesdays, 1/11- 3/15/22 from 9:30 a.m.-12:30 p.m.

DPAO: Drawing

Learn to draw using some basic visual “tools such as rule of thumb, relational measurement, and a simplified grid system. Visuals will be posted prior to class. Use a variety of media and learn some basic techniques. Pencils, charcoal and water pastel are preferred. Students will identify art venues and determine sales potential.

David Lawton – Instructor

CRE 912-112 - Thursdays, 1/13- 3/17/22 from 10:00 a.m.-12:00 p.m.

DPAO: World of Zentangle - 1

Discover this elegantly simple drawing technique, inspiring creativity and mindfulness. Master “tangles” using repetitive, guided strokes to create surprising, unplanned compositions. Learn the fundamentals, then embark on a relaxing and beautiful journey to advanced techniques. No previous art experience is necessary to enjoy this art form, where there are no mistakes! Students will need to provide their own supplies. Supplies cost will be approximately \$45.

Julie Allison – Instructor

CRE 913-101– Thursdays, 1/13- 3/17/22 from 10:00 a.m.-12:30 p.m.

DPAO: World of Zentangle 2

Prerequisite: World of Zentangle 1

Master new tangles, discover new techniques and dip into history and culture as you continue your Zentangle journey, expanding your tangling experience. This course is designed to continue on from World of Zentangle 1, further enhancing your compositions and honing your tangle-drawing skills. Emphasis is placed on the Zentangle step-by step process, with the finished pieces of art just being the destination. Students will need to provide their own supplies. Supplies cost will be approximately \$45.

Julie Allison – Instructor

CRE 913-102 - Wednesdays, 1/12- 3/16/22 from 1:30-4:00 p.m.

DPAO: World of Zentangle 3

Prerequisite: World of Zentangle 2

Build on your Zentangle skills with this project-based course. Learn new techniques and compositions. Take your tangling to new heights in this course inspired by Zentangle art. Students will need to provide their own supplies. Supplies will be approximately \$45.

Julie Allison – Instructor

CRE 913-103 - Wednesdays, 1/12- 3/16/22 from 10:00 a.m.-12:30 p.m.

DPAO: Chinese Brush Painting

Learn the fundamental concepts, Chinese calligraphy-related principles, and elements required to create orchid, bamboo, plum blossom, and chrysanthemum, which are basic designs to construct an oriental brush painting. Experiment with color and ink. Discover the materials and the brush strokes to be able to apply this technique. In addition to learning how to identify art venues and determine sales potential, students will also experience “active or moving” meditation while learning to recognize the mind-body connection of the frame of mind, and how it affects one’s artistic expression.

Mei Yu Green – Instructor

CRE 912-110 - Tuesdays, 1/11- 3/15/22 from 12:00-2:00 p.m.

DPAO: Chinese Calligraphy

Chinese calligraphy writing is an art form in itself. About five different styles, some rough and informal, others stylized, courtly or finished. They express that feeling or "moment" in a perfection of style, balance, and phrasing. There is an order of placing the strokes, from left to right and top to bottom. They are balanced individually and are of a consistent size. All parallel strokes, both horizontal and vertical, are evenly spaced, so the whole character is balanced and in proportion. The simplicity and meditative quality in Chinese Calligraphy and Painting comes from Zen Buddhism and Taoism, which influenced the development of the art. Students will identify art venues and determine sales potential.

Mei Yu Green – Instructor

CRE 912-111 – Tuesdays, 1/11- 3/15/22 from 2:00-4:00 p.m.

DPAO: Intro to Drawing

To draw is to create using lines and value to make form. Students will draw ordinary things and make them extraordinary by transforming them into art through the use of line and value. Learn how to build up a drawing and learn your own unique style. Students will identify art venues and determine sales potential.

You will need a white prismacolor pencil and grey or toned stock/ sheet, vine charcoal, an ebony pencil, a kneaded eraser, a white pearl erasure and a 3h pencil along with a drawing sketch book no smaller than 9 by 12.

Kathy Dennin-Meagher - Instructor

CRE 912-101 - Tuesdays, 1/11- 3/01/22 from 10:00 a.m.-12:00 p.m.

DPAO: Colored Pencil

Discover the luminous beauty and colorful effects possible using color pencils, a non-toxic, highly portable medium ideal for travelers. Enhance your artistic expression by learning drawing, application techniques, and tools for bringing a picture of life. Class will review the basics of art design and color theory before advancing through the fundamental essentials of memorializing landscapes. Art venues will be identified and artwork salability will be discussed.

Instructor – Alice Yeager

CRE 912-124 – Wednesdays, 1/12- 3/16/22 from 1:00-3:00 p.m.

COMPUTER CLASSES

Computer Awareness

Explore theory and practical applications needed to operate a personal computer. Cover computer terms, functions, computer hardware, operating systems, and application software. Discuss computer security options.

Artraelle Boyette-Kelly- Instructor

CPT 945-101- Fridays, 1/14- 3/4/22 from 8:30-10:30 a.m.

iPhone Intermediate

Go beyond the iPhone basics course and get ready to use the capabilities and functions of the iPhone to improve productivity.

Donna MacAuley-Shoemaker- Instructor

CPT 99- 101-Tuesdays, 1/11- 3/1/22 from 12:00-2:00 p.m.

iPad Basics

Learn how to use the iPad and its various features. Discover how to navigate the multi-touch interface; set up an email account; type with the onscreen keyboard; set up and maintain contacts; and practice using FaceTime video calling.

Judye Jarema-Instructor

CPT 975-101- Mondays, 1/10- 3/7/22 from 10:30 a.m.-12:30 p.m.

iPad: Intermediate

Explore more functions of your iPad including safety settings, personalization, voice recognition, apps and podcasts. Set up your iPad calendar to include important dates, reminders, and alarms.

Ingrid Jackson-Instructor

CPT 987-101- Thursdays, 1/13- 3/3/22 from 12:00-2:00 p.m.

Apple Spotlight: Accessibility Features – NEW

Discover how to customize your iPhone to suit your specific needs. Practice the accessibility features that are available on the latest iOS software version. Gain assistance with the visual, audio or touch aspects on your Apple Device.

Donna MacAuley-Shoemaker-Instructor

CTT-911-101 Thursdays, 1/13- 2/3/22 from 9:30-11:30 a.m.

Apple Spotlight: Notes for iPhone and iPad– NEW

Using Notes on an Apple device is an effective way to create outstanding documents or a grocery list. Discover how to sync your notes with all your devices, or just for your one device. Create notes instantly using Siri.

Donna MacAuley-Shoemaker-Instructor

CTT-910-101 Saturdays, 1/15- 2/5/22 from 10:00 a.m.-12:00 p.m.

Apple Spotlight: Microsoft Tools for Apple Devices-NEW

Gain knowledge and practice using Microsoft Office 365 through your Mac Computer. Discover Microsoft Word, Outlook Calendar, Outlook email, and Edge as you experiment with new ways to incorporate the many features of Microsoft applications on an Apple device.

Note: Experience using an Apple Device is recommended.

Donna MacAuley-Shoemaker-Instructor

CTT-909-101 Thursdays, 2/10- 3/3/22 from 9:30-11:30 a.m.

Intro to MAC Computers

Examine the features and functionality of the MAC computer and Apple's MacOS. Explore basic settings, the menu bar and dock, folders, managing iPhoto's, calendars, email set up and text messaging.

Beni Davis-Instructor

CPT-993-101-Tuesdays, 1/11- 3/1/22 from 1:00-3:00 p.m.

MAC Computers – Beyond the Basics

Build upon Basic Mac features and techniques to customize them. Expand upon various methods to utilize apps that are built into the Mac computer.

Discover Tips and Tricks to maximize efficiency when using a Mac Computer. Note: Previous knowledge or CPT 993 Introduction to Mac Computer is recommended, but not required.

Donna MacAuley-Shoemaker-Instructor

CTT 906-101- Tuesdays, 1/11- 3/1/22 from 9:30-11:30 a.m.

Windows 10 Basics

Discover the new features offered by the Windows 10 operating system. Explore the security measures, navigation strategies, importing and sharing techniques for photos and documents, and the safe downloading and installation of applications.

Coral Johnson-Instructor

CPT-988-101-Wednesdays, 1/12- 3/16/22 from 10:00-11:30 a.m.

Windows 10 Intermediate

Explore the intermediate-level functions of Windows 10 including business and personal applications; operating system updates; import, install and download; features and functions; and sharing data and files.

Artraella Boyette-Kelly-Instructor

CPT 990-101- Fridays, 1/14- 3/4/22 from 10:30 a.m.-12:15 p.m.

Microsoft Outlook: An Introduction

Customize Outlook interface to suit your individual needs. Use Outlook to send, receive, and organize email messages, manage contact information, schedule appointments, calendar events, and create tasks and notes.

Ingrid Jackson-Instructor

CTT 900-101- Tuesdays, 1/11- 3/15/22 from 9:30-11:00 a.m.

Social Media: Best Practices & Tips

Explore the five most popular social media sites. Discover the best practices to stay safe online and discover how to safely share pictures and videos and keep in touch with family and friends.

Beni Davis-Instructor

CTT 904-101 Tuesdays, 1/11- 3/1/22 from 11:30 a.m.-1:00 p.m.

Sharing Videos with a Mobile Device: You Tube-NEW

Examine the many benefits of using the YouTube App. Discover how to create videos with a mobile device and upload to a personalized YouTube channel to share with friends, family and colleagues. This class will allow users to share their YouTube videos with the public or to select viewers.

Carmella Doty-Instructor

CTT-912-101 Fridays, 1/14- 3/4/22 from 12:00-2:00 p.m.

Online Travel Planning & Safety-NEW

Explore various travel sites and the best practices for using them. Discover methods to stay safe online and learn how to safely book travel arrangements and create a well-planned itinerary.

Coral Johnson – Instructor

CTT 903-101 Wednesdays, 1/12- 3/16/22 from 1:00-2:30 p.m.

HEALTH & SCIENCE

Healing Arts & Sciences

A range of healing arts topics will be covered including: terms such as complementary, alternative, holistic, wellness and mind-body medicine; self-healing practices of mindfulness meditation, journaling, intuitive and creative arts; subtle energy healing methods including hands healing, acupuncture, bodywork, Yoga, Tai Chi and Qigong; medicinal homeopathy, herbs and essential oils; health foods and nutritional supplements.

Alice Yeager - Instructor

HTH 902-104 – Tuesdays, 1/11-3/15/22 from 1:00-3:00 p.m.

HISTORY

Frederick Douglass and American Slavery - NEW

Examine the extraordinary life and impact of Frederick Douglass. Explore the evolution of slavery in the United States and discuss how the enslaved engaged their circumstances.

Required text: Frederick Douglass, Prophet of Freedom by David W. Blight, Simon & Schuster, Paperback; isbn: 978-1416590323

Lester Brooks – Instructor

HRY 987-101 – Wednesdays, 1/12-3/16/22 from 1:00-2:30 p.m.

