ART CLASSES

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-904-301 – Mondays, 7/10 – 8/28/23 from 2:00- 3:30 p.m.
ATS-904-302 – Fridays, 7/14 – 9/1/23 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 quickly and easily with direction, individuality and imagination. We will also expand into marketing and sales of art on and offline.
Scott Clarke: Instructor
CRE-912-301 – Tuesdays, 7/11 – 9/12/23 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 learn how to better evaluate and work from photographs. 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-912-309 – Fridays, 7/14 – 9/15/2023 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. Students will learn how to better evaluate and work from photographs. Individuality is stressed by encouraging students to take chances. Students will identify art venues and determine sales potential.
David Lawton: Instructor
CRE-913-303 – Thursdays, 7/13 – 9/14/2023 from 12:30- 3:30 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. Students will learn how to better evaluate and work from photographs. Individuality is stressed by encouraging students to take chances. Students will identify art venues and determine sales potential.

David Lawton: Instructor
CRE-913-306 – Mondays, 7/10 – 9/18/2023 from 9:00- 11:30 a.m.

DPAO: Drawing
Improve your drawing ability by learning to draw using some basic visual “tools such as rule of thumb, relational measurement, and a simplified measuring system”. Basic exercises to improve your drawing skills will be taught. Students can draw either visual image posted prior to class or images of their choosing. Students will be using a medium of their choice but mainly pencils and charcoal will be taught. Learning how and why to create thumbnail sketches. Primarily pencils and some charcoal will be used and water pastel are preferred. Students will identify art venues and determine sales potential. Students will learn how to better evaluate and work from photographs.

David Lawton: Instructor
CRE-912-308 – Thursdays, 7/13 – 9/14/2023 from 10:00 a.m.- 12:00 p.m.

DPAO: Pastels
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 learn how to better evaluate and work from photographs. Students will identify art venues and determine sales potential.

David Lawton: Instructor
CRE-913-304 – Tuesdays, 7/11 – 9/12/2023 from 1:00- 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-913-307 – Fridays, 8/4 – 9/29/2023 from 10:00 a.m.- 1:00 p.m.

DPAO: Watercolors
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. Students will learn how to avoid muddy color by understanding why that happens.
David Lawton: Instructor
CRE-913-305 – Tuesdays, 7/11 – 9/12/2023 from 9:30 a.m.- 12:30 p.m.

DPAO: Chinese Brush Painting/Sumi-e
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-912-306 – Tuesdays, 7/11 – 9/12/23 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-912-307 – Tuesdays, 7/11 – 9/12/23 from 2:00- 4:00 p.m.

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**COMPUTER CLASSES**

**Apple Spotlight: Notes-Beyond the Basics - NEW**

Practice using the Notes App for quick notations and discover additional sophisticated uses of the Notes Application. Go beyond the basics of Notes by using Siri, organizational folders, scanning, Apple Pencil, and insertion of videos and photos. Practice all of the features taught in this 6 week Notes course including charts, columns, Live Text, formatting and more.

Donna MacAuley-Shoemaker: Instructor

CTT-921-301 – Saturdays, 7/15 – 8/19/23 from 11:00 a.m.- 1:00 p.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.

Donna MacAuley-Shoemaker: Instructor

CPT-993-301 – Tuesdays, 7/11 – 8/29/23 from 12:00 - 2:00 p.m.

**Canva Basics: Online Graphic Design-NEW**

Explore Canvas main features and practice using the free templates to generate print designs, digital presentations, social media posts and photo slide videos. Learn to access the stock photos, videos and graphics available.

Carmella Doty: Instructor

CTT-919-301 – Fridays, 7/14 – 9/15/23 from 8:30- 10:00 a.m.
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-945-301 – Fridays, 7/14 – 9/15/23 from 12:00- 1:30 p.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-991-301 – Tuesdays, 7/11 – 8/29/23 from 9:30- 11:30 a.m.

Google Tools: Deep Dive (Google Tools – Part 2)
Build your knowledge of Google Workspace tools including Google Drive, Google Docs and Google Slides. Take a deep dive in how to further use these tools. Explore additional tools such as Google Sites, Google Forms, Google Drawing and Google Sheets.
Carmella Doty: Instructor
CTT-916-301 – Thursdays, 7/13 – 9/14/23 from 12:00- 1:30 p.m.

