

Fitness Course Description- Spring 2021

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CARDIO CONDITIONING

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 943 211- Monday- 4/05-6/14/21 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.

Susan Campana- Instructor

HTH 943 201- Tuesdays- 4/06-6/08/21 from 9- 10am

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. Don't miss it!

Fabiola Forste- Instructor

HTH 943 211 - Monday- 4/05-6/14/21 from 8:30- 9:30am

HTH 943 212 - Monday- 4/05-6/14/21 from 10:15- 11:15am

HTH 943 213 - Wednesday- 4/07-6/09/21 from 8:30- 9:30am

HTH 943 214 - Wednesdays- 4/07-6/09/21 from 10:15-11:15am

HTH 943 215 - Friday- 4/09-6/11/21 from 8:30- 9:30am

HTH 943 216 - Friday- 4/09-6/11/21 from 10:15-11:15am

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.

Sandra Infante-Ludlum- Instructor

HTH 943 207- Tuesday- 4/06-6/08/21 from 11:30am- 12:30pm

HTH 943 209- Thursday- 4/08-6/10/21 from 11:30am- 12:30pm

Functional Conditioning 3- Dance Aerobics & Fitness

This class combines easy to follow dance aerobic and fitness movements to tunes we all know and love. Free weights are used for strength. This class aides in balance and helps with flexibility. Class can also be adapted to chair.

Mary Krause- Instructor

HTH 945 210- Thursdays- 4/08-6/10/21 from 10- 11am

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.

Dottie Conway- Instructor

HTH 943 202- Monday- 4/05-6/14/21 from 9:30-10:30am

HTH 943 203- Wednesdays- 4/07-6/09/21 from 9:30- 10:30am

HTH 943 226- Fridays- 4/09-6/11/21 from 9:30- 10:30am

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 943 219 - Monday- 4/05 – 6/14/21 from 11:30am- 12:30pm

HTH 943 220 - Wednesday- 4/07 – 6/09/21 from 10:45- 11:45am

HTH 943 221 - Friday- 4/09 – 6/11/21 from 1- 2pm

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 943 222 - Thursdays- 4/08 – 6/10/21 from 10:45- 11:45am

Cardiovascular Conditioning- Zumba

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 943 223 - Tuesday- 4/06 – 6/08/21 from 10:45- 11:45am

HTH 943 224 - Friday- 4/09 – 6/11/21 from 8:30- 9:30am

Cardiovascular Conditioning- Zumba

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!”

Natalie Haskell- Instructor

HTH 943 205- Thursday- 4/08-6/10/21 from 2:30- 3:30pm

HTH 943 206- Friday- 4/09-6/11/21 from 8:30- 9:30am

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 943 217- Monday- 4/05-6/14/21 from 5-6pm

Cardiovascular Conditioning- Dance/Rumba

Come and join Sandra for a cardiovascular workout with easy to follow dance steps in the style of Zumba. There will be a Latin mix of dances including salsa, merengue, cumbia, and tex-mex. The class will start with a warm-up and stretching. Students will then progress from basic steps to intermediate. Open to anyone who wants to dance their stress away for almost an hour.

Sandra Infante- Instructor

HTH 943 208- Thursdays- 4/08-6/10/21 from 9- 10am

HTH 943 210- Saturdays- 4/10-6/12/21 from 9-10am

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 943 218 - Saturdays – 4/10-6/12/21 from 11 am- 12 pm

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 swing dance. All levels are welcome and partners are encouraged but not necessary.

Carlos Pabon – Instructor

HTH 900 201- Tuesdays – 4/06-6/08/21 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.

Gabriel Jimenez – Instructor

HTH 903 206 - Mondays – 4/05 – 6/14/21 from 6:30 - 7:30 pm

Carlos Pabon - Instructor

HTH 903 209 - Wednesdays – 4/07 – 6/09/21 from 11:15 am- 12:15 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 903 203 -Thursdays – 4/08 – 6/10/21 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. Spring focus will be on the tap styles and rhythms of Broadway. No prior tap experience needed. Tap shoes preferred but students may wear hard soled shoe.

