

2022 SUMMER General and Fitness Online Course Descriptions

Table of Contents

GENERAL ONLINE COURSE DESCRIPTIONS	2
ART CLASSES	2
COMPUTER CLASSES.....	5
HEALTH & SCIENCE	7
HISTORY	8
MUSIC	9
PERSONAL ENRICHMENT	9
PHOTOGRAPHY.....	10
WORLD LANGUAGE	11
WRITING/LITERATURE.....	13
CARDIO CONDITIONING	14
DANCE CLASSES	15
FUNCTIONAL CONDITIONING	16
LINE DANCE CLASSES	19
PILATES/CORE STABILITY	20
SEATED EXERCISE CLASSES.....	21
TAI CHI/BALANCE	25
WEIGHT TRAINING FOR OLDER ADULTS.....	26
YOGA.....	27

GENERAL ONLINE COURSE DESCRIPTIONS

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, 07/11- 08/29/22 from 2:00- 3:30 p.m.

ATS-904-302 – Fridays, 07/15- 09/02/22 from 12:30- 2:00 p.m.

DPAO: Acrylic Painting

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

Scott Clarke - Instructor

CRE-912-301 – Tuesdays, 07/12- 09/13/22 from 2:00- 4:00 p.m.

DPAO: Mixed Media Art

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

David Lawton - Instructor

CRE-912-313 - Fridays, 07/15- 09/16/22 from 10:00 a.m.- 12:00 p.m.

DPAO: Painting

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

David Lawton – Instructor

CRE-913-307 – Thursdays, 07/14- 09/15/22 from 12:30- 3:30 p.m.

DPAO: Painting – Intermediate/Advanced

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

Desiree Scherini – Instructor

CRE-913-308 – Fridays, 07/15- 09/02/22 from 9:30 a.m.- 12:30 p.m.

DPAO: Portrait Painting

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

David Lawton – Instructor

CRE-913-305 – Mondays, 07/11- 09/19/22 from 9:00- 11:30 a.m.

DPAO: Drawing

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

David Lawton – Instructor

CRE-912-312 – Thursdays, 07/14- 09/15/22 from 10:00 a.m.- 12:00 p.m.

DPAO: Pastels

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

David Lawton – Instructor

CRE-913-304 – Tuesdays, 07/12- 09/13/22 from 1:00- 3:30 p.m.

DPAO: Watercolor

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

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

David Lawton – Instructor

CRE-913-306 – Tuesdays, 07/12- 09/13/22 from 9:30 a.m.- 12:30 p.m.

DPAO: World of Zentangle - 1

Discover this elegantly simple drawing technique, inspiring creativity and mindfulness. Master “tangles” using repetitive, guided strokes to create surprising, unplanned compositions. Learn the fundamentals, then embark on a relaxing and beautiful journey to advanced techniques. No previous art experience is necessary to enjoy this art form, where there are no mistakes! Students will need to provide their own supplies. Supplies cost will be approximately \$45. No class August 24 and August 31.

Julie Allison – Instructor

CRE-913-301 – Wednesdays, 07/13- 09/28/22 from 1:30- 4:00 p.m.

DPAO: World of Zentangle 3

Prerequisite: Completion of World of Zentangle 2

Continue on your exciting Zentangle journey with advanced techniques. Explore new concepts and tangles as well as coloring backgrounds and foregrounds. Students will need to provide their own supplies. Supplies cost will be approximately \$45.

No classes August 25 and September 1.

Julie Allison – Instructor

CRE-913- 303 – Thursdays, 7/14- 9/29/22 from 10:00 a.m.- 12:30 p.m.

DPAO: Chinese Brush Painting

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

Mei Yu Green – Instructor

CRE-912-311 – Tuesdays, 07/12- 09/13/22 from 12:00- 2:00 p.m.

DPAO: Chinese Calligraphy

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

Mei Yu Green – Instructor

CRE-912-310 – Tuesdays, 07/12- 09/13/22 from 2:00- 4:00 p.m.

DPAO: Colored Pencil

Discover the varied imagery and colorful effects possible using color pencils. Colored pencils offer an ideal portable medium for both studio and on-the-spot drawing when traveling. Develop artistic skills using a variety of colored pencil media including watercolor pencils to traditional professional grade colored pencils. Creative exploration of various styles of art is encouraged including; realist, impressionist, expressionist, surrealist and abstract compositions. Color theory, compositional design, textural effects and ways to achieve the illusion of depth through a range of drawing techniques, surfaces and enhancement tools are covered. Beginners to intermediate students welcome.

Instructor – Alice Yeager

CRE-912-321 – Wednesdays, 07/13- 09/14/22 from 1:00- 3:00 p.m.

COMPUTER CLASSES

Apple Spotlight: Accessibility and Customization-NEW

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

Donna MacAuley-Shoemaker-Instructor

CTT-911-301 Thursdays, 8/18- 9/15/22 from 9:30- 11:30 a.m.

