

FALL 2021
Online (via Zoom) Fitness Course
Descriptions

Table of Contents

CARDIO CONDITIONING	2
DANCE CLASSES	5
FUNCTIONAL CONDITIONING	6
LINE DANCE CLASSES.....	10
PILATES/ CORE STABILITY	11
SEATED EXERCISE CLASSES	12
TAI CHI/ BALANCE.....	18
WEIGHT TRAINING FOR OLDER ADULTS	21
YOGA.....	22

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 943 924 - Tuesday- 10/05 – 12/07/21 from 10:45- 11:45am

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 943 920 - Monday- 10/04 – 12/06/21 from 11:30am- 12:30pm

HTH 943 921- Wednesday- 10/6- 12/08/21 from 10:45- 11:45am

HTH 943 922- Friday- 10/08 – 12/17/21 from 1- 2:00pm

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.

Falishia Jordan- Instructor

HTH 943 923 - Thursdays- 10/7 – 12/16/21 from 10:45- 11:45am

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 943 919 - Saturdays – 10/2 – 12/11/21 from 11 am – 12:00 pm

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 943 901 - Mondays- 10/4-12/6 from 8:30- 9:30am

HTH 943 902 - Mondays- 10/4-12/6 from 10:15- 11:15am

HTH 943 903 - Wednesdays- 10/6-12/8 from 8:30- 9:30am

HTH 943 904 - Wednesdays- 10/6-12/8 from 10:15-11:15am

HTH 943 907 - Fridays- 10/8-12/17 from 8:30- 9:30am

HTH 943 908 - Fridays- 10/8-12/17 from 10:15-11:15am

Cardiovascular Conditioning- Aerobics

The goal of this program is to combine cardiovascular and strength training 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.

Mandy Jellerichs- Instructor

HTH 943 918- Monday- 10/4- 12/6/21 from 11am- 12pm

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 943 905-Tuesdays- 10/5- 12/7/21 from 9- 10am

Cardiovascular Conditioning- Aerobics

The goal of this program is to combine cardiovascular and strength training 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.

Mandy Jellerichs- Instructor

HTH 943 918- Monday- 10/4- 12/6/21 from 11am- 12pm

Cardiovascular Conditioning- Aerobic Dance

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- Instructor

HTH 943 915- Tuesdays- 10/5-12/14/21 from 9:30-10:30am

HTH 943 916- Tuesdays- 10/5-12/14/21 from 10:15- 11:15am

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 943 906- Monday- 10/4- 12/6/21 from 9-10:00am

HTH 943 909- Wednesdays- 10/6- 12/8/21 from 9-10:00am

HTH 943 911- Fridays- 10/8- 12/17/21 from 9-10:00am

Cardiovascular Conditioning- Low Impact with weights

Join Sandra for a cardiovascular workout using light weights. Low Impact Cardio is an exercise that increases your heart rate while minimizing the amount of stress or impact you put your joints under. We will Stretch, work on our Balance, Coordination, and lift light weights (if you own some). We will listen to fun, energizing music as we do a full-body workout.

Suggested Equipment: Lightweight 1lb to 5lbs the most

Sandra Infante-Ludlum- Instructor

HTH 943 914- Tuesday- 10/5- 12/14/21 from 11:30am- 12:30pm

HTH 943 931- Thursdays-10/7- 12/16/21 from 11:30- 12:30pm

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 943 910- Monday- 10/4/21-12/6/21 from 5-6pm

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 943 912- Thursday- 10/7- 12/16/21 from 2:30- 3:30pm

HTH 943 913- Friday- 10/8- 12/17/21 from 8:30- 9:30am

Cardiovascular Conditioning- Zumba

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 943 917- Saturdays- 10/2- 12/11/21 from 9- 10am

HTH 943 929- Thursdays- 10/7-12/16/21 from 9- 10am

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 900 901 - Tuesdays – 10/5 – 12/07/21 from 2 – 3:45 pm

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 903 907 - Wednesdays – 10/06/- 12/08/21 from 11:15 am – 12:15 pm

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.