American Architectural Styles 1700-1900

Examine prominent architectural styles from 1700-1900, specific architects of the mid-Atlantic will be discussed for their artistic contribution. Determine the impact of these styles on the Murray Hill neighborhood, and Hammond Harwood House, Annapolis. There will be jam-packed

power points for 6 lectures! There are handouts, and books to be shared at all 6 online sessions.

Catherine Masek – Instructor

HST 954-101 – Thursdays, 1/13-2/17/22 from 1:30-3:30 p.m.

Women of Achievement

Read and discuss the lives and work of famous women in fashion such as Jessica McClintock, Stella McCarthy, Mollie Parnis, Lilly Pulitzer and Diane Von Furstenberg. Text is *Who's Who in Fashion-5th edition* by Holly Alford and Anne Stegemeyer.

Pat Tate – Instructor

HST 937-101- Thursdays, 1/13-2/24/22 from 10:00 a.m.-12:00 p.m.

Notable Women of the World

Explore women in science and medicine, including Marie Curie, Florence Nightingale, Grace Hopper, Gertrude Elion, and Emmy Noether. Discuss the book, *Magnificent Minds – Inspiring Women in Science (2015 edition)* by Pendred Noyce. Review how these women made groundbreaking contributions to science and medicine and overcame gender and cultural bias to do so.

Pat Tate – Instructor

HRY 901-101 – Wednesdays, 1/12-2/16/22 from 10:00 a.m.-12:00 p.m.

History of Secrecy and Deception

Examine secrecy and deception used to gain advantage and avoid harm prior to and during conflict.

Liles Creighton-Instructor

HST 938-101 – Tuesdays, 1/11-3/15/22 from 10:00 a.m.-12:00 p.m.

Origins of our Republic and Constitution

Examine events that engulfed Europe, the development of English Rule of Law practices, exploration of the Americas, and the English colonies and their different cultures and economies. Discuss the American Revolution and why the Constitution was written and ratified.

Liles Creighton - Instructor

HRY 963-101 - Thursdays, 1/13-3/17/22 from 10:00 a.m.-12:00 p.m.

Major General Gouverneur Kemble Warren - NEW

Examine the life of Major General Gouverneur Kemble Warren (1830-1852) and his impact on the history of the U.S. Warren, a West Point graduate, served with distinction in the Corps of Engineers and during the Civil War, rose from the rank of Lieutenant to Major General.

Kenneth Forest – Instructor

HRY 991-101 – Sundays, 1/9-3/13/22 from 11:00 a.m.-1:00 p.m.

Women Who Changed the World - NEW

Examine the lives of influential women who have shaped the world in the areas of science, sports, the arts, public service and government. Explore how as champions of their causes, these women positively influenced the welfare and conditions of humanity.

Janet Cogliano - Instructor

HRY 990-101- Wednesdays, 1/12-3/16/22 from 1:00 -3:00 p.m.

MUSIC

Music and Arts: Medieval Era

What was life like in the medieval era? Was it really the “Dark Ages”? What did Gregorian chant sound like? Were there any paintings in those big castles?

And who besides Michelangelo and Leonardo created art during the Renaissance? What became of Gregorian chant? We shall answer all your questions by means of slides and guided listening to the music of the time.

Nanci Davis-Buck and Jane Kraemer – Instructors

ATS 903-103 - Thursdays, 1/13 – 2/17/22 from 9:30 a.m.-11:30 a.m.

Fundamentals of Music

This course provides a brief history of the ukulele, the fundamentals of basic music theory, forms of notation, chord chart reading, major scales, music history with related information about performers, song writers, and the basics of a variety of genres while learning to play the ukulele.

Ray Forton – Instructor

MUC 906-101 - Mondays, 1/10- 3/21/22 from 10:30 a.m.-12:00 p.m.

Masterpieces of Symphonic Music-19th Century

The Man, the Myth, and the Music

How can a deaf composer write music? What was Beethoven’s world like? Who were his friends? his women friends? What was his opinion of life at the time? Why did he write what he did? We shall discuss these topics and spend much time in guided listening to examples of Beethoven’s compositions. Because so many biographies simply mention names of friends and patrons, there is a section that will hopefully bring them to life and add color to this course.

Jane Kraemer – Instructor

MUC 905-101 – Tuesdays, 1/11- 3/15/22 from 9:00-11:00 a.m.

MUC 905-102 – Thursdays, 1/13- 3/17/22 from 1:00-3:00 p.m.

World of Opera

This course provides instruction on the world of opera from its beginning through its' infancy in the 17th century to the heights in the 18th, 19th and 20th centuries. Classes feature the most celebrated vocal artists from the late twentieth century to modern times. Their voices bring to life the musical genius of classical and modern composers. The class will focus on Verismo opera that flourished in the last decade of the 19th century.

M A Cashman – Instructor

MUC 904-103 - Mondays, 1/10- 3/21/22 from 1:00-3:00 p.m.

PERSONAL ENRICHMENT

Current Issues

Learn about, critically assess, and formulate perspectives on current international, national, and local issues. Explore topics of importance and interest and engage in dialogue on these issues.

Steve Cohen – Instructor

ENR 950-102- Thursdays, 1/13-3/17/22 from 10:00 a.m.-12:00 p.m.

ENR 950-101 -Thursdays, 1/13-3/17/22 from 1:00 -3:00 p.m.

Practical Strategies for Aging in Place

Explore practical strategies to keep you physically safe in your home as you age. Discuss design factors that increase safety and accessibility and available community resources.

Nina Barratt – Instructor

ERC 901-101- Wednesdays, 1/12-2/23/22 from 10:00-11:30 a.m.

Contemporary Topics: TED Talks

Explore, critically assess, and formulate perspectives on current and long-standing issues that concern us all. Examine topics of importance and interest and various key perspectives through the use of TED Talks. Engage in dialogue on a wide variety of themes including culture, politics and democracy, aging, medical science, social sciences, happiness, humor, and social ills.

William Daney- Instructor

ERC 910-101 – Thursdays, 1/13-3/10/22 from 2:00 -3:30 p.m.

Humor, Laughter and Health

Discover how laughter, humor and playfulness affect physical, mental and emotional well-being; increase blood circulation and muscle relaxation; and improve immune system response while decreasing stress hormones. Learn to enliven your brain, enhance your creativity, and improve your memory while having fun with others in the class.

Beverly Eanes - Instructor

ENC 993-101 – Tuesdays, 1/11-3/1/22 from 11:00 a.m.-1:00 p.m.

Foreign Cultures In-Focus

This course will explore the cultures of the Middle East through documentary films which we will watch and discuss.

Rebecca Bene - Instructor

LGA 930-101- Fridays, 1/14- 2/18/22 from 4:00-7:00 p.m.

Basic Gardening

Learn what makes "right plant, right place" principals work in your garden. Discover how to choose, grow and multiply the plants in your garden. Discuss how to build healthy soil for perennials, trees, shrubs, and vegetables and identify proper techniques for mulching, pruning, watering and maintenance of a thriving landscape. Native plants as well as ornamentals will be discussed.

Kim Forry – Instructor

HOR 902-101- Tuesdays, 1/11- 3/1/22 from 10:00-11:00 a.m.

Gardening: Beyond the Basics

Build upon basic gardening skills to identify ornamental and native plants for propagation as well as indoor seed starting. Learn specific techniques for pruning of trees, shrubs, and perennials. Discuss soil building, watering, mulching and year-round care of your landscape.

Kim Forry – Instructor

HOR 903 101- Wednesdays, 1/12- 3/2/22 from 10:00-11:00 a.m.

Beautiful Gardens

Explore British garden history of the 17th, 18th and 19th centuries and examine Kew Gardens and the Queen's gardens.

Janet Cogliano - Instructor

HRY 908-101- Tuesdays, 1/11-3/15/22 from 9:00 -11:00 a.m.

PHOTOGRAPHY

Smartphone Photography

Explore technical and creative aspects of smartphone photography. Use compositional techniques and photo-editing applications to enhance images in post-processing. Familiarity with the student's smartphone camera controls is recommended. (Note: Smartphone videography will be touched upon, but not covered in depth).

Chris Edwards – Instructor

PHO 921-102 - Mondays, 1/10-2/28/22 from 1:00-2:30 p.m.

PHO 921-101 - Wednesdays, 1/12-2/23/22 from 10:30 a.m.-12:00 p.m.

Intermediate Digital Photography

Examine the technical aspects of digital photography at the intermediate level. Familiarity with camera controls is suggested. Explore the use of depth of field and different types of light and color balance in portraits to enhance photography. Increase basic skills to advance knowledge of techniques to improve photography.

Robert Hendry – Instructor

PHO 920-101- Mondays, 1/10-3/21/22 from 1:00-3:00 p.m.

Adobe Lightroom

This course on Adobe Systems, Inc. "Lightroom Classic," covers a popular desktop program for photographers. It provides tools for a consistent, rapid workflow from camera to high-quality output. Topics include processing, editing, organizing, printing and archiving digital photo files. While this class continues from the previous basic sessions to explore more in-depth capabilities of the program, it is appropriate as well for early users who want to learn more.

Don Dement-Instructor

PHO 916-101 – Wednesdays, 1/12-3/2/22 from 10:00 a.m.-12:30 p.m.

WORLD LANGUAGE

Conversational Sign Language

This course is a brief introduction to the history of American Sign Language and the establishment of Gallaudet. Course will introduce commonly used hand formations, manual alphabet, fingerspelling, with basic everyday survival and emergency vocabulary.

Peggy Bruce- Instructor

SLG 900-102, Thursdays, 1/13- 3/17/22 from 1:00-2:30 p.m.

Conversational Sign Language: Level 2 – NEW

Build upon your Conversational Sign Language skills. Review and expand the phrases and vocabulary you have mastered in ASL. Practice signing in a small group setting as you learn to appreciate deaf history and culture.

Peggy Bruce-Instructor

SLG 903-101, Thursdays, 1/13- 3/17/22 from 11:00a.m.-12:30 p.m.

Beginning French

This course focuses on the foundation of the structure of the language with proper pronunciation and learning the most important verbs. Explore present tense of er, ir, re ending verbs, immediate future and immediate Past tenses, position of adjectives, recognition of the gender of the nouns, French articles, negation, numbers up to 100, time, weather and how to ask and answer simple questions. Discuss useful vocabulary for traveling, greetings, ordering food, directions, and emergency etc. Book requirement: Ultimate French Beginner-Intermediate by Annie Hemingway

Sophie Gryzko –Instructor

LGA 903-101- Mondays, 1/10- 3/14/22 from 9:00-11:00 a.m.

Beginning French

Learning basic elements of grammar, reading pronunciation and writing. Engaging in simple listening comprehension and speaking in short sentences in French. Actively participating in language-immersion to develop comprehension and fluency. Book requirement: Ultimate French Beginning-Intermediate by Annie Hemingway.