Apple Spotlight: Understanding Apple iCloud – NEW

Discover how to set up iCloud on your devices to protect and retain your data. Familiarize yourself with the key applications that are stored on iCloud, the Find My App and AirTag, iCloud+ and the benefits of each of these applications. Discuss the history of the Apple iCloud and why cloud storage is so important worldwide.

Donna MacAuley-Shoemaker-Instructor

CTT-915-301 – Tuesdays, 7/12- 8/9/22 from 9:30- 11:00 a.m.

Apple Spotlight: Notes for iPhone and iPad

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

Donna MacAuley-Shoemaker-Instructor

CTT-910-301 – Thursdays, 7/14- 8/11/22 from 10:00- 11:30 a.m.

Apple Spotlight: Settings for iPhone and iPad-NEW

Proper set-up on your Apple iPhone or iPad will help to save battery life, implement navigation, notifications, and privacy features. Become familiar with settings to assure you get the most out of your iPhone and/or iPad including set up for accessibility features. Discover how to check on your device storage as well as your iCloud storage, and tweak settings to your preference.

Donna MacAuley-Shoemaker

CTT-914-301 – Thursdays, 8/18- 9/15/22 from 12:00- 1:30 p.m.

Apple Watch: From Novice to Pro

Examine the many uses for the Apple Watch. Discover how to connect with your Apple iPhone, receive text messages, utilize a health exercise app, read email, and notify chosen contacts and 911 in an emergency. Experience hands-on practice with the many Apple Watch applications.

Donna MacAuley-Shoemaker-Instructor

CPT-998-301 – Tuesdays, 8/16- 9/27/22 from 9:30- 11:30 a.m.

Google Tools Deep Dive-NEW

Build upon your knowledge of Google Workspace tools including Google Drive, Google Docs and Google Slides. Take a deep dive in how to further utilize these tools. Explore additional Google Tools such as Google Sites, Google Forms, Google Drawing, Google Sheets and more.

Carmella Doty- Instructor

CTT-916-301 – Fridays, 7/15- 9/2/22 from 9:30- 11:30 a.m.

Intro to MAC Computers

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

Beni Davis-Instructor

CPT-993-301 – Tuesdays, 7/12- 8/30/22 from 1:00- 3:00 p.m.

iPad Basics

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

Judye Jarema-Instructor

CPT-975-301 – Mondays, 7/11- 8/29/22 from 10:30 a.m.- 12:30 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-991-302 – Tuesdays, 7/12- 8/30/22 from 12:30- 2:30 p.m.

Beni Davis- Instructor

CPT-991-301 – Tuesdays, 7/12- 8/30/22 from 11:30 a.m.- 1:00 p.m.

Online Travel Planning & Safety-NEW

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

Angela Greene – Instructor

CTT-903-301 – Wednesdays, 7/13- 9/14/22 from 1:00- 2:30 p.m.

Sharing Videos with a Mobile Device: You Tube-NEW

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

Carmella Doty-Instructor

CTT-912-301 – Fridays, 7/15- 8/19/22 from 12:00- 2:00 p.m.

Windows 10 Basics

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

Angela Greene - Instructor

CPT-988-301 – Wednesdays, 7/13- 9/14/22 from 10:00- 11:30 a.m.

HEALTH & SCIENCE

Healing Arts & Sciences

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

Alice Yeager - Instructor

HTH-902-303 – Tuesdays, 7/12- 9/13/22 from 1:00- 3:00 p.m.

HISTORY

Post-Cold War Strategy

Examine international relations in the post-Cold War Era, including the key events and issues of 1991 to 2022.

Kenneth Forest – Instructor

HRY-992-301 – Sundays, 7/10- 9/25/22 from 11:00 a.m.- 1:00 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, 7/13- 9/14/22 from 1:00- 3:00 p.m.

American Legends and Icons

Examine notable people considered legends and icons that made America what it is today. Explore the lives and achievements of these legends and icons. Examine and evaluate their impact and legacy on American history.

Patrick Heline – Instructor

HRY-920-301 – Fridays, 7/15- 9/23/22 from 10:00- 11:30 a.m.

History of the US First Ladies

Examine and discuss the lives of America's Presidential wives throughout history. Students will review the early years, education, social status, careers before the White House, and life after the White House. Examine the First Ladies years in the White House and their impact on their husband's presidency and on American society and culture overall.

Patrick Heline – Instructor

HST-990-301 – Tuesdays, 7/26- 9/13/22 from 10:00 a.m.- 12:00 p.m.

The Gilded Age

Discover how the Astors and Vanderbilts attained wealth and power, how the rules of etiquette generated but controlled Gilded Age society, and how this society's overspending lifestyle adversely affected the general populace.