Microsoft Word: Level One
Explore the basics of the most popular word processing software on the market. Use the software features to create high quality documents, format paragraphs, create and modify tabs and tables, draw shapes and lines.
Artraelle Boyette-Kelly: Instructor
CTT-902-301 – Fridays, 7/14 – 9/15/23 from 10:15- 11:45 a.m.

Mobile Apps for Smart Phones and Tablets
Examine the mobile app stores available on a smart phone and tablet. Discover how to install and use common applications. Explore music, entertainment video, educational and hobby, books including library apps, various photo enhancement apps, travel, games and much more! Enjoy free demonstrations of all apps and practice if desired.
Donna MacAuley-Shoemaker: Instructor
CPT-997-301 – Thursdays, 7/13 – 8/31/23 from 12:30- 2:30 p.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.
Carmella Doty: Instructor
CTT-904-301 – Fridays, 7/14 – 9/15/23 from 10:00- 11:30 a.m.
Windows Operating System the Basics-NEW
Explore the basics of the Windows Operating System. Discuss how to navigate the interface and the best practices when using the software. Learn how to install programs, play music and personalize the applications that are available. Note: Both Windows 10 and Windows 11 will be discussed in this class, which is designed for beginners.

Artraelle Boyette-Kelly: Instructor
CTT-920-301 – Fridays, 7/14 – 9/15/23 from 8:30- 10:00 a.m.

Health & Science

Mind Body Resilience Skills
Students will learn techniques and tools to help with day to day stress. This can also be a class to help prepare for surgery or other health care treatments. The techniques introduced are: Guided imagery, breath work and expressive writing and journaling as well as acupressure. These practices can be amazing on-the-go tools to help during these challenging times of uncertainty and change. Class has an instructional focus with simple guided meditations. The goal is that each student will create a customized self-care plan that feels doable and practical. A notebook for taking notes is suggested.

Laura Forsythe-Chisolm: Instructor
HTH-903-302 – Tuesdays, 7/11 – 9/12/23 from 2:00- 3:00 p.m.

Mental Fitness Practices for the Journey-NEW:
This new experiential class will focus on daily practices to encourage resilience through learning and using stress management techniques. Class will be experiential using guided imagery, mindset practices and breath work. Goal of class is to cultivate an excitement and commitment to daily practices of mental fitness. Expressive writing, journaling and poetry are all fun components of this class. (Mental Fitness- the ability to notice challenging emotion and to shift to supportive emotion even during crisis.)

Laura Forsythe-Chisolm: Instructor
HTH-903-303 – Thursdays, 7/13 – 9/14/23 from 2:00- 3:00 p.m.

HLOA: 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-902-302 – Tuesdays, 7/11 – 8/29/23 from 1:00- 3:30 p.m.
**HLOA: Healing, Intuitive and Creative Arts**
Beyond a basic understanding of complementary, alternative, holistic, wellness and mind-body medicine, students are encouraged to develop self-healing abilities and skills for greater health and well-being. This will include exercises designed to increase meditative mindfulness, intuitive insights, subtle energy healing abilities and inspired creative expression. Note: This course in an experiential in-depth follow-up to the Healing Arts and Sciences HTH 902 course. Completion of HLOA: Healing Arts and Science is recommended, but not required.

Alice Yeager: Instructor

HTH-902-303 – Wednesdays, 7/12 – 8/30/23 from 1:00-3:30 p.m.

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**HISTORY**

**The Outer Hebrides Islands of Northern Scotland – NEW**
Experience the special magic of The Scottish Western Isles of the Outer Hebrides. Discuss the characteristics of the interconnected islands steeped in history, culture and the Gaelic language. Explore the mysteries of the late-Neolithic standing stones at Callanish and peer into the turf-roofed black houses of early settlers.

Marcy Gouge: Instructor

HRY-999-301 – Thursdays, 7/13 – 8/3/23 from 11:00-12:30 p.m.

**Women Who Changed the World**
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-990-301 – Wednesdays, 7/12 – 9/13/23 from 1:00-3:00 p.m.

**Women Writers and Films: From Books to Hollywood**
Explore the biographies of women from Europe, the United States and Asia who have authored books that were made into movies. Examine the political, cultural, moral, gender and socio-economic factors of the time period.

Janet Cogliano: Instructor

HRY-998-301 – Thursdays, 7/13 – 8/31/23 from 1:00-3:00 p.m.
PERSONAL ENRICHMENT

**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-902-301 – Tuesdays, 7/11 – 9/5/23 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-903-301 – Wednesdays, 7/12 – 9/6/23 from 10:00- 11:00 a.m.