Althea Whieldon- Instructor

HTH 903 213 -Tuesdays – 4/06 – 6/08/21 from 12- 1 pm

HLOA: Tap Dance

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

Vicki Smith – Instructor

HTH 901 202- Wednesdays and Fridays – 4/07- 6/11/21 from 12- 1:30 pm

HLOA: Tap Dance Beginner

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

Vicki Smith – Instructor

HTH 903 211 - Thursdays – 4/08 – 6/10/21 from 10:30 AM – 11:30 am

HLOA: Jazz Dance

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

Vicki Smith – Instructor

HTH 903 212 - Fridays – 4/09- 6/11/21 from 1:30 – 2:30 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 904 202 - Sundays – 4/11 – 6/13/21 from 9:45 – 11 am

HTH 904 203- Mondays – 4/05 – 6/14/21 from 12:30 – 1:45 am

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 904 215 - Wednesdays – 4/07- 6/9/21 from 12:30 – 1:45 pm

FUNCTIONAL CONDITIONING

HLOA: Cardio/ Functional Conditioning- Aerobics & Strength

This class is designed to increase cardio endurance, balance and flexibility. We use light weights and easy to follow cardio and strength training movements to great tunes. We also work on balance and the core. Modifications are made. Good for all fitness levels and fun!

Mary Krause- Instructor

HTH 904 211- Mondays- 4/05-6/14/21 from 8:30- 9:45am

HTH 904 212- Fridays- 4/09-6/11/21 from 8:30- 9:45am

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 !

Adrienne Collins- Instructor

HTH 926 201- Tuesday & Thursdays- 4/06-6/10/21 from 9:30- 10:30am

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 925 203- Monday, Wednesday & Friday- 4/05 – 6/14/21 from 10-11am

Functional Conditioning 3- Aerobics & Strength- Bootcamp for Seniors

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 modifications are always 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 945 214- Monday- 4/05-5/24/21 from 10- 11am

HTH 945 213- Friday- 4/09-6/04/21 from 10:30- 11:30am

Functional Conditioning 3- Aerobics & Strength

Akiko will start you standing using the hand weights, resistance bands, and balls to increase your balance, strength, coordination, and flexibility. Simple and easy to follow basic aerobic movements are included in this class to help you maintain and improve your cardiovascular fitness, agility, and coordination. She will end class with a few exercises in the chair and include stretching to maintain your flexibility. This class is suitable for beginners and intermediate students.

Akiko Stefanovich- Instructor

HTH 945 211- Tuesday- 4/06-6/01/21 from 9:30- 10:30am

HTH 945 212- Thursday- 4/08-6/03/21 from 9:30- 10:30am

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 945 218 -Saturday- 4/10 – 6/12/21 from 11am-12pm

Functional Conditioning III- Aerobics & Strength

This class starts with dancing for cardio! We do a variety of movements, with the arms, shoulders and 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!

Adrienne Collins- Instructor

HTH 945 207- Thursdays- 4/08-6/10/21 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 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 particular movement. All workout sessions are different, so you are never bored with the same routine!

Adrienne Collins- Instructor

HTH 945 208- Fridays- 4/09-6/11/21 from 11am- Noon

Functional Conditioning II- Aerobics & Strength

All level of fitness welcome. This class has aerobic, weight training and stretching to increase range of motion.

Heterrsa Nuiriankh- Instructor

HTH 926 204- Tuesday & Thursdays- 4/06-6/10/21 from 10:30- 11:30am

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!

Kim Murphy- Instructor

HTH 926 203- Tuesday & Thursday- 4/06-6/10/21 from 8:30- 9:30am

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.

Susan Campana- Instructor

HTH 945 201- Monday- 4/05-6/14/21 from 10:30-11:30am

HTH 945 203- Wednesdays- 4/07-6/09/21 from 9-10am

HTH 945 204- Wednesday- 4/07-6/09/21 from 10:30-11:30am

HTH 945 206- Fridays- 4/09-6/11/21 from 10:30-11:30am

Functional Conditioning 3- Aerobics/ Strength

These functional conditioning classes focus on strength, mobility, balance and agility. They are designed to improve movement patterns and functional strength. Many exercises can be modified or given a more challenging option.