JoAnn Rich – Instructor

HRY-970-301 – Wednesdays, 7/13- 8/31/22 from 10:00 a.m.- 12:00 p.m.

MUSIC

Fundamentals of Music

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

Ray Forton – Instructor

MUC-906-301 – Mondays, 07/11- 09/19/22 from 10:30 a.m.- 12:00 p.m.

World of Opera

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

M A Cashman – Instructor

MUC-904-302 – Mondays, 07/11- 09/19/22 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, 7/12- 8/30/22 from 10:00- 11:00 a.m.

Beautiful Gardens

Explore the 15 Most Beautiful Gardens in the World [Part 2]. Examine the history, scope of plants, design and uniqueness of these gardens.

Janet Cogliano – Instructor

HRY-908-301 – Tuesdays, 7/12- 9/13/22 from 9:00- 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, 7/13- 8/31/22 from 10:00- 11:00 a.m.

Humor, Laughter and Health

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

Beverly Eanes - Instructor

ENC-993-301 – Tuesdays, 7/12 -8/30/22 from 11:00 a.m.- 1:00 p.m.

Foreign Cultures In-Focus

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

Rebecca Bene - Instructor

LGA-930-301 – Fridays, 7/15- 8/5/22 from 12:00- 4:00 p.m. (15-minute break included).

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, 7/11- 8/22/22 from 1:00- 2:30 p.m.

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-921-302 – Wednesdays, 7/13- 8/24/22 from 10:30 a.m.- 12:00 p.m.

Intermediate Digital Photography

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

Robert Hendry – Instructor

PHO-920-301 – Mondays, 7/11- 9/19/22 from 1:00- 3:00 p.m.

Adobe Lightroom

This course on Adobe's "Lightroom Classic" covers the very popular desktop program for photographers. It's for those with many photographs that could be outstanding with a little improvement, and who need to quickly locate and show certain ones. Students will explore more basic capabilities than ever, as well as the latest features. They will learn the best tools for a consistent, rapid workflow from camera to high-quality output. Topics include processing, organizing, editing, printing, slideshows, books, archiving, and synchronizing cellphone photos with the desktop. The class is for beginners and those experienced users who want to get updated.

Don Dement-Instructor

PHO-916-301 – Wednesdays, 7/13- 8/31/22 from 10:00 a.m.- 12:30 p.m.

WORLD LANGUAGE

Conversational Sign Language

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

Peggy Bruce- Instructor

SLG-900-301 – Thursdays, 7/14- 9/15/22 from 1:00- 2:30 p.m.

Conversational Sign Language: Level 2 – NEW

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

Peggy Bruce-Instructor

SLG-903-301 – Thursdays, 7/14- 9/15/22 from 11:30a.m.- 1:00 p.m.

Beginning French

Learning basic elements of grammar, reading pronunciation and writing. Engage in simple listening comprehension and speak in short sentences in French. Actively participate in language-immersion to develop comprehension and fluency.

Edite Torres – Instructor

LGA-903-301 – Tuesdays, 7/12- 9/13/22 from 2:00- 3:30 p.m.

Beginning French II

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

Edite Torres- Instructor

LGA-920-301 – Mondays, 7/11- 9/19/22 from 10:30 a.m.- 12:00 p.m.

Intermediate French

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

Edite Torres – Instructor

LGA-914-302 – Thursdays, 7/14- 9/15/22 from 10:30 a.m.- 12:00 p.m.

Intermediate French

This course is an advanced beginner to intermediate level class that seeks to deepen spoken and written skills as well as develop an understanding of French culture. This class will continue an overview of French History and students are introduced to reading articles and viewing videos to develop their understanding of current cultural and societal issues. To that end, 2 books are used "Intermediate French Grammar" by Eliane Kurbegov and "French Reading and Comprehension" by Annie Hemingway. Students are expected to complete homework weekly and hold basic conversations as well as begin to express opinions and thoughts about the videos and their readings.

Presentations are also expected.

Nathalie Davis-Haslbeck – Instructor

LGA-914-301 – Wednesdays, 7/13- 9/21/22 (no class 9/7) from 10:00- 11:30 a.m.

French Language, Customs, and Literature

This course seeks to develop spoken and written skills as well as increase the student's knowledge of French culture and history. This course is an intermediate to lower advance class working on grammar, as well as reading a short novel ordered by the instructor. The grammar book used is "Grammaire Progressive du Francais" Niveau avance by Michele Boulares et Jean-Louis Frerot. Students are expected to be able to do presentations in French and to hold conversations as well as express their thoughts and opinions. Current events and French History are discussed to enrich one's understanding of the novel. Weekly homework is assigned.

Nathalie Davis-Haslbeck – Instructor

LGA-923-301 – Fridays, 7/15- 9/23/22 (no class 9/2 & 9/9) from 9:00- 10:30 a.m.