**Emergency Preparedness for Seniors-New**  
Discover how to prepare for an emergency using practical firsthand tips, tricks and suggestions on what a senior citizen and their family should do to prepare before an emergency occurs. This class will cover a brief overview of how things are designed to work on the city, county, and state level as well as recommendations of what to do now to prepare and what to expect if an emergency event should happen at your home. Note: Instructor has front line experience with Emergency Management including FEMA, State Emergency Management and the Red Cross.  
*Tim Watson: Instructor*  
ERC-911-301 – Mondays, 7/10 – 7/24/23 from 10:30 a.m.- 12:30 p.m.

**Great Bookstores of the World: Shakespeare and Company**  
Explore the history of the Paris bookstore Shakespeare and Company, its impact on Lost Generation authors, and Beat Generation authors. Examine the many ways the Shakespeare and Company Bookstore has impacted great literary works of our past.  
*Marcy Gouge: Instructor*  
ERC-913-301 – Tuesdays, 7/11 – 8/1/23 from 11:00- 12:30 p.m.

**Poetry: Discover Potential**  
Develop the skills to write poetry. Define elements of poetry using the works of current and past poets. Write poems inspired by variety of topics. Practice critiquing techniques and outline publishing options.  
*Chelsea Harrison: Instructor*  
ENL-935-301 – Thursdays, 7/13 – 9/14/23 from 2:00- 4:00 p.m.
Foreign Cultures In-Focus
This course will explore the cultures of various foreign countries through films which we will watch and discuss.
Rebecca Bene: Instructor
LGA-930-301 – Fridays, 7/14 – 8/18/23 from 12:00- 4:00 p.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-921-301 – Mondays, 7/10 – 8/21/2023 from 1:00- 2:30 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-920-301 – Mondays, 7/10 – 9/18/23 from 1:00- 3:00 p.m.

WORLD LANGUAGE

CONVERSATIONAL SIGN LANGUAGE

Conversational Sign Language: Level 1
Examine the fundamental principles of American Sign Language (ASL). Explore basic sign vocabulary, syntax structure, finger spelling and numbers. Discuss the origins of sign language.
Peggy Bruce: Instructor
SLG-904-302 – Thursdays, 7/13 – 9/14/23 from 1:00- 2:30 p.m.
**Conversational Sign Language: Level 2**
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-903-301 – Thursdays, 7/13 – 9/14/23 from 11:30 a.m.- 1:00 p.m.

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**FRENCH**

**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 Gryszko: Instructor*
LGA-903-301 – Mondays and Wednesdays, 7/5 – 7/26/23 from 8:45 - 11:00 a.m.

**Beginning French**

*Edite Torres: Instructor*
LGA-903-302 – Mondays, 7/10 – 9/18/23 from 3:00- 4:30 p.m.

**Beginning French II**

*Edite Torres: Instructor*
LGA-920-302 – Tuesdays, 7/11 – 9/12/23 from 2:00- 3:30 p.m.
Anne Arundel Community College
General Online Course Descriptions

**Beginning French II**

**Sophie Gryszko: Instructor**
LGE-920-301 – Mondays and Wednesdays, 7/5 – 7/26/23 from 11:00 a.m.- 1:15 p.m.

**Intermediate French**

**Edite Torres: Instructor**
LGA-914-301 – Mondays, 7/10 – 9/18/23 from 10:30 a.m.- 12:00 p.m. No class 9/4/23.

**French Intermediate 2 – NEW**

**Edite Torres: Instructor**
LGA-935-301 – Thursdays, 7/13 – 9/14/23 from 10:30 a.m.- 12:00 p.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 Gryszko: Instructor**
LGA-926-301 – Mondays and Wednesdays, 7/5 – 7/26/23 from 1:15- 3:30 p.m.
SPANISH

**Beginning Spanish**
Provide the adult student with a practical application of the Spanish language and acquire an appreciation of its culture and traditions through reading and writing assignments and in class discussion. Vocabulary building and light conversation in a casual atmosphere will be stressed.


**Instructor:** Carol Orme
**Course Code:** LGE-967-301 – Tuesdays, 7/11 – 9/12/23 from 9:30- 11:30 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.