Edite Torres – Instructor

LGA 903-102- Tuesdays, 1/11- 3/15/22 from 2:00-3:30 p.m.

Beginning French II

Learning basic elements of grammar, reading pronunciation and writing. Building confidence by engaging in listening comprehension and speaking in more complex dialogues in French. Actively participating in language-immersion to increase both comprehension and fluency. Book requirement: Ultimate French Beginning-Intermediate by Annie Heminway

Edite Torres- Instructor

LGA 920-102- Mondays, 1/10- 3/21/22 from 10:30 a.m.-12:00 p.m.

Beginning French II

Build on the skills gained in French 1. Expand knowledge of French grammatical structures and Vocabulary. Learn phrases, idiomatic expressions and the ability to ask and answer questions. Explore the past tense and practice dialogue and daily speeches. Review of immediate past &

immediate future. Examine reflexive verbs and imperative form, passe composé and imparfait. Write a simple letter in French and explore idiomatic expression and short dictation which will improve comprehension and writing skills. Book requirement: Ultimate French Beginning-Intermediate by Annie Heminway

Sophie Gryzko – Instructor

LGA 920-101- Wednesdays, 1/12- 2/23/22 from 8:55-11:00 a.m.

Intermediate French

Solidifying grammar and building vocabulary for more complex reading and writing. Engaging in more advanced listening comprehension and speaking to better understand different aspects of the French culture. Actively participating in language-immersion for more advanced comprehension and fluency.

Book requirement: Ultimate French Beg-Intermediate by Annie Heminway

Edite Torres – Instructor

LGA 914-103 – Thursdays, 1/13- 3/17/22 from 10:30 a.m.-12:00 p.m.

Intermediate French

Expand your French vocabulary and learn grammar at an intermediate level. Explore reflexive verbs, imperative, passe composé, imparfait, future and subjunctive. Examine dictation for improving comprehension and writing skills, and idiomatic expressions. Practice dialogue in different settings, such as a store, airport, doctor office, and restaurant. Learn how to write a short story in French. Book requirement: Ultimate French Beg-Intermediate by Annie Heminway.

Sophie Gryzko – Instructor

LGA 914 102 - Mondays, 1/10- 3/14/22 from 11:00 a.m.-1:00 p.m.

Intermediate French

This course is an advanced beginner to intermediate level class that seeks to deepen spoken and written skills as well as develop an understanding of French culture. This class will continue an overview of French History and students are introduced to reading novels. Continue exploring the textbook "French made simple" which is an introduction to French grammar and conversation. Students are expected to complete homework and hold basic conversations. Presentations are also expected.

Nathalie Davis-Haslbeck – Instructor

LGA 914-101- Wednesdays, 1/12- 3/16/22 from 10:00-11:30 a.m.

Conversational French

Practice asking and answering questions, practice dialogue at a French Market and in a restaurant. Explore travel from the United States to Paris, Provence, Normandy & Bordeaux as well as other regions and examine French chateaux (castles), the kings and queens, French culinary, wine, arts, Piaf. No book required for this class

Sophie Gryzko – Instructor

LGA 926-101- Mondays, 1/10- 3/21/22 from 1:00-3:00 p.m.

French Language and Customs

Refine grammatical structures while learning new vocabulary to communicate in French on a variety of topics like arts, history, culinary and UNESCO heritages sites in France. This course will emphasize all aspects of French language: listening, speaking, reading, writing and culture. No book requirement for this course.

Sophie Gryzko – Instructor

LGA 907-101- Wednesdays, 1/12- 3/9/22 from 11:00 a.m.-1:00 p.m.

French Language, Customs, and Literature

This course seeks to develop spoken and written skills as well as increase the student's knowledge of French culture and history. This course is an intermediate to lower advance class working on grammar, French-Canadian History and on a short novel ordered by the instructor. Students are expected to be able to do presentations in French and to hold conversations as well as express their thoughts and opinions. Weekly homework is assigned.

Nathalie Davis-Haslbeck – Instructor

LGA 923-101- Fridays, 1/14- 3/18/22 from 9:00-10:30 a.m.

Beginning Italian

Examine and recite basic Italian grammar, vocabulary, and verb conjugations used in daily conversation. Discuss Italian culture and history.

Richard Paterniti- Instructor

LGA 902-101- Wednesdays, 1/12- 3/16/22 from 10:00 a.m.-12:00 p.m.

Beginning Spanish

Learn to read and write in Spanish. Learn basic Spanish grammar and pronunciation. Study regular verb conjugations in the present tense, and limited irregular verb forms. Become more familiar with Spanish and Latin American cultures and geography.

Leigh Fleckenstein– Instructor

LGE 967-102- Fridays, 1/14- 3/18/22 from 10:00 a.m.-12:00 p.m.

Beginning Spanish

Learn to read and write in Spanish. Learn basic Spanish grammar and pronunciation. Study regular verb conjugations in the present tense, and limited irregular verb forms. Become more familiar with Spanish and Latin American cultures and geography.

Ingrid Jackson – Instructor

LGE 967-104- Mondays, 1/10- 3/21/22 from 9:00-11:00 a.m.

Intermediate Spanish

Expand your knowledge of Spanish as you build vocabulary, study regular and irregular verbs in the present tense and practice speaking the language.

Ingrid Jackson– Instructor

LGE 969-102- Mondays, 1/10- 3/21/22 from 1:30-3:30 p.m.

WRITING/LITERATURE

Autobiography Writing

Discover your distinctive writing voice and record stories from your life through in-class exercises, writing assignments and class discussion. Learn research, editing and self-publishing techniques.

Susan Moger – Instructor

LGE 956-101- Tuesdays, 1/11- 3/15/22 from 10:00 a.m.-12:00 p.m.

LGE 956-102- Thursdays, 1/13- 3/17/22 from 12:00-2:00 p.m.

Creative Writing

Learn about plotting, characterization, dialogue, conflict development and satisfying endings.

Susan Moger – Instructor

ENC 911-101- Wednesdays, 1/12/22- 3/16/22 from 10:00 a.m.-12:00 p.m.

African American Literature

Study African American poetry, fiction, nonfiction and drama from the 18th century to the present. Explore and discuss the major literary, political and social currents in American and African American culture.

Vivian Spencer – Instructor

ENG 928-101- Mondays, 1/10- 3/21/22 from 12:30-2:00 p.m.

Contemporary Literature

Read and discuss *The Best Mystery stories of the Year 2021* – editor, Lee Child. Read two assigned stories each week from these outstanding authors. Mystery, crime, and suspense stories selected by Child are varied and creative.

Pat Tate- Instructor

ENG 919-101- Thursdays, 1/13-3/3/22 from 1:00-3:30 p.m.

Russian Literature

Examine 19th and 20th century Russian literary works.

Olga Ware – Instructor

ENG 904-101- Fridays, 1/14- 3/18/22 from 10:00 a.m.-12:00 p.m.

FITNESS ONLINE COURSE DESCRIPTIONS

CARDIO CONDITIONING

Cardiovascular Conditioning- Zumba Gold

Get ready to party on the dance floor! This is a low impact dance exercise class with an international flare. Move, groove, and shake to music that will have you dancing salsa, merengue, hip-hop, cumbia, Bollywood, and moves with easy to follow choreography. Open to all fitness levels. Only one requirement, bring your smile to the dance floor.

Angela Scott- Instructor

HTH 943-106 - Tuesday, 1/11- 3/15/22 from 10:45-11:45 a.m.

Cardiovascular Conditioning- Dance Fitness

READY SET DANCE! Have fun while burning calories with easy to follow choreography. The playlist is a mixture of rhythms from all over the world. So you will dance a little bit of everything including salsa, merengue, samba, cumbia, soca, bachata, reggae, pop, hip-hop, Arabian, flamenco, and more. You don't need to have dance experience to join this international party! Just bring water and a towel, wear comfortable workout attire, and have a smile and positive energy.

Beni Davis- Instructor

HTH 943-102 - Monday, 1/10- 3/21/22 from 11:30 a.m.-12:30 p.m.

HTH 943-103 – Wednesday, 1/12- 3/16/22 from 10:45-11:45 a.m.

HTH 943-104 – Friday, 1/14- 3/18/22 from 1:00-2:00 p.m.

Cardiovascular Conditioning- Zumba Gold

This class will be taught as Zumba Gold. Zumba Gold is a Latin dance inspired workout. It is accessible for older adults, beginners, or others needing modifications in their fitness routine. This class builds cardiovascular health by challenging the heart and working the muscles of the hip, legs, and arms with dance moves. The class focuses on all elements of fitness; cardiovascular, muscle conditioning, flexibility, and balance. Experience with dance is not required. Only a willingness to move and have fun! Falishia will break down the dance moves in a slow and manageable manner. One toning routine uses 1 lb. weights, which is optional.

Falishia Jordan- Instructor

HTH 943-105 - Thursdays, 1/13- 3/17/22 from 10:45-11:45 a.m.

Cardiovascular Conditioning- Aerobics

Improve your cardiovascular and endurance conditioning through high-low aerobic fitness. Exercise equipment is optional for this course. An inclined step will be used for program intensity.

Wauseca Briscoe- Instructor

HTH 943-101 - Saturdays, 1/15- 3/19/22 from 11:00 a.m.-12:00 p.m.

Cardiovascular Conditioning- Aerobics

Fabi will present you with an energetic, upbeat aerobics class that is sure to get your body moving. This is a great workout for students of most levels. You must be mobile enough to move easily forward, back, and side to side. Class begins with a 10-minute warm up, progress to 40 minutes of aerobic fun and finish with a 10-minute cool-down and stretch infused with smiles and laughs. Note: In the 10:15AM classes, Fabi also incorporates some weights work using dumbbells. Don't miss it!

Fabiola Forste- Instructor

HTH 943-107 - Mondays, 1/10-3/21/22 from 8:30-9:30 a.m.

HTH 943-108 - Mondays, 1/10-3/21/22 from 10:15-11:15 a.m.

HTH 943-109 - Wednesdays, 1/12-3/16/22 from 8:30-9:30 a.m.

HTH 943-110 - Wednesdays, 1/12-3/16/22 from 10:15-11:15 a.m.

HTH 943-111 - Fridays, 1/14-3/18/22 from 8:30-9:30 a.m.

HTH 943-112 - Fridays, 1/14-3/18/22 from 10:15-11:15 a.m.

Cardiovascular Conditioning- Aerobics

The goal of this program is to combine cardiovascular conditioning and muscular endurance for all systems of the body. Participants will focus on movement, endurance, stamina, flexibility, and coordination for daily living and physical activities. All fitness levels are welcome.

Suggested Equipment: playground ball, resistance bands, 1- or 2-pound hand weights

Susan Campana- Instructor

HTH 943-114 -Tuesdays, 1/11- 3/15/22 from 9:00-10:00 a.m.

Cardiovascular Conditioning- Aerobic Dance

Come try this fun dance fitness class for a whole-body workout for your health, heart and mind.