French Listening and Comprehension – NEW

Fully immerse in listening to dialogues of day-to-day life experiences and activities in francophone countries. Develop conversational skills for daily situations related to basic travel. Build upon oral comprehension of French idiomatic expressions and use them in an appropriate context.

Edite Torres – Instructor

LGA-934-301 – Mondays, 7/11- 9/19/22 (No class 9/5) from 3:00- 4:30 p.m.

Beginning Italian

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

Richard Paterniti- Instructor

LGA-902-301 – Wednesdays, 7/13- 9/14/22 from 10:00 a.m.- 12:00 p.m.

Beginning Spanish

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

Beni Davis-Instructor

LGE-967-301 – Fridays, 7/15- 9/16/22 from 11:00 a.m.- 1:00 p.m.

Ingrid Jackson– Instructor

LGE-967-302 – Mondays, 7/11- 9/19/22 from 9:00- 11:00 a.m.

Intermediate Spanish

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

Ingrid Jackson– Instructor

LGE-969-301 – Thursdays, 7/14- 9/15/22 from 1:00- 3:00 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.

Ingrid Jackson– Instructor

LGA-933-301 – Wednesdays, 7/13- 9/14/22 from 10:00 a.m.- 12:00 p.m.

WRITING/LITERATURE

Autobiography 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, 7/12- 8/30/22 from 10:00 a.m.- 12:00 p.m.

LGE-956-302 – Thursdays, 7/14- 9/1/22 from 12:00-v2:00 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-911-302 – Wednesdays, 7/13- 8/31/22 from 10:00 a.m.- 12:00 p.m.

Russian Literature

Examine 19th and 20th century Russian literary works.

Dean Bowers– Instructor

ENG-904-301 – Fridays, 7/15- 9/16/22 from 11:00 a.m.- 12:30 p.m.

FITNESS ONLINE COURSE DESCRIPTIONS

CARDIO CONDITIONING

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, reggaeton, pop, hip-hop, oldies, 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-943-311 – Monday, 07/11- 09/19/22 from 11:30 a.m.- 12:30 p.m.

HTH-943-309 – Wednesday, 07/13- 09/14/22 from 10:45- 11:45 a.m.

HTH-943-308 – Friday, 07/15- 09/16/22 from 1:00- 2:00 p.m.

Cardiovascular Conditioning- Aerobics

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

Fabiola Forste- Instructor

HTH-943-31 – Mondays, 7/11- 9/12/22 from 8:30- 9:30 a.m.

HTH-943-315 – Mondays, 7/11- 9/12/22 from 10:15- 11:15 a.m.

HTH-943-313 – Wednesdays, 7/13- 9/14/22 from 8:30- 9:30 a.m.

HTH-943-316 – Wednesdays, 7/13- 9/14/22 from 10:15- 11:15 a.m.

HTH-943-314 – Fridays, 7/15- 9/16/22 from 8:30- 9:30 a.m.

HTH-943-317 – Fridays, 7/15- 9/16/22 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 slow and gradually progress. Dance steps and movements will be taught and cued throughout the class. The class includes warm-up dances, several aerobic dances, a cool-down, weights and floor/chair stretches, followed by a recovery heart rate. This is a fitness class for the non-dancer where students work at their own level. The main idea is to have fun. Students must be able to stand, walk, move side to side, and get up and down off the floor on their own or with the assistance of a chair.

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

Dottie Conway- Instructor

HTH-943-303 – Mondays, 7/11- 9/12/22 from 9:00- 10:00 a.m.

HTH-943-304 – Wednesdays, 7/13- 9/14/22 from 9:00- 10:00 a.m.

HTH-943-305 – Fridays, 7/15- 9/16/22 from 9:00- 10:00a.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-943 319 – Mondays, 7/11- 9/19/22 from 2:30- 3:30 p.m.

HTH-943 320 – Fridays, 7/15- 9/16/22 from 8:30- 9:30 a.m.

Beni Davis- Instructor

HTH-943 318 – Thursdays, 7/14- 9/15/22 from 2:30- 3:30 p.m.

DANCE CLASSES

HLOA: Ballroom Dance

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

Carlos Pabon – Instructor

HTH-900-302 – Tuesdays, 07/12- 09/13/22 from 2:00- 3:45 p.m.

HLOA: Ballroom Dance Intermediate

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

Carlos Pabon - Instructor

HTH-903-310 – Wednesdays, 07/13- 09/14/22 from 11:15 a.m.- 12:15 p.m.

HLOA: Ballroom Dance Beginner

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

Gabriel Jimenez – Instructor

HTH-903-306 – Mondays, 7/11- 9/19/22 from 6:30- 7:30 p.m.

HLOA: Belly Dance for Exercise

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

Mei Yu Green – Instructor

HTH-903-302 – Thursdays, 07/14- 09/15/22 from 9:00- 10:00 a.m.