**Instructor:** Ingrid Jackson
**Course Code:** LGE-969-301 – Thursday, 7/13 – 9/14/23 from 12:00- 2:00 p.m.

**Intermediate Spanish**
Provide the adult student with a practical application of the Spanish language and acquire an appreciation of its culture and traditions through reading and writing assignments and in class discussion. Vocabulary building and conversation in a casual atmosphere will be stressed.


**Instructor:** Carol Orme
**Course Code:** LGE-969-302 – Tuesdays, 7/11 – 9/12/23 from 1:30- 3:30 p.m.

**Spanish Conversation: Beginning – Intermediate-NEW**
Continue building on previously acquired Spanish language skills with an emphasis on increasing vocabulary, comprehension, and correct usage in spoken language. Classroom materials will focus on everyday situations and interaction with the instructor in a relaxing and fun atmosphere.

**Instructor:** Ingrid Jackson
**Course Code:** LGA-933-301 – Tuesdays, 7/11 – 9/12/23 from 12:00- 2:00 p.m.
**Advanced Spanish**
This course continues and builds upon the content of an introductory course and is designed to broaden the student’s experience of the Spanish language to enhance both oral and written communication. As in the Beginning course, emphasis is on correct application of appropriate vocabulary and grammar principles to achieve communication. As they continue to employ skills acquired in the introductory course, students can widen both the range of topics and the timing of events about which they can express themselves. This course will push you to expand your vocabulary and use of the language by expressing and defending your opinions in the language. [Textbooks: *Complete Spanish Grammar, premium Third Edition* - Guilda Nissenberg, PhD; *Senderos fronterizos*, Francisco Jiménez.

Carol Orme: Instructor
LGA-924-301 – Wednesdays, 7/12 – 9/13/23 from 9:30- 11:30 a.m.

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**WRITING/LITERATURE**

**Autobiographical Writing**
Discover your distinctive writing voice and record stories about your life through in-class exercises, writing assignments and class discussion. Learn techniques to release memories, get started writing, develop compelling true stories, revise, and research.

Susan Moger: Instructor
LGE-956-301 – Tuesdays, 7/11 – 8/29/23 from 10:00 a.m.- 12:00 p.m.
LGE-956-302 – Thursdays, 7/13 – 8/31/23 from 2:00- 4:00 p.m.

**Creative Writing**
Both fiction and nonfiction writers benefit from applying creative writing techniques: hooking the reader, characterization, setting, conflict, and satisfying endings. Through writing assignments, class discussions, and in-class exercises, you will advance your in-progress stories and discover new ones.

Susan Moger: Instructor
ENC-911-301 – Wednesdays, 7/12 – 9/13/23 from 10:00 a.m.- 12:00 p.m.

**Spanish Literature**
Read and discuss the main idea, theme, author, and cultural relevance from a Spanish novel. The class will be conducted in both Spanish and English; background in the Spanish language is advised. Advanced Spanish or Intermediate Spanish is a recommended prerequisite or instructor permission. Note: Book selection will be emailed to the students. The book may be read in English; however, the Spanish version will be read in class.

Carol Orme: Instructor
LGA-932-301 – Wednesdays, 7/12 – 9/13/23 from 1:30- 3:30 p.m.
CARDIO CONDITIONING

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-943-307 – Mondays, 7/10 – 9/18/23 from 8:30- 9:30 a.m.
HTH-943-306 – Mondays, 7/10 – 9/18/23 from 10:15- 11:15 a.m.
HTH-943-308 – Wednesdays, 7/12 – 9/13/23 from 8:30- 9:30 a.m.
HTH-943-309 – Wednesdays, 7/12 – 9/13/23 from 10:15- 11:15 a.m.
HTH-943-310 – Fridays, 7/14 – 9/15/23 from 8:30- 9:30 a.m.
HTH-943-311 – Fridays, 7/14 – 9/15/23 from 10:15- 11:15 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 slowly 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 943 301 – Mondays, 7/10 – 9/11/2023 from 9:00- 10:00 a.m.
HTH 943 302 – Wednesdays, 7/12- 9/13/2023 from 9:00- 10:00 a.m.
HTH 943 303 – Fridays, 7/14- 9/15/2023 from 9:00- 10:00 a.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!
Mary Krause: Instructor
HTH-943-315 – Mondays, 7/10 – 9/18/2023 from 2:30- 3:30 p.m.
Cardiovascular Conditioning- Zumba Gold
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.
Sandra Infante- Ludlum- Instructor
HTH-943-314- Fridays- 7/14- 9/15/2023 from 9:00-10:00am

DANCE

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-903-308 – Thursdays, 7/13 – 9/14/23 from 9:00- 10:00 a.m.