Gabriel Jimenez – Instructor

HTH 903 904 - Mondays – 10/4 – 12/06/21 from 6:30 - 7:30 pm

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 903 903 -Thursdays – 10/7 – 12/16/21 from 9 – 10:00 am

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. Fall 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. Please note: **No class** on Tuesday **October 26**.

Althea Whieldon- Instructor

HTH 903 910 -Tuesdays – 10/5 – 12/07/21 from 12 – 1 pm

HLOA: Latin Dance Fitness

A Latin dance inspired workout set to upbeat music and features choreographed dance routines. The class emphasizes moving to the music and having a good time, no rhythm required. Latin Dance fitness is an interval workout that melts fat, strengthens your core, and improves flexibility. The dance moves are designed to get your heart rate up and boost cardio endurance.

Angela Scott – Instructor

HTH 904 905 - Wednesdays – 10/6 – 12/08/21 from 12:30 – 1:45 pm

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 904 901 - Sundays – 10/3 – 12/12/21 from 9:45 – 11:00 am

HTH 904 902- Mondays – 10/04 – 12/06/21 from 12:30 – 1:45 pm

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 925 903 - Monday, Wednesday & Friday- 10/4 – 12/13/21 from 10-11am

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 926 901- Tuesday & Thursdays- 10/5- 12/14/21 from 9:30- 10:30am

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 945 909- Tuesday- 10/5- 12/7/21 from 9:30- 10:30am

HTH 945 910- Thursday- 10/7- 12/9/21 from 9:30- 10:30am

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 945 907- Thursdays- 10/7- 12/16/21 from 8:30- 9:30am

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 945 908- Fridays- 10/8- 12/17/21 from 11am- Noon

Functional Conditioning II- Aerobics & Strength

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

Heterrsa Nuiriankh- Instructor

HTH 926 903- Tuesday & Thursdays- 10/5- 12/14/21 from 10:30- 11:30am

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 945 901- Monday- 10/4- 12/6/21 from 10:30-11:30am

HTH 945 903- Wednesdays- 10/6- 12/8/21 from 9-10am

HTH 945 904- Wednesday- 10/6- 12/8/21 from 10:30-11:30am

HTH 945 906- Fridays- 10/8- 12/17/21 from 10:30-11:30am

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 945 902- Tuesday- 10/5- 12/7/21 from 10- 11am

HTH 945 905- Fridays- 10/8- 12/17/21 from 9- 10am

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 926 902- Monday & Fridays- 10/11- 12/20/21 from 9:30- 10:30am

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 926 908- Tuesday & Thursday- 10/5- 12/14/21 from 8:30- 9:30am

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 945 911 – Saturdays – 10/2 – 12/11/21 from 10-11 am

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 945 912 -Saturday- 10/02 – 12/11/21 from 11am-12pm

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 926 904 - Tuesdays & Thursdays- 10/5-12/14 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 925 902 - Mondays, Wednesdays, & Fridays - 10/4-12/13 from 8-9am

Functional Conditioning I-Strength & Stretch - Tues/Thurs

This 75-minute class is a fun-focused, one-stop-shop for combined muscle development and flexibility with a focus on combating osteoporosis and osteopenia. The first 30 minutes is spent

lifting hand weights for upper body strength and elevating the heart rate. We then follow on with weight bearing exercises for the legs, balance work, coordination exercises and yogic flexibility movements. There is a restful meditation period at the end of class to round out a full body, mind and spirit experience each time. There is no requirement to get on the floor and all exercises are optional and modifiable. Students are invited to participate in movements that feel best for their own bodies in order to achieve the goals that they set for themselves. Beginners are welcome. No yoga or weight lifting experience is necessary.

Suggested Equipment:

Hand Weights - A set of light and medium hand weights. Soup cans are sufficient in many cases. Weight sizes are subject to the participant's skill level. Malleable weights filled with sand are suggested for those with arthritis.

Chair- A sturdy chair with no wheels; preferably without a high back. Most kitchen chairs will suffice.

Yoga Mat - A yoga mat for those that will choose to stretch on the floor. Not mandatory especially if you choose not to sit or lie on the floor.