HLOA: Latin Dance

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

Beni Davis- Instructor

HTH-904-302 – Sundays, 07/10- 09/18/22 from 9:45- 11:00 a.m.

HTH-904-303 – Mondays, 07/11- 09/19/22 from 12:30- 1:45 p.m.

HLOA: Tap Dance

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

Vicki Smith – Instructor

HTH-901-303 – Wednesdays and Fridays, 07/13- 09/16/22 from 12:00- 1:30 p.m.

HLOA: Tap Dance Beginner

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

Vicki Smith – Instructor

HTH-903-313 – Thursdays, 07/14- 09/15/22 from 10:30-11:30 a.m.

HLOA: Jazz Dance

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

Vicki Smith – Instructor

HTH-903-312 – Fridays, 07/15- 09/16/22 from 1:30- 2:30 p.m.

FUNCTIONAL CONDITIONING

Functional Conditioning, I- Aerobics & Strength

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

Sandra Infante Ludlum (Monday and Friday) – Instructor

Mary Krause (Wednesdays)- Instructor

HTH-925-303 – Monday, Wednesday & Friday, 7/11- 9/19/22 from 10:00- 11:00 a.m.

Functional Conditioning II- Aerobics & Strength

Upbeat cardio to get the blood flowing and warm the muscles. We move into body stretches, elongating the muscles, ligaments, tendons and the spine. We focus on correct posture, by lifting the body via the sternum and crown of the head. Keeping the body upright is important for correcting posture, avoiding falls, and maintaining good balance. We incorporate light hand weights and chair routines into the workout to strengthen the upper and lower body. No two workouts are the same, all set to great music!

Suggested Equipment: light hand weights, chair

Adrienne Collins- Instructor

HTH-926 301 – Tuesday & Thursdays, 7/12- 9/15/2022 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-945-309 – Thursdays, 7/14- 9/15/22 from 8:30- 9:30 a.m.

Functional Conditioning III- Aerobics & Strength

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

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

Adrienne Collins- Instructor

HTH-945-310 – Fridays, 7/15- 9/16/22 from 11:00 a.m.- Noon

Functional Conditioning II- Aerobics & Strength

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

Heterrsa Nuiriankh- Instructor

HTH-926-308 – Tuesday & Thursdays, 7/12- 9/15/22 from 9:30- 10:30 a.m.

Functional Conditioning 3- Aerobics/ Strength

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

Susan Campana- Instructor

HTH-945 304 – Fridays, 7/15- 9/16/22 from 9:00- 10:00 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-945-306 – Mondays, 7/11- 9/19/22 from 10:30- 11:30 a.m.

HTH-945-303 – Wednesdays, 7/13- 9/14/22 from 9:00- 10:00 a.m.

HTH-945-307 – Wednesdays, 7/13- 9/14/22 from 10:30- 11:30 a.m.

HTH-945-302 – Thursdays, 7/14- 9/15/22 from 4:00- 5:00 p.m.

HTH-945-308 – Fridays, 7/15- 9/16/22 from 10:30- 11:30 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-945-323 – Mondays, 7/11- 9/19/22 from 9:30- 10:30 a.m.

HTH-945-324 – Fridays, 7/15- 9/16/22 from 9:30- 10:30 am

Functional Conditioning 3- Cardio with Weights

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

Suggested Equipment: Weights 1lb to 5 lbs.

Sandra Infante-Ludlum- Instructor

HTH-945-327 – Mondays, 7/11- 9/12/22 from 4:00-5:00 p.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-945-311 – Saturday, 07/16- 09/24/22 from 11:00 a.m.- 12:00 p.m.

Functional Conditioning II- Aerobics/ Strength

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

Fabiola Forste- Instructor

HTH-926-304 – Tuesdays & Thursdays, 7/12- 9/15/22 from 9:30- 10:30 a.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, 7/6- 9/9/22 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-945-317 – Tuesday, 7/12- 9/13/22 from 9:30- 10:30 a.m.

HTH-945-318 – Thursday, 7/14- 9/15/22 from 9:30- 10:30 a.m.

LINE DANCE CLASSES

HLOA: Beginner Line Dance

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

Katie McVitty – Instructor

HTH-901-301 – Mondays and Wednesdays, 07/11- 09/19/22 from 2:30- 3:45 p.m.

HLOA: 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-904-306 – Fridays, 07/15- 09/16/22 from 11:00 a.m.- 12:30 p.m.

HLOA: Beginner/Intermediate Line Dance

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

Saundra Richardson – Instructor

HTH-902-302 – Tuesdays, 07/12- 09/13/22 from 1:00- 3:00 p.m.

HLOA: 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-904-307 – Fridays, 07/15- 09/16/22 from 9:00- 10:30 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 – Tuesday & Thursdays, 7/12- 9/15/22 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 time but not mandatory}

Heterrsa Nuiriankh- Instructor

HTH-935-305 – Tuesday & Thursdays, 7/12- 9/15/22 from 8:30- 9:30 a.m.