HLOA: 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-903-301 – Sundays, 7/9 – 9/17/23 from 10:00- 11:00 a.m.
FUNCTIONAL CONDITIONING

**Functional Conditioning, I- Aerobics & Strength**
Come and experience a fun way to learn safe and effective muscular endurance training techniques. The instructors 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.
Sandra Infante-Ludlum (Mondays and Fridays): Instructor
Mary Krause (Wednesdays): Instructor
HTH-925-302 – Mondays, Wednesdays & Fridays, 7/10- 9/18/2023 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-926-301 – Tuesdays & Thursdays, 7/11 – 9/14/2023 from 12:00- 1:00 p.m.

**Functional Conditioning 3- 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-945-308 – Thursdays, 7/13 – 9/14/2023 from 8:30- 9:30 a.m.

**Functional Conditioning II- Aerobics & Strength**
All levels of fitness welcome. This class has aerobics, weight training and stretching.
Heterrsa Nuiriankh: Instructor
HTH-926-305 – Tuesdays & Thursdays, 7/11 – 9/14/2023 from 9:30- 10:30 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 as 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 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-945-307 – Mondays, 7/10 – 9/18/23 from 8:30- 9:30 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-945-303 – Mondays, 7/10 – 9/18/2023 from 10:30- 11:30 a.m.
HTH-945-301 – Mondays, 7/10 – 9/18/2023 from 4:00-5:00 p.m.
HTH-945-305 – Wednesdays, 7/12 – 9/13/2023 from 9:00- 10:00 a.m.
HTH-945-306 – Wednesdays, 7/12 – 9/13/2023 from 10:30- 11:30 a.m.
HTH-945-304 – Thursdays, 7/13 – 9/14/2023 from 4:00-5:00 p.m.
HTH-945-302 – Saturdays, 7/15 – 9/23/2023 from 10:00- 11:00 a.m.

Functional Conditioning 3- 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 weight (3-5pounds) are needed along with a mat and hard backed chair.
Jeanine Ove: Instructor
HTH-945-312 – Mondays, 7/10 – 9/18/2023 from 9:30- 10:30 a.m.

Functional Conditioning 3- Low-Impact Cardio with Light 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. Low-impact, total-body workout with focus on a strong core, and a lifted booty. 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 1-lb to 5-lbs
Sandra Infante-Ludlum: Instructor
HTH-945-313 – Tuesdays, 7/11 – 9/12/2023 from 8:30- 9:30 a.m.
HTH-945-314 – Thursdays, 7/13 – 9/14/2023 from 8:30- 9:30 a.m.
Functional Conditioning 3- Nia Technique
Join us for this new class with Claudia! Nia is the first practice to combine martial arts, dance arts and healing arts. Nia’s 52 movements benefit the body towards wellness and a healthier body-mind-emotion and spirit. One of the main appeals is that it benefits people of all ages and ability levels. Nia is generally practiced bare-foot however one can choose to wear soft dance slippers. All movements are based on what we call The Body’s Way. Participants are encouraged within the 52 moves to move in their body’s way and to choose their intensity levels based on their individual needs. Nia can be a stand-alone practice and or utilized to enhance your choice of physical / recreational activities. It is both therapeutic and enjoyable. Looking forward to dance Nia with you. Claudia Salomon is a 1st Degree Nia Black Belt Instructor.
Claudia Salomon: Instructor
HTH-945-324 – Fridays, 7/14 – 9/15/2023 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 simple but effective exercises. You’ll be instructed to do each exercise for 40 seconds. 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. Modifications will be provided for different fitness levels.
Beni Davis: Instructor
HTH-945-310 – Saturdays, 7/15 – 9/23/23 from 11:00 a.m.- 12:00 p.m.

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-925-301 – Mondays, Wednesdays, & Fridays, 7/10 – 9/8/23 from 8:00- 9:00 a.m.