Susan Campana- Instructor

HTH 945 202- Tuesday- 4/06/-6/08/21 from 10- 11am

HTH 945 205- Fridays- 4/09-6/11/21 from 9- 10am

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 926 205 - Tuesday & Thursday- 4/06-6/10/21 from 9:30-10:30am

Functional Conditioning 3- Aerobics & Strength

This class is designed to increase strength, mobility, endurance, and range of motion through light cardio exercises paired with music for cardiovascular conditioning, resistance exercises using hand held weights, and stretching and strengthening movements using a chair. Linda will give you options for the equipment you can use at home. Core strength, balance, and flexibility are addressed as well. No prior experience is needed and modifications will be shown as needed.

Linda Roberts- Instructor

HTH 945 215- Monday-4/05-6/14/21 from 1:30- 2:30pm

HTH 945 216 - Tuesday- 4/06-6/08/21 from 9-10am

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 925 202 - Monday, Wednesday & Friday- 4/12-6/21/21 from 8-9am

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. Note: Light weights (3-5pounds) are needed along with a mat and hard backed chair.

Jeanine Ove- Instructor

HTH 926 202- Monday & Fridays- 4/05-6/14/21 from 9:30- 10:30am

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 945 217 – Saturdays – 4/10 – 6/12/21 from 10-11 am

LINE DANCE CLASSES

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 901 201 - Mondays and Wednesdays – 4/05- 6/14/21 from 2:30 – 3:45pm

Beginner Line Dance

This class is for beginners to learn basic steps and line dances using mostly country music. It is an aerobic exercise with no partners needed. Students need to wear shoes with leather bottoms, dance sneakers, or dance boots. This is a great exercise class that gives your mind a workout as well as your muscles. We will work on balance and posture as well as dance techniques and steps. Bring your smiles and dancing feet to this new class where you will learn new dances, hear some good music, and laugh your “blues” away as we “boot scoot” our way to better health together.

Ann Gross – Instructor

HTH 903 204- Mondays – 4/05 – 6/14/21 from 11 am- 12 noon

Beginner Line Dance

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

Katie McVitty – Instructor

HTH 904 216 - Mondays – 4/05 – 6/14/21 from 11:30 am– 1 pm

HLOA: Line Dance Low-Impact 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. This class addresses the needs of beginners with attention to the best and easiest way to accomplish the dance. Class can be adapted for students with physical limitations.

Katie McVitty - Instructor

HTH 904 214 - Wednesdays – 4/07 – 6/09/21 from 12 – 1:30 pm

Advanced Beginner Line Dance

This line dance class will improve overall flexibility, strength, endurance, and emotional well-being using a variety of different types of music including country, hip-hop, and jazz. Some beginner knowledge of basic line dance steps are required. Line dancing is a great way for people of all ages to get in shape, stay in shape, and have fun!

Ann Gross – Instructor

HTH 903 205 - Thursdays – 4/08- 6/10/21 from 3 – 4 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.

Ann Gross – Instructor

HTH 902 201 - Thursdays – 4/08- 6/10/21 from 11:30 am – 1:30 pm

Katie McVitty – Instructor

HTH 902 202 - Fridays – 4/09- 6/11/21 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 904 209 - Mondays – 4/05 – 6/14/21 from 11:30 am – 1 pm

HTH 904 207 - Tuesdays – 4/06 – 6/08/21 from 10:30 am – 12 noon

HTH 904 217- Wednesdays – 4/07 – 6/09/21 from 12:00 – 1:30 pm

HTH 904 210 – Thursdays – 4/08 – 6/10/21 from 1:30 – 3 pm

HTH 904 208 - Fridays – 4/09 – 6/11/21 from 11:00 am– 12:30 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.

Ann Gross – Instructor

HTH 904 206 - Mondays – 4/05- 6/14/21 from 12 – 1:30 pm

Intermediate/Advanced 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.

Ann Gross – Instructor

HTH 904 204 - Mondays – 4/05 – 6/14/21 from 2 – 3:30 pm

HTH 904 205 – Thursdays – 4/08 – 6/10/21 from 1:30 – 3 pm

Saundra Richardson – Instructor

HTH 902 203 - Tuesdays – 4/06 – 6/08/21 from 12:30 – 2:30 pm

PILATES/ CORE STABILITY

Core Stability Techniques- Beginner Pilates

Pilates is the class that focuses on the core and all its parts. Breathing and the control of the breath during the movement is a part of it.