The fitness class will start slow and gradually progress. Dance steps and movements will be taught and cued throughout the class. The class includes warm-up dances, several aerobic dances, a cool-down, weights and floor/chair stretches, followed by a recovery heart rate. This is a fitness class for the non-dancer where students work at their own level. The main idea is to have fun. Students must be able to stand, walk, move side to side, and get up and down off the floor on their own or with the assistance of a chair.

Suggested Equipment: hand weights or canned vegetables- use what you have at home!

Dottie Conway- Instructor

HTH 943-116 - Monday, 1/10- 3/21/22 from 9:00-10:00 a.m.

HTH 943-117 - Wednesdays, 1/12- 3/16/22 from 9:00-10:00 a.m.

HTH 943-118 - Fridays, 1/14- 3/18/22 from 9:00-10:00 a.m.

Cardiovascular Conditioning- Zumba

This class is perfect for active older adults who are looking for a modified Zumba class that recreates original moves you love at a lower intensity such as salsa, meringue, bachata, etc. Linda will introduce easy to follow choreography that focuses on balance, range of motion, and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. The class focuses on all elements of fitness; cardiovascular, muscle conditioning, flexibility, and balance. Not to mention all the fun that you will have dancing like nobody is watching.

Linda Roberts- Instructor

HTH 943-113 – Mondays, 1/10-3/21/22 from 5:00-6:00 p.m.

Cardiovascular Conditioning- Zumba

Join the Latin-inspired, easy to follow, feel it to the core, dance-fitness party! This is a fun dance fitness class that will get your heart pumping. Please expect around an hour class that incorporates Latin inspired music as well as other rhythms from around the world. This is a class where time will fly because of all the fun that you will have! No dance background is necessary. Steps are simple and fun and everyone will enjoy the class. Whether you are a new dancer or a seasoned dancer, this will be an invigorating and energetic class. “Ven bailas con nosotros!” Suggested Equipment: dancing shoes, hand towel and lots of water!

Natalie Haskell- Instructor

HTH 943-123- Monday, 1/10- 3/28/22 from 2:30-3:30 p.m.

HTH 943-121- Thursday, 1/13- 3/17/22 from 2:30-3:30 p.m.

HTH 943-122- Friday, 1/14- 3/18/22 from 8:30-9:30 a.m.

Cardiovascular Conditioning- Zumba Gold Level I

Come and join Sandra for a cardiovascular workout with easy to follow dance steps. We will be dancing to a mix of World music like salsa, merengue, middle-eastern, tango, and more! The class will start with a warm-up, stretching and balance. Students will then progress from basic dance steps to intermediate. Open to anyone who wants to have fun and dance for an hour.

Suggested Equipment: None required

Sandra Infante- Ludlum- Instructor

HTH 943-127 - Saturdays, 1/15- 3/19/22 from 9:00-10:00 a.m.

DANCE CLASSES

HLOA: Ballroom Dance

Do you want to sharpen your dance skills, get in some exercise, and have some fun? Come join Carlos! This class will begin by teaching you the basics of ballroom dance. All levels are welcome and partners are encouraged but not necessary.

Carlos Pabon – Instructor

HTH 900-102 – Tuesdays, 1/11- 3/15/22 from 2:00-3:45 p.m.

HLOA: Ballroom Dance Intermediate

If you want to practice your dance skills, get some exercise, and have fun, come and join this ballroom dance class.

Carlos Pabon - Instructor

HTH 903-108 - Wednesdays, 1/12- 3/16/22 from 11:15 a.m.-12:15 p.m.

HLOA: Ballroom Dance Beginner

If you want to practice your dance skills, get some exercise, and have fun, come and join this ballroom dance class.

Gabriel Jimenez – Instructor

HTH 903-106 - Mondays, 1/10- 3/21/22 from 6:30-7:30 p.m.

HLOA: Belly Dance for Exercise

Belly dance celebrates every body type at every stage of life. It has been considered as one of the oldest forms of dance, having roots in all ancient cultures from the orient to India to the mid-East, and has been performed for other women during fertility rites or parties preparing a young woman for marriage. Gain strength and tone muscles by learning how to isolate movement in different parts of the body. Increase your flexibility all while having fun dancing to exotic musical rhythms!

Mei Yu Green – Instructor

HTH 903-104 -Thursdays, 1/13- 3/17/22 from 9:00-10:00 a.m.

HLOA: Tap Dance

Experience the joy of tap dancing as we explore the rich history, styles, and techniques of tap dance in America. Music will include both contemporary and period songs and rhythms. Focus will be on the tap styles and rhythms of American tap pioneers. No prior tap experience needed. Tap shoes preferred but students may wear hard soled shoe.

Althea Whieldon- Instructor

HTH 903-113 -Tuesdays, 1/11- 3/8/22 from 12:00-1:00 p.m.

HLOA: Latin Dance

This dance fitness class focuses on Latin rhythms such as salsa, merengue, cumbia, bachata, and more. In addition to Latin rhythms, participants will also dance to music from the 50's, 60's, 70's, and 80's. Choreography is simple and easy to follow combining traditional Latin dance and fitness moves for a total body workout.

Beni Davis- Instructor

HTH 904-101 – Sundays, 1/9- 3/13/22 from 9:45-11:00 a.m.

HTH 904-102 – Mondays, 1/10- 3/21/22 from 12:30-1:45 p.m.

HLOA: Tap Dance

Come learn fun tap dance routines. Learn a variety of skills and choreographed tap dances. Some tap experience is preferred. Tap dancing will help increase muscular strength, motor skills, cardiovascular conditioning and sharpen your memory

Vicki Smith – Instructor

HTH 901-102 - Wednesdays and Fridays, 1/12- 3/18/22 from 12:00-1:30 p.m.

HLOA: Tap Dance Beginner

Come learn fun tap dance routines. Learn a variety of skills and choreographed tap dances. This class is geared toward beginners or those who need to relearn the basics. Tap dancing will help increase muscular strength, motor skills, cardiovascular conditioning and sharpen your memory.

Vicki Smith – Instructor

HTH 903-110 – Thursdays, 1/13- 3/17/22 from 10:30 a.m.-11:30 a.m.

HLOA: Jazz Dance

Join us for jazz dancing, movement to fun music while learning creative moves, stretching, and flexibility. This is a fun filled class where you will explore the movement of the body to great music, creative movement, and jazz terminology. Dances are based on Broadway Jazz. Stretches to gain flexibility and isolations are a part of the one-hour class. It also incorporates basic ballet which adds to a great activity for balance, coordination, and putting cool moves together.

Vicki Smith – Instructor

HTH 903-111 - Fridays, 1/14- 3/18/22 from 1:30-2:30 p.m.

FUNCTIONAL CONDITIONING

Functional Conditioning, I- Aerobics & Strength

Come and experience a fun way to learn safe and effective muscular endurance training techniques. Angela will help you learn to improve balance, flexibility, mobility, and cardiovascular health using resistance training, stretching, and low impact aerobics set to music. Light hand weights may be used to enhance sense of rhythm and coordination. Options for hand weights may include filled water bottles or soup cans.

Angela Scott- Instructor

HTH 925-102 - Monday, Wednesday & Friday, 1/10- 3/21/22 from 10:00-11:00 a.m.

Functional Conditioning II- Aerobics & Strength

Upbeat cardio to get the blood flowing and warm the muscles. We move into body stretches, elongating the muscles, ligaments, tendons and the spine. We focus on correct posture, by lifting the body via the sternum and crown of the head. Keeping the body upright is important for correcting posture, avoiding

falls, and maintaining good balance. We incorporate light hand weights and chair routines into the workout to strengthen the upper and lower body. No two workouts are the same, all set to great music!
Suggested Equipment: light hand weights, chair

Adrienne Collins- Instructor

HTH 926-101- Tuesday & Thursdays, 1/11- 3/17/22 from 9:30-10:30 a.m.

Functional Conditioning 3- Aerobics & Strength

This class is designed to increase balance, cardiovascular and strength by using weights, exercise ball and exercise band(s). We will begin with warm up to loosen up joints and muscles then gradually increase our heart rate. We will not be jumping too much, if so always modifications are available. After that we will be alternating 5-7 minutes strength training and 5 minutes cardiovascular exercises for about 30minutes. Then we will do some core strength workouts and stretch on the floor (if not in a chair). So if you are looking for a challenge, please join me for this fun intermediate workout classes!

Akiko Stefanovich- Instructor

HTH 945-122 - Tuesday, 1/11- 3/15/22 from 9:30-10:30 a.m.

HTH 945-123 - Thursday, 1/13- 3/10/22 from 9:30-10:30 a.m.

Functional Conditioning III- Aerobics & Strength

This class starts with dancing for cardio! We do a variety of movements, with the arms, shoulders, hips to warm the body. We then move into strict movements, using good form, practicing focus and discipline, maintaining good form through the workout. This engages the core muscles by holding good posture and form. Lower and upper body routines include hand weights and the chair; doing front, side and rear leg raises to tone the leg muscles. No two workouts are ever the same, so you'll never get bored! All routines to great music!

Suggested Equipment: hand weights, chair

Adrienne Collins- Instructor

HTH 945-112 - Thursdays, 1/13- 3/17/22 from 8:30-9:30 a.m.

Functional Conditioning III- Aerobics & Strength

We slow down a bit, still maintaining good form and posture doing deep stretches and core exercises. We focus on strengthening the lumbar region of the back, and do sitting and standing chair workouts. These exercises show you how to use core strength for raising out of your chair and lowering back into the chair opposed to leaning forward when rising out of your chair. The exercises also teach you how to avoid using your lower back muscles incorrectly, and how what muscles to use correctly for that movement. All workout sessions are different, so you are never bored with the same routine!

Suggested Equipment: hand weights (light and heavy), chair

Adrienne Collins- Instructor

HTH 945-113 - Fridays, 1/14- 3/18/22 from 11:00 a.m.-12:00 p.m.

Functional Conditioning II- Aerobics & Strength

All levels of fitness welcome. This class has aerobic, weight training and stretching.

Heteresa Nuiriankh- Instructor

HTH 926-104 - Tuesday & Thursdays, 1/11- 3/17/22 from 10:30-11:30 a.m.

Functional Conditioning 3- Aerobics/ Strength

This one-hour class will give you a full body workout and leave you feeling energized. Class starts with a warm up and brief stretch followed by 30 minutes of low impact aerobics. The remaining 30 minutes will consist of strength exercises using equipment such as hand weights, exercise tubing, and small balls. Susan will also incorporate some balance and agility exercises for a well- rounded workout. This class will cover all major muscle groups to maintain and build strength. Suggested Equipment: Hand weights, resistance bands, playground ball, mat.

Susan Campana- Instructor

HTH 945-106 - Monday, 1/10- 3/21/22 from 10:30-11:30 a.m.

HTH 945-108 - Wednesdays, 1/12- 3/16/22 from 9:00-10:00 a.m.

HTH 945-109 - Wednesday, 1/12- 3/16/22 from 10:30-11:30 a.m.