Caroline Karditzas – Instructor

HTH 925 905 - Tuesdays & Thursdays 10/5-12/16 from 10-11:15AM

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 901 901- Mondays and Wednesdays – 10/4- 12/08/21 from 2:30 – 3:45 pm

Advanced 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 intermediate to advanced level student and includes more modern or new dances.

Sandra Richardson – Instructor

HTH 902 902 - Tuesdays – 10/5 – 12/07/21 from 12:30 – 2:30 pm

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 904 914 - Fridays – 10/8 – 12/17/21 from 11 am – 12:30 pm

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

Heterrsa Nuiriankh- Instructor

HTH 935 904- Tuesday & Thursdays- 10/5- 12/14/21 from 9:30- 10:30am

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 Nuiriankh- Instructor

HTH 935 903 - Tuesday & Thursdays- 10/5- 12/14/21 from 8:30- 9:30am

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 935 901- Tuesdays & Thursdays- 10/12- 12/21/21 from 9:30- 10:30am

HTH 935 902- Tuesdays & Thursdays- 10/12- 12/21/21 from 10:30- 11:30am

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

Amanda Jellerichs (T) & Natalie Haskell (Th)- Instructors
HTH 935 908- Tuesday & Thursdays- 10/5-12/14/21 from 8:30- 9:30am

Core Stability Techniques II

Join us for this Pilates class. Improve your flexibility, strengthen your core and reduce your stress.

Wauseca Briscoe – Instructor

HTH 940 904 – Saturdays – 10/2 – 12/11/21 from 9 – 10 am

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 940 901 - Tuesdays- 10/5-12/7 from 12:30- 1:30pm (uses stretch band)

HTH 940 902 - Thursdays- 10/7-12/16 from 12:30- 1:30pm (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 936 902- Tuesday & Thursdays- 10/5- 12/7/21 from 10:30- 11:30am

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 936 901- Tuesday & Thursdays- 10/5-12/14/21 from 11am- Noon

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 936 906- Tuesday & Thursdays- 10/5- 12/14/21 from 9:30-10:30am

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 936 903 - Tuesdays & Thursdays- 10/5-12/14 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 939 922– Fridays, 10/8/21-12/17/21 from 11:30am-12:30pm

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 939 905- Tuesday- 10/5- 12/7/21 from 10:30- 11:30am

HTH 939 906- Thursday- 10/7- 12/16/21 from 10:30- 11:30am

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 939 923- Mondays- 10/4- 12/6/21 from 11am-12:00pm

HTH 939 924- Fridays- 10/8- 12/17/21 from 11am-12:00pm

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 939 901- Tuesdays- 10/5- 12/7/21 from 9:30-10:30am

HTH 939 903- Wednesdays- 10/6- 12/8/21 from 11am- 12pm

HTH 939 902- Fridays- 10/8- 12/17/21 from 9:30- 10:30am

HTH 939 904- Fridays- 10/8- 12/17/21 from 11:30am- 12:30pm

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.

Lisa Hegewisch- Instructor

HTH 939 908- Thursday- 10/7- 12/16/21 from 2:30-3:30pm

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 939 907- Fridays- 10/8- 12/17/21 from 10:15- 11:15am

Adapted Physical Education II- Chair Yoga

This **highly-interactive yoga class** features gentle beginner level stretches and postures which have been adapted to be performed either seated in a chair or standing, while holding onto a chair for added stability. Additional highlights of the class include: breathing techniques, body awareness exercises, and self-guided progressive relaxation --- which are all easily incorporated into activities of daily living.

Suggested Equipment: You will need a yoga “sticky” mat and sturdy, straight-back chair.