Heterrsa Nuiriankh- Instructor

HTH 935 204- Tuesday & Thursdays- 4/06-6/10/21 from 9:30- 10:30am

Core Stability Techniques- Intermediate Pilates

Come and try this Pilates class with Heterrsa! This class is designed to strengthen the core, improve posture, and lengthen muscles using the basic mat exercises. Focus and concentration is a by-product. Students must be able to get down to the mat for class.

Heterrsa Nuiriankh- Instructor

HTH 935 203- Tuesday & Thursdays- 4/06-6/10/21 from 8:30- 9:30am

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.

John Cochran- Instructor

HTH 940 201 - Tuesdays- 4/06-6/08 from 12:30- 1:30pm

HTH 940 202 - Thursdays- 4/08-6/10 from 12:30- 1:30pm

Core Stability Techniques- Pilates

Are you looking for a class focusing on strengthening your entire core? This classical Mat Pilates class will strengthen all of 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.

Jeanine Ove- Instructor

HTH 935 201- Tuesdays & Thursdays- 4/06-6/10/21 from 9:30- 10:30am

HTH 935 202- Tuesdays & Thursdays- 4/06-6/10/21 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. For the senior person, a solid core strength allows one to maintain the ability to get on and off the floor to play with the dog or grandchildren, stand up from low chair, rake the garden, store things overhead and complete so many more activities of daily living safely. Class includes a 5–10-minute dynamic warmup and cool down. A variety of exercise disciplines will be incorporated into the workouts. These include Pilates, Yoga, Barre, body weight, free weights, and band resistance training. 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 with minimal assist

Mary Ann Sweeney- Instructor

HTH 935 205- Tuesday & Thursdays- 4/06-6/10/21 from 8:30- 9:30am

SEATED EXERCISE CLASSES

HLOA: Drums Alive

Come and experience this fun and energetic seated chair class! **Drums Alive** uses drumming to music for strengthening muscles (including your heart) and reducing stress. The rhythm and patterns stimulate your brain while the workout makes you laugh and have fun. No experience is necessary. Linda will show modifications if necessary. All you need is two chairs, and something to drum with. You can use drumsticks, wooden spoons, paper towel holders, or 16” pool noodle.

Linda Roberts – Instructor

HTH 904 201- Wednesdays – 4/07-6/09/21 from 3 – 4:15 pm

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.

Adrienne Collins- Instructor

HTH 936 202- Tuesday & Thursdays- 4/06-6/10/21 from 11am- Noon

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. Weights, bands and a small play ball will be used for a variety of exercises.

Deborah Halley- Instructor

HTH 939 209- Mondays- 4/05-6/14/21 from 11am-12:00pm

HTH 939 210- Fridays- 4/09-6/11/21 from 11am-12:00pm

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 exercises.

Fabiola Forste - Instructor

HTH 936 205 - Tuesday & Thursday- 4/06-6/10/21 from 8:30- 9:30am

Adapted Physical Education II- Seated Chair Exercise

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.

Gretchen Serinis- Instructor

HTH 939 216- Wednesdays- 4/07-6/09/21 from 10- 11am

Adapted Physical Education- Seated Chair Exercise

This chair class is perfect for anyone with physical limitations. All exercises are performed seated in a chair with or 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.

Kim Murphy- Instructor

HTH 936 203- Tuesday & Thursdays- 4/06-6/10/21 from 9:30-10:30am

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 936 204- Tuesday & Thursdays- 4/06- 6/03/21 from 10:45- 11:45am

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.

Lisa Hegewisch- Instructor

HTH 925 201- Tuesday & Thursday- 4/06-6/10/21 from 10- 11:30am

Adapted Physical Education- Chair Exercise

We will start our class using Chair One Fitness routines to warm up our joints and muscles. (Fun music and very easy to follow choreography). Then we will work on some strengthening exercises and stretches. This class is a perfect class for anyone with physical limitations.