Core Stability Techniques II- Pilates/Cardio Fusion

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

Jeanine Ove- Instructor

HTH-940-303 – Wednesdays, 7/13- 9/14/22 from 10:00- 11:00 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-935-301 – Tuesdays & Thursdays, 7/12- 9/15/22 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-940-308 – Tuesdays, 7/12- 9/13/22 from 10:30- 11:30 a.m.

HTH-940-309 – Thursdays, 7/14- 9/15/22 from 10:30- 11:30 a.m.

Core Stability Techniques II- Core Strengthening

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

Mandy Jellerichs- Instructor

HTH-940-306 – Tuesdays, 7/12- 9/13/22 from 8:30- 9:30 a.m.

Beni Davis- Instructor

HTH-940-304- Thursdays, 7/14- 9/15/22 from 8:30- 9:30 a.m.

SEATED EXERCISE CLASSES

Adapted Physical Education- Seated Chair Exercise

This adapted PE **STRENGTH** chair class is perfect for anyone with a special need or physical limitation. All movements are done seated in a chair and moves are slow and gentle. You will use hand weights, resistance bands, and balls to maintain and strengthen your upper and lower body. Also included in this class are simple cardio dance routines which will aid in improving and maintaining your coordination. **Note: For your safety please wear sneakers to class. No crocs, flip flops, sandals or slides allowed.**

Akiko Stefanovich- Instructor

HTH-936-309 – Tuesday & Thursday,- 7/12- 9/15/22 from 10:30- 11:30 a.m.

Adapted Physical Education- Seated Chair Exercise

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

Suggested Equipment: hand weights, chair

Adrienne Collins- Instructor

HTH-936-304 – Tuesday & Thursdays, 7/12- 9/15/22 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-936-305 – Tuesdays & Thursdays, 7/12- 9/15/22 from 8:30- 9:30 a.m.

Adapted Physical Education II- Seated Chair Exercise

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

Marilyn Bjorge- Instructor

HTH-939-303 – Wednesdays, 7/13- 9/14/22 from 1:00- 2:00 p.m.

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-939-318 – Fridays, 7/15- 9/16/22 from 10:00- 11:00 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-939-305 – Fridays, 7/15- 9/16/22 from 11am- 12:00 p.m.

Adapted Physical Education II- Chair Yoga

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

Suggested Equipment: sturdy chair, water

Cheryl Beecher- Instructor

HTH-939-301 – Wednesdays, 7/13- 9/14/22 from 11:00 a.m.- 12:00 p.m.

HTH-939-302 – Fridays, 7/15- 9/16/22 from 11:30 a.m.- 12:30 p.m.

Adapted Physical Education II- Chair Yoga

This class is an enjoyable and energizing seated yoga class. Emphasis is placed on posture, core strengthening and lengthening muscles used for balance. The class includes yoga breathing techniques, seated warm-ups, 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

Cheryl Beecher- Instructor

HTH-939-308 – Thursday, 7/14- 9/15/22 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-936-301- Tuesdays, 7/12- 9/13/22 from 9:30- 11:00 a.m.

HTH-936-302- Fridays, 7/15- 9/16/22 from 9:30- 11:00 a.m.

HLOA: Chair Tai Chi

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

Mei Yu Green – Instructor

HTH-903-301 – Mondays, 7/11- 9/19/22 from 9:00- 10:00 a.m.

HTH-903-303 – Thursdays, 7/14- 9/15/22 from 10:15- 11:15 a.m.

Adapted Physical Education II- Chair Yoga

This class features gentle yoga-based stretches and movements which have been adapted to be performed either seated in a chair or standing, while holding onto a chair for added stability. Each

session begins with guided breathing and body awareness fundamentals; and ends with a brief period of progressive relaxation. The instructor further supports and assists students through close visual observation (on-screen), enhanced verbal cues, and unlimited modifications. Special emphasis is placed on techniques that offer seniors versatility and practicality relative to activities of daily living. Note: this class is offered as a LIVE, interactive, shared learning experience in a warm, relaxed environment – or “virtual circle.” Instruction is student-centered and engagement driven. All students must be willing and able to actively participate using both audio and video capabilities of the Zoom platform. Suggested Equipment: You will need a yoga “sticky” mat and sturdy, straight-back chair

Tina Marks- Instructor

HTH-939-317 – Friday, 7/15- 9/16/22 from 10:00- 11:00 a.m.

HLOA: Chair Yoga

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

Carrie Stein - Instructor

HTH-903-314 – Fridays, 07/15- 09/16/22 from 12:00- 1:00 p.m.

Adapted Physical Education II- Chair Yoga/ Meditation

This interactive combo class merges fundamentals from two ancient healing arts to support a multi-dimensional approach to overall wellness for today’s active senior. Absolutely no prior experience necessary! Gentle yoga-based stretches, breathing techniques, & 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-939-316 – Mondays, 7/11- 9/19/22 from 10:00- 11:00 a.m.