HTH 945-105 - Thursdays, 1/13- 3/17/22 from 4:00-5:00 p.m.

HTH 945-111 - Fridays, 1/14- 3/18/22 from 10:30-11:30 a.m.

Functional Conditioning 3- Aerobics/ Strength

These functional conditioning classes focus on strength, mobility, balance and agility. It is designed to improve movement patterns and functional strength. Many exercises can be modified or given a more challenging option. Suggested Equipment: Hand weights, resistance bands, playground ball, mat

Susan Campana- Instructor

HTH 945-107 - Tuesday, 1/11- 3/15/22 from 10:00-11:00 a.m.

HTH 945-110 - Fridays, 1/14- 3/18/22 from 9:00-10:00 a.m.

Functional Conditioning II- Muscle Conditioning using Barre techniques

Improve cardiovascular health, muscular strength and range of motion. Understand physiological development, resistance training and self-assessment techniques to maintain health. Equipment Needed: Lights weights (3-5pounds) are needed along with a mat and hard backed chair.

Jeanine Ove- Instructor

HTH 926-102 - Monday & Fridays, 1/10- 3/21/22 from 9:30-10:30 a.m.

Functional Conditioning 3- Cardio with Weights

Join Sandra for a low impact workout using light weights. This low impact cardio will increase your heart rate while minimizing the amount of stress or impact you put your joints under. We will stretch, work on balance, coordination and use light weights. We will listen to fun energizing music as we do a full body workout.

Suggested Equipment: Weights 1lb to 5 lbs.

Sandra Infante- Ludlum- Instructor

HTH 945-114 - Mondays, 1/10- 3/21/22 from 4:00-5:00 p.m.

HTH 945-124- Tuesdays, 1/11- 3/15/22 from 9:30-10:30 a.m.

Functional Conditioning II- Aerobics & Strength

This class begins with 20-30 minutes of cardio movement to raise the heart rate and get the blood pumping. This is followed by a mixture of conditioning training to help tone the body using a combination of hand weights, bands, small balls, and a chair to build core strength, balance, and tone. This is truly a complete body workout!

Suggested Equipment: hand weights, bands, small balls and chair

Kim Murphy- Instructor

HTH 926-103 - Tuesday & Thursday, 1/11- 3/17/22 from 8:30-9:30 a.m.

Functional Conditioning, 3 – Aerobics/Strength

Improve your cardiovascular health, muscular strength, and flexibility with a full-body exercise program. Equipment is required for this course. Participants will use Yoga Mats, resistance bands, and light dumbbells (2-7 pounds).

Wauseca Briscoe – Instructor

HTH 945-101 – Saturdays, 1/15- 3/19/22 from 10:00-11:00 a.m.

Functional Conditioning 3- Aerobics Strength

This class is designed to increase your range of motion, strength, and coordination by practicing easy to follow exercises. You will need light weights for some of the exercises. Beni will give you options such as water bottles, shampoo bottles, or soup cans from your pantry if hand weights are not available. Prepare to improve your cardiovascular health with some aerobic exercise as well.

Beni Davis- Instructor

HTH 945-102 -Saturday, 1/15- 3/19/22 from 11:00 .a.m-12:00 p.m.

Functional Conditioning II- Aerobics/ Strength

Fabi will present you with an energetic, upbeat, aerobics conditioning class that is sure to get your body moving! This is a great workout for students of most levels. You must be mobile enough to move easily front to back and side to side. You will begin with a 10-minute warm up and progress to 40 minutes of aerobic fun and strength training with weights. After cooling down for 10 minutes, you will work your abs and stretch. Fabi will keep you smiling and laughing while getting fit!

Fabiola Forste- Instructor

HTH 926-106 - Tuesdays & Thursdays, 1/11-3/17/22 from 9:30-10:30am

Functional Conditioning I- Strength & Stretch

This class is an exercise program designed for strength, flexibility, and balance. Students perform exercises without any additional equipment or use light hand-held weights and resistance bands. This class is designed to encourage a healthy routine to strengthen and stretch the individual student to be able to perform “functional” or everyday activities.

Colleen Frank- Instructor

HTH 925-103 - Mondays, Wednesdays, & Fridays, 1/3-3/18 22 from 8:00-9:00 a.m.

LINE DANCE CLASSES

HLOA: Beginner Line Dance

This low impact line dance class is geared toward beginners with guidance through the steps and how to perform circle dances and other similar dances. History of some dances are occasionally explained. This class addresses the needs of beginners with attention to the best and easiest way to accomplish the dance. Dances can be adapted for students who have physical limitations.

Katie McVitty – Instructor

HTH 901-101 - Mondays and Wednesdays, 1/10- 3/21/22 from 2:30-3:45 p.m.

Beginner/Intermediate Line Dance

If you have some experience in line dancing and would like a challenge, this class is for you! It is geared toward the beginner to intermediate level student. You will dance to a mixture of old- and newer-line dances to gospel, reggae and/or rhythm & blues music.

Saundra Richardson – Instructor

HTH 902-103 - Tuesdays, 1/11- 3/15/22 from 12:30-2:30 p.m.

Line Dance

If you have experience in line dancing and would like a challenge, this is the class for you! It is geared toward the intermediate level and includes new dances.

Katie McVitty – Instructor

HTH 904-107 - Fridays, 1/14- 3/18/22 from 9:00-10:30 a.m.

Intermediate Line Dance

If you have experience in line dancing and would like a challenge, this is the class for you! It is geared toward the intermediate level and includes new dances.

Sarah Jose – Instructor

HTH 904-111 - Fridays, 1/14- 3/18/22 from 11:00 a.m.-12:30 p.m.

PILATES/CORE STABILITY

Core Stability Techniques- Beginner Pilates

This class is basic Pilates mat exercises. Focus is on controlling core muscles as you breathe and move

Suggested Equipment: Yoga/ Pilates Mat, and a towel or small pillow

Heterra Nuiriankh- Instructor

HTH 935-105 - Tuesday & Thursdays, 1/11- 3/17/22 from 9:30-10:30 a.m.

Core Stability Techniques- Intermediate Pilates

Come and try this Pilates class with Heterrsa! This class is designed to go beyond the basic Pilates moves. Focus and concentration. Students must be able to get up and down
Suggested Equipment: Pilates/Yoga Mat, Pilates ring {helps at time but not mandatory}

Heterrsa Nuiriakh- Instructor

HTH 935-105 - Tuesday & Thursdays, 1/11- 3/17/22 from 8:30-9:30 a.m.

Core Stability Techniques- Pilates

Are you looking for a class focusing on strengthening your entire core? This classical Mat Pilates class will strengthen all the muscles of your core including your abdominal, back, and hip muscles as well as to improve mobility and stability in those joints. By doing so you will also help to improve your posture and increase your flexibility. Jeanine may also incorporate some exercises for the chest and upper back utilizing 1lb. hand weights. Pilates is suitable for most students, but you must be able to get down to the floor and back up and be able to roll over while lying down for mat work. This would be considered an intermediate class, beginners are welcome with some exercise experience. Suggested Equipment: 1-pound hand weights

Jeanine Ove- Instructor

HTH 935-102- Tuesdays & Thursdays- 1/11- 3/17/22 from 9:30-10:30 a.m.

HTH 935-103 - Tuesdays & Thursdays, 1/11- 3/17/22 from 10:30-11:30 a.m.

Core Stability Techniques II- Pilates/Cardio Fusion

Pilates/Cardio Fusion is a combo of mat Pilates and some light cardio to elevate the heart rate. Each class will be a bit different. Little to no impact unless they want it when it will be offered as an advancement or progression. Some combined movements. Sometimes 1/2 class Mat and 2nd 1/2 cardio or vice versa.

Jeanine Ove- Instructor

HTH 940-105- Wednesdays, 1/12- 3/16/22 from 10:00-11:00 a.m.

Core Stability Techniques- Core Strengthening

This is an intermediate class which incorporates exercises targeted to improve core muscle strength. Core muscles include those of the abdomen, back, shoulder and pelvic girdles. Strong core muscles promote good posture, augment balance, and provide the strength and endurance for body stability in daily activities. Class includes a 5–10-minute dynamic warmup and cool down. A variety of exercise disciplines are incorporated, including Pilates, Yoga, and Barre. About 30% of the class is standing and 70% of the class is performed on the mat. The exercise session is held at a quick pace, with few rests. It is a “Senior” High Intensity Interval Training (HIIT) that results in an increased cardiovascular response during the session. Students should have a basic level of fitness with endurance to walk a mile in under 20 minutes, get on and off the floor without assist. Suggested Equipment: Exercise Mat, Hand Weights and Exercise Bands

Mandy Jellerichs (T) & Natalie Haskell (Th)- Instructors

HTH 935-104 - Tuesday & Thursdays, 1/11- 3/17/22 from 8:30-9:30 a.m.

Core Stability Techniques II- Pilates

This Mat Pilates class is a progressive class emphasizing building strength in the core muscles and learning to control the movements of the arms and legs in order to build strength, increase flexibility, and achieve fluidity of movement. Class starts with a discussion of the history and philosophy of Pilates mixed with a gentle version of some of the movement. At the end of the 10-week session, the class is almost exclusively exercise using more advanced variations and including more exercises and is quite strenuous. Join John for this class and watch as you progressively improve your strength.

Suggested equipment: a comfortable mat to lie on, an exercise stretch band, and two light weights (3 pounds or lighter unless you regularly work out with weights).

John Cochran- Instructor

HTH 940-101 - Tuesdays, 1/11-3/15/22 from 12:30-1:30 p.m. (uses stretch band)

HTH 940-102 - Thursdays, 1/13-3/17/22 from 12:30-1:30 p.m. (uses weights)

SEATED EXERCISE CLASSES

Adapted Physical Education- Seated Chair Exercise

This adapted PE **STRENGTH** chair class is perfect for anyone with a special need or physical limitation. All movements are done seated in a chair and moves are slow and gentle. You will use hand weights, resistance bands, and balls to maintain and strengthen your upper and lower body. Also included in this class are simple cardio dance routines which will aid in improving and maintaining your coordination.

Akiko Stefanovich- Instructor

HTH 936-104 - Tuesday & Thursdays, 1/11- 3/10/22 from 10:30-11:30 a.m.

Adapted Physical Education- Seated Chair Exercise

This workout is a bit slower, gently stretching the body, to create flexibility. We also focus on the key points to develop and hold good posture, as well as using hand weights and chair routines for the upper and lower body. These sessions are devoted to help condition the body, learning proper form, and practicing balancing exercises using the chair.

Suggested Equipment: hand weights, chair

Adrienne Collins- Instructor

HTH 936-101 - Tuesday & Thursdays, 1/11- 3/17/22 from 11:00a.m.-12:00 p.m.