Akiko Stefanovich- Instructor

HTH 939 223- Fridays- 4/09-6/04/21 from 9:30- 10:30am

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 939 221 – Tuesdays, 4/06-6/08/21 from 10:30-11:30am

HTH 939 222 – Fridays, 4/09-6/11/21 from 11:30am-12:30pm

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 903 201- Mondays – 4/05 – 6/14/21 from 9 – 10 am

HTH 903 202- Thursdays – 4/08 – 6/10/21 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 939 218 - Mondays- 4/05-6/14/21 from 1:30- 2:30pm

HTH 939 219 - Thursdays- 4/08-6/10/21 from 11:45am- 12:45pm

HTH 939 220 - Fridays- 4/09-6/11/21 from 1:30- 2:30pm

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 903 210 - Tuesdays – 4/06 – 6/08/21 from 9:30 – 10:30 am

HTH 934 212 – Thursdays – 4/08 – 6/10/21 from 9:30 – 10:30 am

HTH 934 213 – Saturdays – 4/10 – 6/12/21 from 12 – 1 pm

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.

Cheryl Beecher- Instructor

HTH 939 201- Tuesdays- 4/06-6/08/21 from 9:30-10:30am

HTH 939 203- Wednesdays- 4/07-6/09/21 from 11am- 12pm

HTH 939 202- Fridays- 4/09-6/11/21 from 9:30- 10:30am

HTH 939 204- Fridays- 4/09-6/11/21 from 11:30am- 12:30pm

Adapted Physical Education II- Chair Yoga

This class is a fun 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 939 212- Thursday- 4/08-6/10/21 from 2:30-3:30pm

Adapted Physical Education II- Chair/Mat Yoga

This class is based on gentle movements and poses of Hatha Yoga. Poses will be done from the chair and using the chair for balance, flexibility and improving function in daily life. Modifications will be shown as well as technique for each pose. All classes end with Meditation.

Mary Krause- Instructor

HTH 939 213- Monday- 4/05-6/14/21 from 10:45- 11:45am

HTH 939 214- Fridays- 4/09-6/11/21 from 10:45- 11:45am

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 939 211- Fridays- 4/09-6/11/21 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. You will need a yoga “sticky” mat and sturdy, straight-back chair.

Tina Marks- Instructor

HTH 939 215- Friday- 4/09-6/11/21 from 1- 2pm

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 903 207- Wednesdays – 4/07- 6/09/21 from 11:30 am – 12:30 pm

SENIOR SELF DEFENSE

Functional Mobility & Balance II- Senior Self Defense

This **new** program is a highly specialized self-defense course designed to teach participants to successfully handle day to day confrontations that occur in our fast-paced world. Unlike most self-defense programs that focus primarily on what to do when attacked, the senior self-defense students will learn how to assess danger, set boundaries, respond effectively to verbal attacks, prevent physical attacks, and cope with the adrenaline rush that occurs in any threatening situation. A limited number of simple techniques are taught in easily learned and progressively intensive scenarios. This program is geared toward the individual’s abilities.

Herman Macon- Instructor

HTH 929 204- Monday & Thursday- 4/05-6/14/21 from 12:30- 1:30pm

TAI CHI/ BALANCE

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 928 213- Monday- 4/05 – 6/14/21 from 1-2pm

HTH 928 214 - Monday- 4/05 – 6/14/21 from 10:15- 11:15am

HTH 928 215 - Thursday- 4/08 – 6/10/21 from 1:15- 2:15pm

Functional Mobility & Balance I- Balance- Grace in Motion for Every Day

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

Althea Whieldon- Instructor

HTH 928 216- Tuesday- 4/06 – 6/08/21 from 1:15- 2:15pm

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 928 201- Tuesday- 4/06-6/08/21 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 928 202- Thursdays- 4/08-6/10/21 from 9:45- 10:45am

Functional Mobility & Balance II- Tai Chi Beginner

This is a beginner Tai Chi Class and is perfect for someone who has never done Tai Chi! In this class you will explore basic Tai Chi principles using the Yang Simplified 24 Form Tai Chi. Tai Chi is a Chinese exercise system using slow, smooth body movements to achieve a state of relaxation of both body and mind. It is known to improve and maintain general health while strengthening the cardiovascular and immune systems, and improving the practitioner's mobility and balance.

