**Fitness**

**Functional Conditioning II-Aerobics/Strength**
This class is designed to increase balance, cardiovascular conditioning and strength by using weights, exercise balls, bands, bars and a mat or chair. Class starts with a warmup and stretch followed by low impact aerobics to increase our heart rates. After that we will be alternating strength training and cardiovascular exercises. Class will end with some core strength exercises and stretching. On Thursdays, we will incorporate some time in the fitness center to round out our workout. This class will cover all major muscle groups for a total body workout. All workouts to great music!

Karen Fields: Instructor

HTH-926-302 – Tuesdays and Thursdays, 7/11 – 9/14/23 from 8:00-9:00 a.m.

**HLOA: Taiji Fan (Shan)**
This new course is for Taiji (Tai-chi) students of all levels. The course will begin with fundamental practice and slowly work towards implementing the practice. Course will include an introduction to Taiji Fan, history and use, basic open hand training, basic Fan training, and forms practice. Students will learn to identify the parts of the Fan, be able to demonstrate safety and traditional courtesies of the Fan, perform open hand basic exercises. There will be class discussions, an individual project and group activity presentation/demonstration. Students should have a folding Fan (must be the Chinese folding style) for home practice. They can be purchased online from any martial arts supply store, or even Amazon.

Sean Martial: Instructor

HTH-901-301 – Tuesdays and Thursdays, 7/11 – 9/14/23 from 5:00-6:15 p.m.