Tina Marks- Instructor

HTH 939 909- Friday- 10/8-12/17/21 from 1- 2pm

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 939 928- Fridays- 10/8- 12/17/21 from 1-2pm

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 a centering and breath work, allowing students to transition from the day to the practice and to check in with how you are feeling. The centering is followed by gentle stretching and then transitions into seated, standing 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 or relaxation exercises and, of course, shivasana to incorporate the benefits of your practice. You will need a pillow, yoga straps, and blocks (or a few books to stack like a block) 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 903 909- Fridays – 10/8 – 12/17/21 from 12:00 – 1:00 pm

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 903 908 - Tuesdays – 10/5 – 12/07/21 from 9:30 – 10:30 am

HTH 947 925 – Thursdays – 10/7 – 12/16/21 from 9:30 – 10:30 am

HTH 947 926 – Saturdays – 10/2 – 12/11/21 from 12 – 1 pm

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 wellness for today’s active senior lifestyle. **Absolutely no prior experience necessary!** Gentle yoga-based stretches, breathing techniques, and body awareness exercises are all performed seated in a chair. Together, we’ll bust some meditation myths; and explore various practices – both passive (still) and active (in motion), conventional and not-so-conventional. A great way to start your week this Fall; and all from the cozy comfort of your own home!

Suggested Equipment: You will need an (inexpensive) yoga “sticky” mat and sturdy, straight-backed chair. Optional: notetaking materials.

Tina Marks- Instructor

HTH 939 930- Mondays- 10/4- 12/6/21 from 9:30- 10:30am

Adapted Physical Education II- Chair One Exercise

Chair One Fitness is a comprehensive chair exercise program designed for individuals who have complications standing during a fitness regimen. This includes senior citizens, 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 program was designed to deliver a fun interactive workout that uplifts people while providing a total body workout.

Suggested Equipment: Sturdy chair

Gretchen Serinis- Instructor

HTH 939 910- Mondays- 10/4- 12/6/21 from 9- 10am

HTH 939 911- Wednesdays- 10/6- 12/8/21 from 9- 10am

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 903 901 – Mondays – 10/4 – 12/06/21 from 9 – 10 am

HTH 903 902- Thursdays – 10/7 – 12/16/21 from 10:15 – 11:15 am

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 939 918 - Mondays- 10/4-12/6 from 1:30- 2:30pm

HTH 939 919 - Thursdays- 10/7-12-16 from 11:45am- 12:45pm

HTH 939 917 - Wednesdays- 10/6-12/8 from 1:30- 2:30pm

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 925 901- Tuesday & Thursday- 10/5- 12/14/21 from 10- 11:30am

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 928 903- Mondays- 10/4- 12/6/21 from 1:30- 2:30pm

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 939 912- Wednesdays- 10/6- 12/08/21 from 10- 11am

Cardiovascular Conditioning- Chair Zumba Level 1

Join Sandra for a cardiovascular chair workout. Chair Zumba incorporates movements taken from Latin dances like the merengue, salsa, and cha-cha to create an exhilarating program that aims to improve overall energy, core stability, muscular strength, cardiovascular endurance, and motor skills. Please make sure you use a sturdy chair. If in a wheelchair please make sure leg rest is removed or open to the sides.

Sandra Infante- Ludlum- Instructor

HTH 943 930- Thursday- 10/7-12/16/21 from 10:15-11:15am

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.

Falishia Jordan – Instructor

HTH 903 905 - Wednesdays – 10/6 – 12/08/21 from 11:30 am – 12:30 pm

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. Please note: **No class** on Tuesday **Oct. 26**.

Althea Whieldon- Instructor

HTH 928 908 - Tuesday- 10/05 – 12/07/21 from 1:15- 2:15pm

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 928 901- Tuesday- 10/5- 12/7/21 from 10- 11am

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 928 916- Tuesday- 10/5- 12/7/21 from 8:30- 9:30am

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 928 917- Thursdays- 10/7- 12/16/21 from 9:45- 10:45am

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 928 902- Wednesday- 10/6- 12/08/21 from 9- 10am

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 928 904- Wednesdays- 10/6- 12/8/21 from 1:30- 2:30pm

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 928 906 – Monday- 10/4 – 12/06/21 from 10:15- 11:15am

HTH 928 905 – Monday- 10/4 – 12/06/21 from 1- 2pm

HTH 928 907 – Thursday- 10/7 – 12/16/21 from 1:15- 2:15pm

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 928 910 - Mondays- 10/4-12/6 from 11:30am- 12:30pm