Adapted Physical Education- Seated Chair Exercise

This chair class is perfect for anyone with physical limitations. All exercises are performed seated in a chair without arms. Kimberly will take you through a combination of movements to get the body energized and get the blood flowing. Seated stretching, weight work, and small balls are used to condition and tone the body combined with cardio movements to raise the

heart rate. Suggested Equipment: light hand weights, chair without arms preferred, small/med. Ball, towel or strap

Kim Murphy- Instructor

HTH 936-103- Tuesday & Thursdays, 1/11- 3/17/22 from 9:30-10:30 a.m.

Adapted Physical Education- Seated Chair Exercise

This class is perfect for anyone with any physical limitations. Fabi will take you through a combination of movements to get the body energized. Seated stretching, weight work and small balls are used to condition your upper and lower body. This class includes balances exercise.

Fabiola Forste - Instructor

HTH 936-106 - Tuesdays & Thursdays, 1/11-3/17/22 from 8:30-9:30am

Adapted Physical Education II

This is a comprehensive chair exercise program designed for individuals who have complications standing during a fitness regimen. This includes people with balance deficits, injuries, disabilities, or suffering from obesity. It is designed to keep individuals mobile to ensure they remain progressive in daily function and/or recovery. This class will deliver a fun interactive workout that uplifts people while providing a total body workout and will include hand resistance training using hand weights and stretching.

Linda Roberts-Instructor

HTH 939-115 – Fridays, 1/14-3/18/22 from 10:00-11:00 a.m.

Adapted Physical Education II- Seated Chair Exercise

This class is perfect for anyone with any physical limitations. All exercises are performed seated in a chair. Seated stretching, weight work, ball, and resistance bands are used to condition and tone the body combined with cardio movements to raise the heart rate. No experience is necessary.

Marilyn Bjorge- Instructor

HTH 939-105 - Wednesdays, 1/12- 3/16/22 from 1:00-2:00 p.m.

Adapted Physical Education II- Seated Chair Exercise

Do you have some physical restrictions that make it difficult to exercise? Take this Adapted PE class for some **Chair Strength Training!** Debbie will warm you up including a seated joint warm-up. She will then guide you through a variety of seated and stationary standing exercises (using the chair for support if needed) that are designed to strengthen every muscle in your body. Suggested Equipment: Weights, bands and a small play ball will be used for a variety of exercises.

Deborah Halley- Instructor

HTH 939-106 - Fridays, 1/14- 3/18/22 from 11:00 a.m.-12:00 p.m.

Adapted Physical Education II- Chair Yoga

Come join Cheryl for this level 1 Yoga class suitable for everyone, including beginners. No yoga experience is needed. In this class you will work on posture, alignment, weight bearing exercises, balance, and body awareness. It will leave you feeling strong, centered and peaceful. Suggested Equipment: sturdy chair, water

Cheryl Beecher- Instructor

HTH 939-101 - Tuesdays, 1/11- 3/15/22 from 9:30-10:30 a.m.

HTH 939-103 - Wednesdays, 1/12- 3/16/22 from 11:00 a.m.- 12:00 p.m.

HTH 939-102 - Fridays, 1/14- 3/18/22 from 9:30-10:30 a.m.

HTH 939-104 - Fridays, 1/14- 3/18/22 from 11:30 a.m.-12:30 p.m.

Adapted Physical Education II- Chair Yoga This class is an enjoyable and energizing seated yoga class. Emphasis is placed on posture, core strengthening and lengthening muscles used for balance. The class includes yoga breathing techniques, seated warm-ups, standing strengthening exercises in which, the chair is used as a balance aid. We practice seated yoga postures as well as seated rest and relaxation techniques. The standing portion of class can be modified to be done while seated if needed. Suggested Equipment: Sturdy chair, resistance bands

Lisa Hegewisch- Instructor

HTH 939-120 - Thursday, 1/13- 3/17/22 from 2:30-3:30 p.m.

Adapted Physical Education II- Chair Yoga

This is primarily a seated yoga class. We spend quite a bit of time using dynamic yoga poses to lubricate joints and strengthen the muscular system. The yoga poses help to alleviate tightness in the tendons and ligaments. They help create better alignment, to support optimal functioning and relief of pain. We will learn new poses as the weeks progress and many poses will be repeated to create continuity and comfortable adaptation. To create a feeling of contentment we strive to teach modifications of the poses if necessary for individual students. Yoga breathing techniques can help to reduce anxiety, depression, and create an ease that compliments the stabilization that the poses provide for the body. There are also some techniques to help quiet the mind and create a restful heart by learning bits of the art of mindfulness. There is a focus on Helpful Breathing practices to induce a more relaxed state in body, mind and spirit

Sharon Harty- Instructor

HTH 939-119 - Fridays, 1/14- 3/18/22 from 10:15-11:15 a.m.

Adapted Physical Education II- Chair Yoga

This class features gentle yoga-based stretches and movements which have been adapted to be performed either seated in a chair or standing, while holding onto a chair for added stability. Each session begins with guided breathing and body awareness fundamentals; and ends with a brief period of progressive relaxation. The instructor further supports and assists students through close visual observation (on-screen), enhanced verbal cues, and unlimited modifications. Special emphasis is placed on techniques that offer seniors versatility and practicality relative to activities of daily living. Note: this class is offered as a LIVE, interactive, shared learning experience in a warm, relaxed environment – or “virtual circle.” Instruction is

student-centered and engagement driven. All students must be willing and able to actively participate using both audio and video capabilities of the Zoom platform. Suggested Equipment: You will need a yoga “sticky” mat and sturdy, straight-back chair

Tina Marks- Instructor

HTH 939-124 - Friday, 1/14- 3/18/22 from 10:00-11:00 a.m.

HLOA: Chair Yoga

This chair yoga class is appropriate for anyone who wants a gentler practice or for those who want to ease back into an exercise program. This practice begins with centering and breath work, allowing students to transition from their day to this practice and to check in with how they are feeling. The centering is followed by gentle stretching and then transitions into seated, standing (with support) and balancing yoga poses. Class includes sun salutations and warrior poses with instructions on variations to meet individual student levels and needs. The class ends with a seated meditation and, of course, shivasana to incorporate the benefits of your practice. You will need a pillow, yoga straps or a belt and a good sturdy chair for class. Join us for a relaxing hour of flexibility, strengthening, balance and a sense of calm to wrap up your week.

Carrie Stein - Instructor

HTH 903-112 – Fridays, 1/14- 3/18/22 from 12:00-1:00 p.m.

HLOA: Chair Yoga

Chair yoga offers the same benefits as a mat yoga class except that we have the support of a chair. My chair class begins with a centering; a few minutes to transition from your day to your practice by connecting all of your senses into the present moment. We begin a series of gentle stretches to open up the space in and around the joints, followed by a series of seated, standing and balancing postures. This class is suitable for those who have sensitive joints, are easing back into exercise following surgery or injury, or for anyone who has difficulty getting onto the floor. In addition, this chair practice is appropriate for anyone, even if you don't have physical limitations. This class is grounding, strengthening, balances the body and nervous system and improves mood, flexibility and balance.

Julia Simmons – Instructor

HTH 903-109 - Tuesdays, 1/11- 3/15/22 from 9:30-10:30 a.m.

HTH 947-101 - Thursdays, 1/13- 3/17/22 from 9:30-10:30 a.m.

HTH 947-102 - Saturdays, 1/15- 3/19/22 from 11:00 a.m.-12:00 p.m.

Adapted Physical Education II- Chair Yoga/ Meditation

This interactive combo class merges fundamentals from two ancient healing arts to support a multi-dimensional approach to overall wellness for today's active senior. Absolutely no prior experience necessary! Gentle yoga-based stretches, breathing techniques, and body awareness exercises are all practiced seated in a chair. Beyond the basics, the instructor offers enhanced verbal cues and additional modifications, based on real-time visual observation (on-screen) of

the participants. Together, we'll bust some meditation myths; and explore various practices – both passive (still) and active (in motion), conventional and not-so-conventional. Overall, just a great way to start your week; and all from the cozy comfort of your own home! Please note: this class is offered as a LIVE, interactive, shared learning experience in a warm, relaxed environment – or “virtual circle.” Instruction is student-centered and engagement driven. All students must be willing and able to actively participate using both audio and video capabilities of the Zoom platform. Suggested Equipment: You will need an (inexpensive) yoga “sticky” mat and sturdy, straight-backed chair. Optional: notetaking materials.

Tina Marks- Instructor

HTH 939-123- Monday, 1/10- 3/21/22 from 10:00-11:00 a.m.

Adapted Physical Education II- Chair Yoga

Chair yoga is an adapted form of yoga that makes yoga accessible to everyone. The chair replaces the mat and becomes an extension of the body. We will do seated and standing work with the chair for balance and support. This class is suitable for those working with injuries, balance problems, Parkinson's, MS and all who are looking for a little extra support in yoga class.

Suggested Equipment: sturdy chair

Gretchen Serinis- Instructor

HTH 939-126 - Mondays, 1/10- 3/21/22 from 9:00-10:00 a.m.

HTH 939-127 - Wednesdays, 1/12- 3/16/22 from 9:00-10:00 a.m.

HLOA: Chair Tai Chi

Tai Chi Chuan is an ancient Chinese movement practice offering several health benefits.

Exercises consist of slow, graceful movements made while breathing deeply. Seated Tai Chi is a great option for those with limited mobility. Some of the benefits include greater muscle control, improved system management for arthritis and related medical conditions affecting aging adults, better stability, and reduced stress.

Mei Yu Green – Instructor

HTH 903-102 – Mondays, 1/10- 3/21/22 from 9:00-10:00 a.m.

HTH 903-103 – Thursdays, 1/13- 3/17/22 from 10:15-11:15 a.m.

Adapted Physical Education II- Seated Tai Chi

This is a seated/chair Tai Chi class, a gentle exercise program for mental and physical well-being based on Yang Style Simplified Short Form taught by Master Cheng Man-Ch'ing.

It is designed for those who find difficult to stand for extended periods of time or those who are in wheelchair. Use a sturdy, armless, straight back chair without rollers for safety. Wheelchair is ok if you lock it. It is a system of exercise that uses slow, smooth body movements with deep breathing to achieve both physical and mental health. It's often called meditation in motion.

Tai Chi strengthens the cardiovascular and immune systems, improves balance to prevent falls, and relieves rheumatoid arthritis and fibromyalgia pain from the back, neck, and joints. It sharpens the mind to minimize age related cognitive decline, improves mood, lowers anxiety, and reduces depression.

Young Lee- Instructor

HTH 939-111 - Mondays, 1/10-3/21/22 from 1:30-2:30 p.m.

HTH 939-110 - Wednesdays, 1/12-3/16/22 from 1:30-2:30 p.m.

HTH 939-112 - Thursdays, 1/13-3/17/22 from 11:45 a.m.-12:45 p.m.

Functional Conditioning I- Strength & Chair Exercise

Lisa will help you gain muscular strength, endurance, balance and flexibility with gentle easy to follow exercises that will help you function better in your daily life. She will safely guide you through these using your own body weight, light weights (1-5lbs), small physio balls and resistance bands. Options will be given if you do not have this equipment at home. Much of this class is done with the assistance of a chair. This class is suitable for beginners.