Functional Conditioning 3- Aerobics & Strength
This class is designed to increase balance, cardiovascular and strength by using weights, exercise balls and exercise band(s). We will begin with warming 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 strength training and cardiovascular exercises for about 30 minutes. We will always end our class by offering core strength workouts and stretching on the floor (if not in a chair). So, if you are looking for a challenge, please join me for fun intermediate workout classes! Note: For your safety please wear sneakers to class. No crocs, flip flops, sandals or slides allowed.
Akiko Stefanovich: Instructor
HTH-945-328 – Tuesdays, 7/11 – 9/12/2023 from 9:30- 10:30 a.m.
HTH-945-329 – Thursdays, 7/13 – 9/14/2023 from 9:30- 10:30 a.m.
LINE DANCE

**HLOA: Line Dance Beginner**
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 physicals limitations.
*Katie McVitty: Instructor*
*HTH-901-302 – Mondays and Wednesdays, 7/10 – 9/18/23 from 2:30- 3:45 p.m.*

**HLOA: Line Dance Intermediate**
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.
*Sara Jose: Instructor*
*HTH-904-304 – Fridays, 7/14 – 9/15/23 from 10:15 a.m.- 11:45 a.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
*Heterrsa Nuiriankh: Instructor*
*HTH-935-306 – Tuesdays & Thursdays, 7/11 – 9/14/2023 from 10:30- 11:30 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 times but not mandatory)*
*Heterrsa Nuiriankh: Instructor*
*HTH-935-307 – Tuesdays & Thursdays, 7/11 – 9/14/2023 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-935-302 – Tuesdays & Thursdays, 7/11 – 9/14/2023 from 9:30- 10:30 a.m.*
Core Stability Techniques II- 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-940-304 – Thursdays, 7/13 – 9/14/2023 from 10:30- 11:30 a.m.

Core Stability Techniques II- Stretch and Core
Everyone needs to take time to stretch AND strengthen! We will gradually move through basic stretches, similar to easy yoga movements starting in the chair to slowly warm and stretch the muscles. Then we’ll move into core exercises using the chair and a floor-mat, for deeper stretches and to build stronger, firmer abdominals and core. We’ll also learn proper breathing techniques to help us relax the muscles through a variety of stretch movements, improving overall flexibility, muscle tone, core strength and circulation. Come join us for this body conditioning class, with no two repeated workouts while we always listen to a variety of great music to inspire your training session!
Adrienne Collins: Instructor
HTH-940-303 – Wednesdays, 7/12 – 9/13/2023 from 12:00- 1:00 p.m.

SEATED EXERCISE

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, savasana 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-903-315 – Fridays, 7/14 – 9/15/23 from 12:00- 1:00 p.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-936-301 – Tuesdays & Thursdays, 7/11 – 9/14/2023 from 11:00 a.m.- Noon

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 balance exercise.
Fabiola Forste: Instructor
HTH-936-306 – Tuesdays & Thursdays, 7/11 – 9/14/23 from 8:30- 9:30 a.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-939-307 – Mondays, 7/10 – 9/18/2023 from 10:00- 11:00 a.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-939-303 – Wednesdays, 7/12 – 9/13/2023 from 11:00 a.m.- 12:00 p.m.
HTH-939-304 – Fridays, 7/14 – 9/15/23 from 11:00 a.m.- 12:00 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, and 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
Adrienne Collins: Instructor
HTH 939 306 – Thursdays, 7/13 – 9/14/2023 from 2:30- 3:30 p.m.
Adapted Physical Education- 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-939-301 – Tuesdays, 7/11 – 9/12/2023 from 9:30- 10:30 a.m.
HTH-939-302 – Fridays, 7/14 – 9/15/2023 from 9:30- 10:30 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-903-304 – Mondays, 7/10 – 9/18/23 from 9:00- 10:00 a.m.
HTH-903-306 – Thursdays, 7/13 – 9/14/23 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-939-316 – Fridays, 7/14 – 9/15/2023 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 & all who are looking for a little extra support in yoga class.
Gretchen Serinis: Instructor
HTH-939-325 – Mondays, 7/10 – 9/18/2023 from 9:30- 10:30 a.m.
HTH-939-323 – Wednesdays, 7/12 – 9/13/2023 from 9:30- 10:30 a.m.
HTH-939-324 – Wednesdays, 7/12 – 9/13/2023 from 10:45- 11:45 a.m.
Anne Arundel Community College
Fitness Online Course Descriptions

**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, & body awareness exercises are all practiced seated in a chair. Beyond the basics, the instructor offers enhanced verbal cues & additional modifications, based on real-time visual observation (on-screen) of the participants. Together, we’ll bust some meditation myths; explore various practices – both passive (still) & active (in motion), conventional & not-so-conventional. Overall, just a great way to start your week- 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: (inexpensive) yoga “sticky” mat & sturdy, straight-backed chair. Optional: notetaking materials.