Adapted Physical Education II- Chair Yoga

Chair yoga is an adapted form of yoga that makes yoga accessible to everyone. The chair replaces the mat and becomes an extension of the body. We will do seated and standing work with the chair

for balance and support. This class is suitable for those working with injuries, balance problems, Parkinson's, MS and all who are looking for a little extra support in yoga class. Suggested Equipment: sturdy chair

Gretchen Serinis- Instructor

HTH-939-322 – Mondays, 7/11- 9/19/22 from 9:00- 10:00 a.m.

HTH-939-323 – Wednesdays, 7/13- 9/14/22 from 9- 10:00 a.m.

HTH-939-324 – Wednesdays, 7/13- 9/14/22 from 10:00- 11:00 a.m.

Adapted Physical Education II- Seated Tai Chi

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

It is designed for those who find 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, 7/11- 9/19/22 from 12:30- 1:30 p.m.

HTH-939-314 – Wednesdays, 7/13- 9/14/22 from 12:30- 1:30 p.m.

TAI CHI/BALANCE

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-928 306 – Tuesday, 7/12- 9/13/22 from 10:00- 11:00 a.m.

Functional Mobility & Balance I- Qigong for Health

Focusing on the 8 Pieces of Brocade, this Qigong class will teach gentle movements for improving health and mobility. 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-928 304 – Tuesday, 7/12- 9/13/22 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-928-303 – Monday, 7/11- 9/19/22 from 10:15- 11:15 a.m.

HTH-928-301 – Monday, 7/11- 9/19/22 from 1:00-2:00 p.m.

HTH-928-302 – Thursday, 7/14- 9/15/22 from 1:15 -2:15 p.m.

Functional Mobility & Balance I- Tai Chi

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

Young Lee - Instructor

HTH-928-311 – Mondays, 7/11- 9/19/22 from 11:30 a.m.- 12:30 p.m.

HTH-928-310 – Tuesdays, 7/12- 9/13/22 from 9:30- 10:30 a.m.

HTH-928-313 – Tuesdays, 7/12- 9/13/22 from 11:30 a.m.- 12:30 p.m.

HTH-928-312 – Wednesdays, 7/13- 9/14/22 from 11:30 a.m.- 12:30 p.m.

WEIGHT TRAINING FOR OLDER ADULTS

Weight Training for Older Adults- Strength

This class is designed to be “effective”, not “easy”. We combine a heavy dose of laughter with weight conditioning, proper technique, coordination, balance, and flexibility to combat the loss of

muscle mass and fight the onset of osteoporosis and osteopenia associated with aging. An emphasis is placed on protecting the joints. Students will be challenged but are encouraged to work within their own limits and build slowly toward their goals. No prior weight training experience is needed.

Mandy Jellerichs- Instructor

HTH-944-305 – Fridays, 7/15- 9/16/22 from 12:15- 1:15 p.m.

Weight Training for Older Adults- Strength

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

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

Deborah Halley- Instructor

HTH-944-302 – Mondays, 7/11- 9/19/22 from 8:15- 9:15 a.m.

HTH-944-304 – Wednesdays, 7/13- 9/14/22 from 11:00 a.m.- Noon

HTH-944-303 – Fridays, 7/15- 9/16/22 from 8:30- 9:30 a.m.

Weight Training for Older Adults- Strength

This class is designed to improve function, including strength of the legs, hips, back, shoulders, and arms. We focus on multi-muscle use and mobility. This class includes balance exercises. Exercises are done using hand weights, tubing, and your own body weight to create resistance and strength focus on your core. This class is suitable for all levels of fitness. Modifications are always offered to show you ways you can challenge your workout or accommodate individual needs. Suggested

Equipment: Hand weights, resistance bands, playground ball, mat

Susan Campana- Instructor

HTH-944-301 – Monday, 7/11- 9/19/22 from 12:15- 1:15 p.m.

YOGA

Integrative Strength & Flexible II- Mat Yoga

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

Mary Krause- Instructor

HTH-947-323 – Tuesdays, 7/12- 9/13/22 from 8:00- 9:00 a.m.

HTH-947-324 – Thursdays, 7/14- 9/15/22 from 8:00- 9:00 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-947-316 – Sundays, 7/10- 9/18/22 from 1:00- 2:00 p.m.

Integrative Strength/ Flex II- Mat Yoga

Come join this mat yoga class suitable for everyone, including beginners. No yoga experience is needed. In this class you will work on posture, alignment, weight bearing exercises, balance, and body awareness. It will leave you feeling strong, centered, and peaceful. There is a focus on Helpful Breathing practices to induce a more relaxed state in body, mind and spirit. Note: *Please 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-947-312 – Tuesdays, 7/12- 9/13/22 from 10:45- 11:45 a.m.