Jackie Colestock- Instructor

HTH 929 202- Monday & Wednesday- 4/05-6/14/21 from 3:30- 4:25pm

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 be familiar with the Tai Chi Chuan Yang Style 37 short form. This course is not suitable for beginners.*

Joan Harris- Instructor

HTH 928 203- Wednesday- 4/07- 6/09/21 from 9- 10am

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 928 206 - Monday- 4/05-6/14/21 from 11:30am- 12:30pm

HTH 928 207 - Monday- 4/05-6/14/21 from 12:30- 1:30pm

HTH 928 208 - Tuesday- 4/06-6/08/21 from 1:10- 2:10pm

HTH 928 210 - Wednesday- 4/07-6/09/21 from 11:30am- 12:30pm

HTH 928 211 - Wednesday- 4/07-6/09/21 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 928 209 - Tuesdays- 4/06-6/08 from 9:30- 10:30am

HTH 928 212 - Thursdays- 4/08-6/10 from 9:30- 10:30am

Functional Mobility and Balance II- Tai Chi Intermediate/ Advanced

This is an Intermediate to Advanced Tai Chi Class, students need to know the Yang Simplified 24 Form Tai Chi. In this class, the basic Tai Chi principles taught through the 24 Form will be expanded upon using the Yang Simplified 88 Form Tai Chi. Tai Chi is a Chinese exercise system using slow, smooth body movements to achieve a state of relaxation of both body and mind. It is known to improve and maintain general health while strengthening the cardiovascular and immune systems, and improving the practitioner's mobility and balance.

Jackie Colestock- Instructor

HTH 929 201- Monday & Wednesdays- 4/05-6/14/21 from 2:30-3:25pm

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 928 204- Tuesday- 4/06-6/08/21 from 11:45am- 12:45pm

HTH 928 205- Wednesday- 4/07-6/09/21 from 1:30- 2:30pm

Functional Mobility and Balance II- Tai Chi Intermediate/Advanced

This class will focus of improving overall health, endurance and flexibility. Gentle movements will help improve and maintain balance and coordination. Tai chi and Yoga stretching will be incorporated into the program. No previous training necessary.

Mary Krause- Instructor

HTH 929 203- Monday & Thursdays- 4/05-6/14/21 from 1- 2pm

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 944 204- Friday- 4/09-6/11/21 from 12:15- 1:15pm

Weight Training for Older Adults- Strength

Class starts with a 5 minute cardio warm up and then progresses with exercises with equipment (noted below). 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 for class includes bands, weights, small ball and a chair for abdominal exercises.

Deborah Halley- Instructor

HTH 944 202- Mondays- 4/05-6/14/21 from 8:30- 9:30am

HTH 944 203- Wednesdays- 4/07-6/09/21 from 12:15- 1:15pm

HTH 944 205- Fridays- 4/09-6/11/21 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 focusing 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.

Susan Campana- Instructor

HTH 944 201- Monday- 4/05-6/14/21 from 12:15- 1:15pm

YOGA

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

Tina Marks- Instructor

HTH 947 213- Tuesdays- 4/06-6/08/21 from 11:30- 12:30pm

HTH 947 214- Fridays- 4/09-6/11/21 from 11:30-12:30pm

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.

John Cochran- Instructor

HTH 947 208 - Mondays- 4/05-6/14/21 from 9:30- 10:30am

HTH 947 222 - Wednesdays- 4/07-6/09/21 from 9:30- 10:30am

HTH 947 223 - Fridays- 4/09-6/11/21 from 11am- 12pm

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.

Gretchen Serinis- Instructor

HTH 934 206- Tuesday – 4/06-6/08/21 from 11:30am- 12:45pm

HTH 934 207- Wednesdays- 4/07-6/09/21 from 1- 2:15pm

HTH 934 208- Thursdays- 4/08-6/10/21 from 11:30am- 12:45pm

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.

John Cochran- Instructor

HTH 934 209 - Tuesdays- 4/06-6/08 from 10- 11:15am

HTH 934 210 - Wednesdays- 4/07-6/09 from 1:30- 2:45pm

HTH 934 211 - Thursdays- 4/08-6/10 from 10-11:15am

Integrative Strength & Flexibility II- Intermediate Mat Flow Yoga

Anyone who is ready to challenge to the next level, this class will be a perfect class for you. We will start with Sun salutations to warm ourselves up and move on to some standing poses and balances. Finishing up with on the floor seated position to stretch and ending our class on the floor with some core strengthening and savasana.