Suggested Equipment: light weights (1-5-lbs), small physio balls and resistance bands

Lisa Hegewisch- Instructor

HTH 925-101 - Tuesday & Thursday, 1/11- 3/17/22 from 10:00-11:30 a.m.

Adapted Physical Education II- Seated Chair Exercise

Seated chair exercise is a creative approach so you can experience all the benefits of exercise without the danger of falling. Seated chair exercise helps to build and tone muscle, increase blood circulation and lubricate the joints. In this class we will include strength training as well as getting your heart rate up. Suggested Equipment: sturdy chair

Gretchen Serinis- Instructor

HTH 939-128 - Wednesdays, 1/12- 3/16/22 from 10:00-11:00 a.m.

HLOA: Chair Zumba Gold

Chair Zumba is a workout designed for participants with limited mobility, balance issues, and anyone who wants a great seated, fun workout. Chair Zumba focuses on most elements of fitness; such as range of motion, coordination, core stability, muscular strength, cardiovascular endurance, and motor skills. The class introduces Latin and International dance rhythms. Some routines use 1 lb. weights, which is optional.

Falishia Jordan – Instructor

HTH 903-107 - Wednesdays, 1/12- 3/16/22 from 11:30 a.m.-12:30 p.m.

Functional Mobility & Balance I- Seated Tai Chi for Arthritis and Fall Prevention

This class, developed by the Tai Chi for Health Institute, is an evidence-based program supported by both the CDC and the Arthritis Foundation. It is designed to increase muscle strength and flexibility while also empowering the student to improve overall health and wellness. Stability and balance are offered to the student by incorporating the use of a chair or seated platform.

Regina Judge- Instructor

HTH 928-105 - Mondays, 1/10- 3/21/22 from 1:30-2:30 p.m.

TAI CHI/BALANCE

Functional Mobility & Balance I- Ballet I

Enjoy ballet-based movements to improve body alignment, balance, inner strength, and flexibility while moving to assorted classical music selections. Some activities may make use of a chair. Students should wear clothing that will allow for ease of movement and stretching. Ballet slippers or other flexible footwear is recommended.

Althea Whieldon- Instructor

HTH 928-111 - Tuesday, 1/11- 3/8/22 from 1:15 2:15 p.m.

Functional Mobility & Balance I- Gentle Tai Chi

The health benefits of tai chi are well documented in many medical studies. It helps to control blood pressure, improves balance, focus, strength, flexibility, endurance, and bone density. It also boosts the immune system and has anti-aging benefits. If you have been curious about this ancient art of mindful movement, this is an excellent opportunity to experience it for yourself. Movements can be modified for every fitness level. Those with no experience will learn strong foundation skills. Those who already have experience will refine their understanding. No special equipment is needed, and you can just wear loose, comfortable clothes (athletic pants and a t-shirt work great).

Billy Greer- Instructor

HTH 928-101 - Tuesday, 1/11- 3/15/22 from 10:00-11:00 a.m.

Functional Mobility & Balance I- Qigong for Health

Focusing on the 8 Pieces of Brocade, this Qigong class will teach gentle movements for improving health and mobility.

Billy Greer- Instructor

HTH 928-102 - Tuesday, 1/11- 3/15/22 from 8:30-9:30 a.m.

Functional Mobility & Balance I- Tai Chi for Health and Wellness

Tai Chi helps build strength, flexibility and balance through slow meditative movements

Billy Greer- Instructor

HTH 928-103 - Thursdays, 1/13- 3/17/22 from 9:45-10:45 a.m.

Functional Mobility & Balance I- Tai Chi

This is a mind/body workout that combines the best of Tai Chi with a variety of relaxation exercises. This class is suitable for any fitness level! You will be guided through the flowing *yang style short form-37 postures* that will bring your muscular, cardiovascular and nervous systems into perfect synergy. Benefits can include stress reduction, improved cardio conditioning, muscular strength, balance, and flexibility. These exercises often will enhance cognitive function, uplift mental and emotional state, build stamina and improve the quality of your sleep if practiced regularly. *Students should have experience with the Tai Chi Chuan Yang Style 37 short form. This course is not suitable for beginners.*

Joan Harris- Instructor

HTH 928-104 - Wednesday, 1/12- 3/16/22 from 9:00-10:00 a.m.

Functional Mobility & Balance I- Tai Chi for Arthritis and Fall Prevention

This class, developed by the Tai Chi for Health Institute, is an evidence-based program supported by both the CDC and the Arthritis Foundation. It is designed to improve muscle strength, balance and flexibility while also empowering the student to improve overall health and wellness.

Regina Judge- Instructor

HTH 928-106 - Wednesdays, 1/12- 3/16/22 from 1:30-2:30 p.m.

Functional Mobility & Balance I- Tai Chi

Tai Chi Chuan is an ancient Chinese form of exercise which promotes internal and external centering, Chi circulation, balance, health, and longevity. The Yang Style short form takes students through a complete, natural range of motion over their center of gravity. Accurate, repeated practice of the solo routine is said to improve posture, encourage circulation throughout the body, maintain flexibility through the joints, and further familiarize students with the martial application sequences applied to the appropriate form. The goal of Tai Chi Chuan is to strengthen and integrate the mind and body for health and awareness. Many improvements include; balance control, flexibility, cardiovascular fitness, reduced stress, and mental health.

Mei Yu Green- Instructor

HTH 928-109 – Monday, 1/10- 3/21/22 from 10:15-11:15 a.m.

HTH 928-108 – Monday, 1/10- 3/21/22 from 1:00-2:00 p.m.

HTH 928-110 – Thursday, 1/13- 3/17/22 from 1:15-2:15 p.m.

Functional Mobility & Balance I- Tai Chi

This is a beginner Tai Chi class, a gentle exercise program for mental and physical well-being, Yang Style Simplified Short Form taught by Master Cheng Man-Ch'ing. It is a system of exercise that uses slow, smooth body movements with deep breathing to achieve both physical and mental health. It is a standing, weight-bearing exercise. It's often called meditation in motion. Tai Chi strengthens the cardiovascular and immune systems, strengthens bones, improves balance to prevent falls, and relieves rheumatoid arthritis and fibromyalgia pain from the back, neck, and joints. It sharpens the mind to minimize age related cognitive decline, improves mood, lowers anxiety, and reduces depression.

Young Lee - Instructor

HTH 928-112 - Mondays, 1/10- 3/21/22 from 11:30am-12:30 p.m.

HTH 928-113 - Tuesdays, 1/11- 3/15/22 from 9:30-10:30 a.m.

HTH 928-116 - Tuesdays, 1/11- 3/15/22 from 11:30 a.m.-12:30 p.m.

HTH 928-115 - Wednesdays, 1/12-3/16/22 from 11:30 a.m.-12:30 p.m.

HTH 928-114 - Thursdays, 1/13-3/17/22 from 9:30-10:30 a.m.

WEIGHT TRAINING FOR OLDER ADULTS

Weight Training for Older Adults- Strength

This class is designed to be “effective”, not “easy”. We combine a heavy dose of laughter with weight conditioning, proper technique, coordination, balance, and flexibility to combat the loss of muscle mass and fight the onset of osteoporosis and osteopenia associated with aging. An emphasis is placed on protecting the joints. Students will be challenged but are encouraged to work within their own limits and build slowly toward their goals. No prior weight training experience is needed.

Mandy Jellerichs- Instructor

HTH 944-105 - Fridays, 1/14- 3/18/22 from 12:15-1:15 p.m.

Weight Training for Older Adults- Strength

Class starts with a 5-minute cardio warm up and then progresses with exercises with the below items. There will be some seated exercises focusing on the abdominals but the class is a standing class for the most part. Debbie will also focus on balance and coordination in some of the classes as well. The class will end with seated stretches.

Equipment needed: bands, weights, small ball and a chair for abdominal exercises.

Deborah Halley- Instructor

HTH 944-103 - Wednesdays, 1/12- 3/16/22 from 11:00 a.m.-12:00 p.m.

HTH 944-102 - Fridays, 1/14- 3/18/22 from 8:30-9:30 a.m.

Weight Training for Older Adults- Strength

This class is designed to improve function, including strength of the legs, hips, back, shoulders, and arms. We focus on multi-muscle use and mobility. This class includes balance exercises.

Exercises are done using hand weights, tubing, and your own body weight to create resistance and strength focus on your core. This class is suitable for all levels of fitness. Modifications are always offered to show you ways you can challenge your workout or accommodate individual needs. Suggested Equipment: Hand weights, resistance bands, playground ball, mat

Susan Campana- Instructor

HTH 944-101 - Monday, 1/10- 3/21/22 from 12:15-1:15 p.m.

YOGA

Integrative Strength/Flex Tech- Yoga

This yoga class is an energizing and stimulating class focusing on strength and flexibility. We combine standing postures, sun/moon salutations along with floor work on the mat. This class will focus on building stamina and creating energy. Restorative postures and the importance of relaxation will also be included. This yoga class will help you maintain daily physical function

and improve balance. Modifications can be made to accommodate most physical limitations. No prior knowledge of yoga is necessary; however, practitioners should be able to stand independently.

Suggested Equipment: yoga mat, yoga strap, resistance bands and 2 yoga blocks

Lisa Hegewisch- Instructor

HTH 934-102 - Fridays, 1/14- 3/18/22 from 10:00-11:15 a.m.

Integrative Strength and Flexibility II- Yoga

A yoga experience welcoming for all levels of practitioner. This experience will include meditation, stretching, strengthening, and flow-based class tied to breath and movement between individual postures. This class will begin with grounding meditation and then a blend of floor-based, standing postures and yoga flow (movement). Focus will be on strengthening, lengthening, and stretching through a creative series of postures in constant motion. In order to thrive, your body should be healthy and free from injury and you should have a basic understanding of individual postures. The sensations that we will be seeking will be a blend of rich stretching, basic integration, balance, and body awareness. Students will leave feeling relaxed, stretched and realigned! Bring your mat and be ready for a wonderful relaxing and realigning experience! Namaste! **Recommended props: block(s), strap**

Natalie Haskell- Instructor

HTH 947-128 - Sundays, 1/9- 3/13/22 from 1:00-2:00 p.m.

Integrative Strength/ Flex II- Mat Yoga

Come join this mat yoga class suitable for everyone, including beginners. No yoga experience is needed. In this class you will work on posture, alignment, weight bearing exercises, balance, and body awareness. It will leave you feeling strong, centered, and peaceful. There is a focus on Helpful Breathing practices to induce a more relaxed state in body, mind and spirit. Note: *Please bring a chair nearby should you think you need it to rest; wear comfortable clothes to move in the poses if possible, use a yoga mat to prevent slipping (or try to be on a non-slippery surface-some folks use yoga socks)! Try to have enough clear space around you to open your arms and legs wide!*

Sharon Harty- Instructor

HTH 947-124 - Tuesdays, 1/11- 3/15/22 from 10:45-11:45 a.m.