HTH-947-313 – Thursdays, 7/14- 9/15/22 from 10:45- 11:45 a.m.

Integrative Strength/ Flex II- Yoga, Pilates and Strength

This class will improve flexibility in the joints and muscular strength. 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 working on balance you can have a sturdy chair, if possible, we will often do some seated work in the beginning of class - understanding how to bring movement into everyday life!!

Sharon Harty- Instructor

HTH-947-315 – Thursdays, 7/14- 9/15/22 from 9:30- 10:30 a.m.

Integrative Strength & Flexibility Techniques- Mat Yoga

This yoga class is done at slow pace with gentle movements guided by the breath designed to reduce stress, build strength, balance and increase self-awareness. Suggested Equipment: Yoga mat, yoga blocks, yoga strap (old tie will work as well)

Gretchen Serinis- Instructor

HTH-934 306 – Wednesdays, 7/13- 9/14/22 from 1:00- 2:15 p.m.

Integrative Strength/ Flex II- Applied Yoga for Active Seniors

This therapeutic yoga course is ideal for beginners and/or those who prefer a gentle practice & leisurely pace. Each session begins with guided breathing and body awareness fundamentals, followed by a plethora of deep (yet gentle!) stretches, and beginner yoga poses. The instructor further supports the students through close visual observation (on-screen), enhanced verbal cues,

and unlimited modifications. Special emphasis is placed on techniques with population-specific benefits, a high degree of versatility, and practicality relative to activities of daily living. We spend the majority of our time together on the mat (floor)- *although participants are encouraged to use props or a chair as/if necessary for additional support, or transitional aid-* with standing poses from time to time. Note: this class is offered as a LIVE, interactive, shared learning experience in a warm, relaxed environment – or “virtual circle.” Instruction is student-centered and engagement driven. All students must be willing and able to actively participate using both audio and video capabilities of the Zoom platform. Suggested Equipment: You will need a yoga “sticky” mat, and thick towel or blanket.

Tina Marks- Instructor

HTH-947-325 – Mondays, 7/11- 9/19/22 from 11:30- 12:30 p.m.

HTH-947-326 – Fridays, 7/15- 9/16/22 from 11:30- 12:30 p.m.

Integrative Strength & Flexibility II- Mat Yoga

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

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

Gretchen Serinis- Instructor

HTH-947-332 – Mondays, 7/11- 9/19/22 from 11:00 a.m.- Noon

HTH-947-333 – Wednesdays, 7/13- 9/14/22 from 11:00 a.m.- Noon

HTH-947-330 – Fridays, 7/15- 9/16/22 from 9:00- 10:00 a.m.

HTH-947-331 – Fridays, 7/15- 9/16/22 from 10:15- 11:15 a.m.

Integrative Strength/ Flex II- Mat Yoga

This class is an enjoyable and energizing yoga practice focusing on breath and alignment.

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

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

Cheryl Beecher- Instructor

HTH-947-318 – Tuesdays, 7/12- 9/13/22 from 12:45- 1:45 p.m.

HTH-947-319 – Thursdays, 7/14- 9/15/22 from 12:45- 1:45 p.m.

Integrative Strength/Flex Tech- Mat Yoga Level 1

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

Suggested Equipment: yoga mat; strap and block may be used but are not required

Cheryl Beecher- Instructor

HTH-934-301 – Wednesday, 7/13- 9/14/22 from 12:15- 1:30 p.m.

Integrative Strength/ Flex II- Yogalates

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

Mandy Jellerichs- Instructor

HTH-947-321 – Thursdays, 7/14- 9/15/22 from 4:00- 5:00 p.m.

Integrative Strength/Flex II- Mat Yoga

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

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

Michele Adair- Instructor

HTH-947-301 – Tuesdays, 7/12- 9/13/22 from 10:15- 11:15 a.m.

HTH-947-302 – Thursdays, 7/14- 9/15/22 from 10:15- 11:15 a.m.

Integrative Strength/ Flex II- Mat Yoga

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

Mandy Jellerichs- Instructor

HTH-947-322 – Wednesdays, 7/13- 9/14/22 from 9:00- 10:00 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, 7/12-9/13/22 from 8:30- 9:45 a.m.

HTH-934-304 – Thursdays, 7/14-9/15/22 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, 7/11-9/19/22 from 8:30- 9:30 a.m.

HTH-947-307 – Wednesdays, 7/13-9/14/22 from 8:30- 9:30 a.m.

HTH-947-308 – Fridays, 7/15-9/16/22 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, and 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, 7/11- 9/19/22 from 6:00- 7:00 p.m.

Integrative Strength/ Flex II- Mat Yoga

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

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

Adrienne Collins- Instructor

HTH-947-317 – Mondays 7/11- 9/19/22 from 1:30- 2:30 p.m.