Akiko Stefanovich- Instructor

HTH 947 221- Wednesdays- 4/07-6/02/21 from 1- 2pm

Integrative Strength/Flex Tech- 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 934 201- Wednesday- 4/07-6/09/21 from 12:15- 1:30pm

Integrative Strength/Flex Tech- Gentle Yoga

This yoga class is a fun and energizing strength and flexibility class that combines standing postures, sun/moon salutations along with floor work on the mat. This class will focus on building strength, creating flexibility, restorative postures and the importance of relaxation. 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.

Lisa Hegewisch- Instructor

HTH 934 203- Fridays- 4/09-6/11/21 from 10- 11:15am

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 947 224 - Tuesdays – 4/06 – 6/08/21 from 11:00 am- 12:00 pm

HTH 947 226-Tuesdays- 4/06 – 6/08/21 from 4:30- 5:30 pm

HTH 947 228 -Wednesdays- 4/07 – 6/09/21 from 9:30- 10:30am

HTH 947 231- Saturdays- 4/10 – 6/12/21 from 2- 3 pm

Integrative Strength/Flex Tech- 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 934 212- Thursdays – 4/08 – 6/10/21 from 9:30 – 10:30 am

HTH 934 213-Saturdays – 4/10 – 6/12/21 from 12:00 – 1:00 pm

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 947 232- Monday- 4/05-5/24/21 from 8:45- 10am

HTH 947 209- Wednesdays- 4/07-6/09/21 from 9-10am

HTH 947 210- Thursdays- 4/08-6/10/21 from 2:45- 3:45pm

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.

Gretchen Serinis- Instructor

HTH 947 217- Mondays- 4/05-6/14/21 from 11am- Noon

HTH 947 218- Wednesdays- 4/07-6/09/21 from 11am- Noon

HTH 947 219- Fridays- 4/09-6/11/21 from 9- 10am

HTH 947 220- Fridays- 4/09-6/11/21 from 10:15- 11:15am

Integrative Strength/ Flex II- Mat Yoga

This class is a fun 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-healing, self-care and self-awareness. 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.

Lisa Hegewisch- Instructor

HTH 947 205- Monday- 4/05-6/14/21 from 1:30- 2:30pm

HTH 947 206- Tuesdays- 4/06-6/08/21 from 12:45- 1:45pm

HTH 947 207- Thursdays- 4/08-6/10/21 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.

Mary Krause- Instructor

HTH 947 211- Tuesdays- 4/06-6/08/21 from 8-9am

HTH 947 212- Thursdays- 4/08-6/10/21 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. Two yoga blocks, a yoga strap, and a yoga mat are required for this class.

Michele Adair- Instructor

HTH 947 201- Tuesdays – 4/06-6/08/21 from 10:15 – 11:15 am

HTH 947 202- Thursdays – 4/08-6/10/21 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.

Sandra Nicht- Instructor

HTH 947 215- Mondays- 4/05-6/14/21 from 12pm- 1pm

HTH 947 216- Thursdays- 4/08-6/10/21 from 11:30am- 12:30pm

Integrative Strength/Flex Tech- Mat Yoga/Meditation

This class will be primarily a somatic restorative yoga class practiced on the floor, which may progress (depending on student interest) over time to include functional natural movement sequences designed to lead to a more meditative experience of posture and movement. Rolling patterns on the floor gently improve core strength and support while seated and standing patterns can improve your ability to get up from the floor and back down with less effort.

Sandra Nicht- Instructor

HTH 934 205- Fridays- 4/09-6/11/21 from 1- 2:15pm

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 leaving 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 947 203- Tuesdays- 4/06-6/08/21 from 10:45- 11:45am

HTH 947 204- Thursdays- 4/08-6/10/21 from 10:45- 11:45am

Integrative Strength/Flex- 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 leaving 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 934 202- Thursdays- 4/08-6/10/21 from 1- 2:15pm

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

Tina Marks- Instructor

HTH 934 204- Tuesdays- 4/06-6/08/21 from 1- 2:15pm

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 947 227 - Wednesdays- 4/07- 6/09/21 from 5- 6pm

HTH 947 229- Thursdays- 4/08- 6/10/21 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 947 225– Wednesdays – 4/07 – 6/09/21 from 11 am- 12 pm

HTH 947 230- Fridays- 4/09 – 6/11/21 from 9:30- 10:30am