HTH 947-125 - Thursdays, 1/13- 3/17/22 from 10:45-11:45 a.m.

Integrative Strength/ Flex II- Applied Yoga for Active Seniors

This therapeutic yoga course is ideal for beginners and/or those who prefer a gentle practice & leisurely pace. Each session begins with guided breathing and body awareness fundamentals, followed by a plethora of deep (yet gentle!) stretches, and beginner yoga poses. The instructor further supports the students through close visual observation (on-screen), enhanced verbal cues, and unlimited modifications. Special emphasis is placed on techniques with population-specific benefits, a high degree of versatility, and practicality relative to activities of daily living. We spend the majority of our time together on the mat (floor)- *although participants are*

encouraged to use props or a chair as/if necessary for additional support, or transitional aid- with standing poses from time to time. Note: this class is offered as a LIVE, interactive, shared learning experience in a warm, relaxed environment – or “virtual circle.” Instruction is student- centered and engagement driven. All students must be willing and able to actively participate using both audio and video capabilities of the Zoom platform.

Suggested Equipment: You will need a yoga “sticky” mat, and thick towel or blanket.

Tina Marks- Instructor

HTH 947-136 - Mondays, 1/10- 3/21/22 from 11:30-12:30 p.m.

HTH 947-137 - Fridays, 1/14- 3/18/22 from 11:30-12:30 p.m.

Integrative Strength & Flexible II- Mat Yoga

This class is based on the gentle movements and flow of Hatha Yoga. It is excellent for balance and improving flexibility and help with activities of daily life. Props such as chair and blocks will be used for modifications. All classes end with a Meditation. Suggested Equipment: chair, yoga mat, yoga blocks (a towel or blanket can be used instead)

Mary Krause- Instructor

HTH 947-134 - Tuesdays, 1/11- 3/15/22 from 8:00-9:00 a.m.

HTH 947-135 - Thursdays, 1/13- 3/17/22 from 8:00-9:00 a.m.

Integrated Strength/ Flex II- Hatha Mat Yoga

Yoga involves creating balance in the body and mind, developing strength, stability and flexibility, and using the breath as an anchor between them. This is done with yoga postures, each of which has specific physical and psychological benefits. Classes begin with 5-minute centering, a practice that brings us into the present, helping us to transition from the day to the mat. This time helps to quiet the mind and body with a focus on breath and stillness. Julia incorporates a series of warm-up postures followed by a series of seated, supine, and standing poses and fluid sequences that are energizing and calming at the same time. These classes promote gentle and fluid movement, and are accessible for everyone. Class ends with a ten-minute relaxation referred to as Savasana. Please use a yoga mat, blocks, and straps to help support you. These classes are suitable if you're new to yoga or have an established practice. Welcome to the mat.

Julia Simmons- Instructor

HTH 947-103 – Tuesdays, 1/11- 3/15/22 from 11:00 a.m.-12:00 p.m.

HTH 947-105 -Tuesdays, 1/11- 3/15/22 from 4:00-5:00 p.m.

HTH 947-107 -Wednesdays, 1/12- 3/16/22 from 9:30-10:30 a.m.

HTH 947-110 – Saturdays, 1/15- 3/19/22 from 9:30-10:30 a.m.

Integrative Strength & Flexibility Techniques- Mat Yoga

This yoga class is done at slow pace with gentle movements guided by the breath designed to reduce stress, build strength, balance and increase self-awareness.

Suggested Equipment: Yoga mat, yoga blocks, yoga strap (old tie will work as well)

Gretchen Serinis- Instructor

HTH 934-104 - Wednesdays, 1/12- 3/16/22 from 1:00-2:15 p.m.

Integrative Strength/Flex Tech- Mat Yoga Level 1

Come join Cheryl for this level 1 Yoga class suitable for everyone, including beginners. No yoga experience is needed. In this class you will work on posture, alignment, weight bearing exercises, balance, and body awareness. It will leave you feeling strong, centered and peaceful. Suggested Equipment: yoga mat; strap and block may be used but are not required

Cheryl Beecher- Instructor

HTH 934-101 - Wednesday, 1/12- 3/16/21 from 12:15-1:30 p.m.

Integrative Strength & Flexibility II- Mat Yoga

This yoga class is designed for those who are familiar with yoga. We will flow gently and mindfully guided by the breath. We will work the whole body practicing standing postures, balancing postures and seated postures as well as meditation.

Suggested Equipment: Yoga mat, yoga blocks, yoga strap (old tie will work as well)

Gretchen Serinis- Instructor

HTH 947-139 - Mondays, 1/10- 3/21/22 from 11:00 a.m.-12:00 p.m.

HTH 947-140 - Wednesdays, 1/12- 3/16/22 from 11:00 a.m.-12:00 p.m.

HTH 947-141 - Fridays, 1/14- 3/18/22 from 9:00-10:00 a.m.

HTH 947-142 - Fridays, 1/14- 3/18/22 from 10:15-11:15 a.m.

Integrative Strength/ Flex II- Mat Yoga

This class is an enjoyable and energizing yoga practice focusing on breath and alignment. Participants will learn various postures and sun/moon salutations to build stamina, find flexibility and create energy. This class offers a healthy way to find self-awareness, self-care and self-healing. Participants confidently set healthy boundaries and limits. Each student creates a unique individual yoga practice. There is mat work involved and Lisa will modify if needed. This class offers a safe environment for us to learn, laugh and grow.

Suggested Equipment: yoga mat, yoga strap, resistance bands and 2 yoga blocks

Lisa Hegewisch- Instructor

HTH 947-129 - Monday, 1/10- 3/21/22 from 1:30-2:30 p.m.

HTH 947-130 - Tuesdays, 1/11- 3/15/22 from 12:45-1:45 p.m.

HTH 947-131 - Thursdays, 1/13- 3/17/22 from 12:45-1:45 p.m.

Integrative Strength/Flex II- Mat Yoga

The practice of Yoga is a holistic approach that improves the functionality of the mind, body, spirit, and awareness. The benefits of this practice improve flexibility, strength, concentration, and reduces the stress and anxiety we may have through relaxation, breathing, and meditation techniques. This class is for the active senior whether you are new to Yoga or experienced in Yoga. Modifications are made for all levels.

Required Equipment: two yoga blocks, a yoga strap and yoga mat

Michele Adair- Instructor

HTH 947-120 - Tuesdays, 1/11- 3/15/22 from 10:15-11:15 a.m.

HTH 947-121 - Thursdays, 1/13- 3/17/22 from 10:15-11:15 a.m.

Integrative Strength/ Flex II- Mat Yoga

Do you want to enhance your postures and techniques? This slow flow yoga class is ideal for someone who is familiar with some of the basic yoga postures and wants to learn more. In this class you will practice to improve strength, balance, and flexibility. This class begins with a basic floor warm-up and moves to standing flows and balance poses. Always work at your own pace and modifications to the poses are demonstrated. Each class closes with relaxing stretches, breathing techniques and Savasana.

Mandy Jellerichs- Instructor

HTH 947-132 - Wednesdays, 1/12- 3/16/22 from 9:00-10:00 a.m.

Integrative Strength/Flex II- Yogalates

A fitness routine combining the postures and breathing techniques of yoga with Pilates exercises; a blend of yoga and Pilates. No equipment required.

Mandy Jellerichs- Instructor

HTH-947-133 – Thursdays, 1/13-3/17/22 from 4:00-5:00 p.m.

Integrated Strength/Flex II- Yoga Nidra

Yoga Nidra is a series of mind, body, and awareness techniques that allow you to disengage from your mind by entering the space between waking and sleeping. It is an excellent tool for stress as it trains the body and mind to disconnect from stress producing thoughts and helps to balance excess tension in the body. Please join Julia for this practice that promotes physical, mental, and emotional relaxation. Students are guided through a 45-minute practice while lying on their backs, supported by props. This systematic practice uses positive affirmations, guided imagery, body scanning and breath work. No prior yoga or meditation experience is required. Please use something comfortable to lay on, pillow, and blanket. Those who practice Yoga Nidra report decreases in insomnia, depression, anxiety, and chronic pain.

Julia Simmons- Instructor

HTH 947-106 - Wednesdays, 1/12- 3/16/22 from 5:00-6:00 p.m.

HTH 947-108 - Thursdays, 1/13- 3/17/22 from 7:30-8:30 p.m.

Integrative Strength & Flex II- Yin Yoga

“We don’t use the body to get into a pose, we use the pose to get into the body”. This style of yoga focuses on your deep connective tissue (fascia, ligaments, joints and bones). It’s a slower and more meditative practice, giving you space to turn inward and tune into both your mind and into physical sensations of the body. You learn how to settle into a pose so that you’re creating more space in the body while at the same time learning how to breathe through discomfort and settle into your thoughts. By stretching and deepening into poses, we’re opening up blockages in the body and releasing blocked energy to flow freely. A yin yoga

practice reduces stress levels and improves flexibility and circulation. It is grounding, calming and also good for chronic conditions like arthritis or osteoporosis. Please join me from the comfort of your own space.

Julia Simmons- Instructor

HTH 947-104 - Wednesdays, 1/12- 3/16/22 from 11:00 a.m.-12:00 p.m.

HTH 947-109 - Fridays, 1/14- 3/18/22 from 9:30-10:30am

Integrative Strength/ Flex Tech- Beginner/Intermediate Mat Yoga

This yoga class is intermediate/beginner. The postures always begin with a gentle version with the option to continue to more challenging positions. Postures are held a little longer than in the beginner class and any relaxation between postures is shorter. This class includes some discussion on the philosophy of yoga as well as an introduction to yoga breathing and meditation.

Suggested equipment: a non-slip “sticky” mat; a belt, strap, or old tie; and two yoga blocks.

John Cochran - Instructor

HTH 934-105 - Tuesdays, 1/11-3/15/22 from 10:00-11:15 a.m.

HTH 934-106 - Wednesdays, 1/12-3/16/22 from 1:30-2:45 p.m. (not recommended for beginners)

HTH 934-107 - Thursdays, 1/13-3/17/22 from 10:00-11:15 a.m.

Integrative Strength/Flex II- Beginner Mat Yoga

This is a beginner and gentle yoga class. An introduction to yoga breathing and meditation is included. Gentle stretches and movements with these postures will help to improve flexibility, strength, balance and range of motion. The yoga postures are introduced at a simple level and for students with some experience, more challenging options are given. The postures are held for a short period followed by a relaxation posture. Practice of balance is also emphasized.

Suggested equipment: a non-slip “sticky” mat and a belt, strap, or old tie.

John Cochran - Instructor

HTH 947-114 - Mondays, 1/10-3/21/22 from 9:30-10:30 a.m.

HTH 947-115 - Wednesdays, 1/12-3/16/22 from 9:30-10:30 a.m.

HTH 947-116 - Fridays, 1/14-3/18/22 from 11:00 a.m.-12:00 p.m.