HTH 928 911 - Mondays- 10/4-12/6 from 12:30- 1:30pm

HTH 928 915 - Tuesdays- 10/5-12/7 from 11:30- 12:30pm

HTH 928 914 - Wednesdays- 10/6-12/8 from 11:30am- 12:30pm

HTH 928 909 - Wednesdays- 10/6-12/8 from 12:30-1:30pm

Functional Mobility & Balance I- Tai Chi

This is an intermediate 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. (Pre-requisite - knowledge of Yang Style Simplified Short Form.) 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 928 912 - Tuesdays- 10/5-12/7 from 9:30- 10:30am

HTH 928 913 - Thursdays- 10/7-12/16 from 9:30- 10:30am

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 944 904- Fridays- 10/8- 12/17/21 from 12:15- 1:15pm

Weight Training for Older Adults- Strength

Class starts with a 5-minute cardio warm up and then progress with exercises with the above 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 944 902- Mondays- 10/4- 12/6/21 from 8:30- 9:30am

HTH 944 905- Wednesdays- 10/6- 12/8/21 from 11am- 12:00pm

HTH 944 903- Fridays- 10/8- 12/17/21 from 8:30- 9:30am

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 944 901- Monday- 10/4- 12/06/21 from 12:15- 1:15pm

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 and 2 yoga blocks

Lisa Hegewisch- Instructor

HTH 934 902- Fridays- 10/8- 12/17/21 from 10- 11:15am

Integrative Strength/Flex Tech- Mat Yoga

This **highly-interactive continuing therapeutic yoga class** is an ideal “bridge” between the beginner and intermediate levels --- offering deepened stretches, refined poses, a variety of breathing techniques, and short, simple sequences.

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

Tina Marks- Instructor

HTH 934 903- Tuesdays- 10/5-12/7/21 from 1- 2:15pm

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 947 908- Tuesdays- 10/5- 12/7/21 from 10- 11am

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 947 906- Tuesdays- 10/5- 12/7/21 from 10:45- 11:45am

HTH 947 907- Thursdays- 10/7- 12/16/21 from 10:45- 11:45am

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 10-minute centering, a practice that brings us into the present, helping us to transition from where we’ve

come from 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. Class ends with a ten-minute relaxation referred to as Savasana. Please use a yoga mat, blocks, and straps to help support you. Appropriate for beginner and experienced.

Julia Simmons- Instructor

HTH 947 927- Tuesdays – 10/5 – 12/07/21 from 11:00 am – 12:00 pm

HTH 947 929-Tuesdays- 10/5 – 12/07/21 from 4:30 – 5:30 pm

HTH 947 931-Wednesdays- 10/6 – 12/08/21 from 9:30- 10:30am

HTH 947 934- Saturdays- 10/2 – 12/11/21 from 2 – 3 pm

Integrative Strength/ Flex II- Beginner Mat Yoga

This **highly-interactive beginner level therapeutic yoga class** is specifically designed for students who are brand new to yoga, or who simply prefer a more gentle, mellow practice. Plenty of soft, easy stretches and modifications are incorporated to accommodate a wide variety of physical challenges and/or limitations.

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

Tina Marks- Instructor

HTH 947 917- Tuesdays- 10/5- 12/7/21 from 11:30- 12:30pm

HTH 947 918- Fridays- 10/8- 12/17/21 from 11:30-12:30pm

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 934 904- Wednesdays- 10/6- 12/08-21 from 1- 2:15pm

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 934 901- Wednesday- 10/6- 12/8/21 from 12:15- 1:30pm

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 947 920- Mondays- 10/4- 12/6/21 from 11am- Noon
HTH 947 944- Mondays- 10/4- 12/6/21 from 1-2pm
HTH 947 921- Wednesdays- 10/6- 12/08/21 from 11am- Noon
HTH 947 922- Fridays- 10/8- 12/17/21 from 9- 10am
HTH 947 923- Fridays- 10/8- 12/17/21 from 10:15- 11:15am

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 and 2 yoga blocks

Lisa Hegewisch- Instructor

HTH 947 909- Monday- 10/4- 12/6/21 from 1:30- 2:30pm
HTH 947 910- Tuesdays- 10/5- 12/07/21 from 12:45- 1:45pm
HTH 947 911- Thursdays- 10/7- 12/16/21 from 12:45- 1:45pm