**Tina Marks: Instructor**
HTH-939-317 – Mondays, 7/10 – 9/18/2023 from 10:00- 11:00 a.m.

**Adapted Physical Education - 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 it difficult to stand for extended periods of time or those who are in a 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-939-315 – Mondays, 7/10 – 9/25/23 from 2:00 - 3:00 p.m.
HTH-939-314 – Wednesdays, 7/12 – 9/13/23 from 12:30- 1:30 p.m.

**Adapted Physical Education- Seated Chair Exercise**
This chair class is perfect for anyone who is new to exercise class, trying to gain strength or physical limitation. All movements are done seated in a chair and moves are simple 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 routines which will aid in brain training and maintaining your coordination. **Note: For your safety please wear sneakers to class. No crocs, flip flops, sandals or slides allowed.**

**Akiko Stefanovich: Instructor**
HTH-936-304 – Tuesdays & Thursdays, 7/11 – 9/14/2023 from 10:30- 11:30 a.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 slow, 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). The movements are all done standing, but the individual can modify many to be done seated if needed.
Billy Greer: Instructor
HTH-928-304 – Tuesdays, 7/11 – 9/12/2023 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. These ancient exercises control blood pressure, improve balance, focus, strength, flexibility, endurance, and bone density. They also boost the immune system and have anti-aging benefits. The movements are all done standing, but the individual can modify many to be done seated if needed.
Billy Greer: Instructor
HTH-928-305 – Tuesdays, 7/11 – 9/12/2023 from 8:30 - 9:30 a.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-928-302 – Mondays, 7/10 – 9/18/23 from 10:15 - 11:15 a.m.
HTH-928-301 – Mondays, 7/10 – 9/18/23 from 1:00 - 2:00 p.m.
HTH-928-303 – Thursdays (Beg/Int), 7/13 – 9/14/23 from 1:15 - 2:15 p.m.
HLOA: Qi Gong for Health
This new class introduces students to the many health benefits of practicing Qi Gong. There are many different versions of the history of Qi Gong. These ancient Chinese exercises have been practiced in the Taoist and Buddhist traditions. It’s approximately 4000 years old. It has changed and evolved over the centuries, but the central concepts remain. Qi is energy, life force, vital energy, spirit, “Breath”. Gong is work, skill, mastery, cultivation. Qi Gong means-Qi cultivation. Good Qi cultivation = good health, more Qi = more vitality. If Qi is stagnant or deficient, we will experience poor health.
In this class, we are going to focusing on the 8 pieces of Brocade call Ba Duan Jin 八段錦.
Benefits:
1. Move gently and gracefully: Stretch, strengthen, soften the muscles, joints and tissue, allowing the body to heal.
2. Find your calm center: Like a moving meditation, and Qi Gong can help you settle a busy mind.
3. Energize body and mind: Breathe deeply and naturally, feel relaxed and full of energy.
4. Find Harmony and Balance: Feel connected with your body, mini, and nature.
Mei Yu Green: Instructor
HTH-903-305 – Mondays, 7/10 – 9/18/23 from 11:30 a.m.- 12:30 p.m.
HTH-903-307 – Thursdays, 7/13 – 9/14/23 from 11:30 a.m.- 12:30 p.m.

Functional Mobility & Balance – Beginner 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-928-312 – Wednesdays, 7/12 – 9/13/23 from 11:30 a.m.- 12:30 p.m.

Functional Mobility & Balance – Intermediate Tai Chi
This is an Intermediate Tai Chi class; Beginner Tai Chi is a pre-requisite. After you learned Yang Style Simplified Short Form at the Beginner Tai Chi class, continue to practice Tai Chi. 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-928-311 – Tuesdays, 7/11 – 9/19/23 from 9:30- 10:30 a.m.
WEIGHT TRAINING FOR OLDER ADULTS

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-944-303 – Mondays, 7/10 – 9/18/2023 from 8:15- 9:15 a.m.
HTH-944-304 – Wednesdays, 7/12 – 9/13/2023 from 11:00 a.m.- Noon

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-944-301 – Mondays, 7/10 – 9/18/2023 from 12:15- 1:15 p.m.