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 947 915- Tuesdays- 10/5- 12/7/21 from 8-9am
HTH 947 916- Thursdays- 10/7-12/16/21 from 8-9am

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 947 904- Tuesdays – 10/5-12/7/21 from 10:15 – 11:15 AM
HTH 947 905- Thursdays – 10/7- 12/16/21 from 10:15 – 11:15 AM

Integrated Strength/Flex II- Mat Yoga

This class begins with a joint rotation warm-up from the Shadow Yoga School (to reduce held tension in the muscles which can reduce flexibility) before progressing to variations of the classical sun salutations to generate heat and build strength and endurance in the entire body.

Standing work may include traditional asanas like Triangle or Tree before practicing seated postures and core strengthening work like Seated Forward bends and Boat Pose variations, finishing with guided meditation or breath centered relaxation."

Suggested Equipment: a folded blanket may be handy for some activities

Sandra Nicht- Instructor

HTH 947 924- Mondays- 10/4-12/6/21 from 12pm- 1pm

HTH 947 919- Thursdays- 10/7- 12/16/21 from 11:30am- 12:30pm

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 947 912- Wednesdays- 10/6- 12/8/21 from 9-10am

HTH 947 913- Thursdays- 10/7-12/16/21 from 2:45- 3:45pm

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 947 930- Wednesdays- 10/6 – 12/08/21 from 5- 6pm

HTH 947 932 - Thursdays- 10/7 – 12/16/21 from 7:30 – 8:30 pm

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 947 928 – Wednesdays – 10/6 – 12/08/21 from 11 am – 12 pm

HTH 947 933 - Fridays- 10/08 – 12/17/21 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 934 905 - Tuesdays- 10/5-12/7 from 10- 11:15am

HTH 934 906- Wednesdays- 10/6-12/8 from 1:30- 2:45pm (not recommended for beginners)

HTH 934 907 - Thursdays- 10/7-12/16 from 10-11:15am

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 947 901 - Mondays- 10/4-12/6 from 9:30- 10:30am

HTH 947 902 - Wednesdays- 10/6-12/8 from 9:30- 10:30am

HTH 947 903 - Fridays- 10/8-12/17 from 11am- 12pm

Integrative Strength/Flex II-Modified Yoga

These 60-minute sessions are designed to combine all of the most healthful aspects of a mind, body & soul-centered practice. As seniors, you deserve light hearted classes that are designed with your needs in mind. We will leave behind gym-minded yoga with its fast-paced movements, and replace them with time-honored, gentle transitions, without sacrificing a well-rounded, practice. We will continually use foundational breath and balance techniques in conjunction with modified yogic stretch and movement practices, to slowly free the body of tension and possibly ease painful spaces. All movements will focus on creating much needed space in the body for greater overall flexibility. Strength-building movements will be added to firm up joint spaces and combat osteoporosis and osteopenia. And in the midst of it all, we will get to know what it means to be "grounded", "centered" and free, in the yogic sense. Lastly, expect to laugh a lot, as we do not create stress by taking these practices too seriously.

This is not offered as a chair yoga class, yet we will use chairs as balance aids and as a support

aid to protect sensitive joint spaces. That being said, chair yogis are welcome, as most movements and stretches offered can be attained seated in a chair as well.

Suggested Equipment:

Yoga Mat - A mat of your choosing for those practicing on the floor.

Chair - A sturdy chair without wheels is usually suggested at the very least, to use as a balance aid. Chair yogis, choose one without a high back.

Bolster - Not necessary, but super helpful for those that have hip issues or issues sitting flat on the floor. They are a very compassionate addition to most floor-based yoga practices.

Sometimes a sturdy couch cushion can suffice. They can be ordered on amazon and Walmart sites for \$25-\$35

Caroline Karditzas – Instructor

HTH 947 936 - Tuesdays - 10/5-12/7 from 11:15am-12:15pm

Integrative Strength/ Flex II- Yogalates

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

Mandy Jellerichs- Instructor

HTH 947 914- Thursdays- 10/7- 12/16/21 from 4-5pm