YOGA

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 have 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-947-316 – Tuesdays, 7/11 – 9/12/2023 from 10:45- 11:45 a.m.
HTH-947-314 – Thursdays, 7/13 – 9/14/2023 from 10:45- 11:45 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

*Mary Krause: Instructor*
HTH-947-319 – Sundays, 7/9 – 9/17/2023 from 1:00- 2:00 p.m.

**Integrative Strength/ Flex II- Yoga, Pilates and Strength**
This class will improve flexibility in the joints and muscular strength. We will be practicing joint release exercises, and using some of the Pilates practices for developing Core Strength. Weights will be used in various ways to target muscle toning and strengthening. We will begin the class with joint exercises and some weight-bearing exercises. There is some focus on how we can effectively use the breath, poses and exercises to help to calm the body, mind and spirit. There will occasionally be deeper relaxation at the end of class. It is suggested that you bring two rolled up towels, a yoga belt if available, (I can suggest alternatives), 2 yoga blocks (if available) and a yoga mat for keeping the area more stable. For working on balance, you can have a sturdy chair, and if possible, we will introduce seated exercise into the environment to create a better understanding of how to bring movement into everyday life!!

*Sharon Harty: Instructor*
HTH-947-315 – Thursdays, 7/13 – 9/14/2023 from 9:30- 10:30 a.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-947-329 – Mondays, 7/10 – 9/18/2023 from 10:45am- 11:45 a.m.
HTH-947-327 – Fridays, 7/14 – 9/15/2023 from 9:30- 10:30 a.m.
HTH-947-328 – Fridays, 7/14 – 9/15/2023 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. Equipment: You will need a yoga “sticky” mat, & thick towel or blanket.
Tina Marks: Instructor
HTH-947-321 – Mondays, 7/10 – 9/18/2023 from 11:30- 12:30 p.m.
HTH-947-320 – Fridays, 7/14 – 9/15/2023 from 11:30- 12:30 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.
Cheryl Beecher: Instructor
HTH-934-301 – Wednesdays, 7/12 – 9/13/2023 from 12:15- 1:30 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, & 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, yoga strap & yoga mat
Michele Adair: Instructor
HTH-947-301 – Tuesdays, 7/11 – 9/12/2023 from 10:15- 11:15 a.m.
HTH-947-302 – Thursdays, 7/13 – 9/14/2023 from 10:15- 11:15 a.m.

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; two yoga blocks.
John Cochran: Instructor
HTH-934-303 – Tuesdays, 7/11 – 9/19/23 from 8:30- 9:45 a.m.
HTH-934-304 – Thursdays, 7/13 – 9/14/23 from 8:30- 9:45 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-947-306 – Mondays, 7/10 – 9/25/23 from 8:30- 9:30 a.m.
HTH-947-307 – Wednesdays, 7/12 – 9/20/23 from 8:30- 9:30 a.m.
HTH-947-308 – Fridays, 7/14 – 9/22/23 from 8:30- 9:30 a.m.

Integrative Strength/ Flex II- Yoga
We will learn how to quiet the mind, body and spirit, preparing the body for a peaceful sleep at night while restoring the body’s perfect internal balance. Using Hatha yoga, a system of physical postures, actually purifies the body, giving one awareness and control over its internal states, rendering it fit for meditation as well as strengthening internal organs, and promoting relaxation- all benefits produced at the same time! Of course, we’ll use wonderful soundtracks of meditation music during our class, and we will learn proper breathing techniques with different yoga moves. It is truly amazing how this meditative “art” of Hatha Yoga, an ancient fitness mode can relax, strengthen, improve breathing patterns, heal internal organs and promote meditation, simultaneously! Come join our class for a more peaceful rest at night, and relaxed mind, body and soul always.
Adrienne Collins: Instructor
HTH-947-309 – Mondays, 7/10 – 9/18/2023 from 5:00- 6:00 p.m.

Integrative Strength/ Flex II- Yoga Nidra
Start with a little movement to release joints and to calm the body and mind. We will do about 5 minutes of breathing to help shift our attention to natural ways of relaxing. Practice 5 minutes of sitting while we briefly explore some of the techniques of meditation. Then we will have the practice of Yoga Nidra. This is best done while lying flat (unless you need to support your neck/head) – you can lay on a blanket, yoga mat or both. If you are in a cooler room bring something to cover up with. This is a gentle practice and in Yoga Nidra you are awake but actively listening to the voice of the teacher.
Sharon Harty: Instructor
HTH-947-313 – Wednesdays, 7/12 – 9/13/2023 from 6:00- 7:00 pm.