

Anne Arundel Community College

2024 Summer General and Fitness Online

Course Descriptions

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Anne Arundel Community College

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, 7/8- 8/26/24 from 2:00- 3:30 p.m.

ATS-904-302 – Wednesdays, 7/10- 8/28/2024 from 2:00- 3:30 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 into creating magnificent paintings quickly and easily with direction, individuality, and imagination. We will also expand into marketing and sales of art on and offline.

Scott Clarke: Instructor

CRE-912-301 – Tuesdays, 7/9- 9/10/2024 from 2:00- 4:00 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. The course provides an intermediate and experienced painter with the opportunity to refine technical skills. The instructor provides lectures and individualized guidance. Previous painting experience recommended. Local art associations, art venues and sales potential will be covered.

Desiree Scherini: Instructor

CRE-913-301 – Fridays, 7/12- 9/6/2024 from 10:00 a.m.- 1:00 p.m.

DPAO: Chinese Calligraphy

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

Mei Yu Green: Instructor

CRE-912-307 – Tuesdays, 7/9- 9/10/2024 from 9:00- 11:00 a.m.

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General Online Course Descriptions

COMPUTER CLASSES

Apple Spotlight: Settings for iPhone and iPad

Become familiar with settings to make certain you get the most out of your iPhone and/or iPad, including setup for accessibility features. Discover how to check on your device and iCloud storage, and tweak settings to your preference.

Donna MacAuley-Shoemaker: Instructor

CTT-914-301 – Thursdays, 7/11- 8/1/24 from 12:00 p.m.- 2:00 p.m.

Apple Spotlight: Accessibility Features

Explore customizing your iPhone to suit specific needs. Practice the accessibility features that are available on the latest iOS software version. Gain assistance with the visual, audio or touch aspects of your Apple device.

Donna MacAuley-Shoemaker: Instructor

CTT-911-301 – Thursdays, 8/8- 8/29/24 from 12:00 p.m.- 2:00 p.m.

NEW! An Introduction to A.I. (Artificial Intelligence)

Discover the exciting world of Artificial Intelligence (AI). Develop a better understanding of what AI is, how it has developed over time, and how it is used in everyday life. Discuss the future of AI, the common positive applications at home and work as well as concerns and its potential impact on society.

Carmella Doty: Instructor

CTT-922-301 – Fridays, 7/12- 8/30/24 from 11:00 a.m.- 12:45 p.m.

NEW! Social Media: Best Practices and Tips

Explore the five most popular social media sites. Discover the best practices to stay safe online and learn how to safely share pictures and videos and keep in touch with family and friends.

Tarsheka Thompson: Instructor

CTT-904-301 – Wednesdays, 7/10- 9/11/2024 from 9:30- 11:00 a.m.

Canva Basics: Online Graphic Design

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

Carmella Doty: Instructor

CTT-919-301 – Fridays, 7/12- 8/30/24 from 9:00- 10:55 a.m.

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General Online Course Descriptions

Getting Started with Microsoft Excel

Explore the basic features of Microsoft Excel. Use values and formulas, save workbooks in various formats, and print. Practice moving and copying data and working with rows and columns. Note: This class is for beginners.

Lorian Lipton: Instructor

CTT-913-301 – Tuesdays, 7/9- 9/17/24 from 3:00- 4:30 p.m.

Google Tools: Google Drive with A.I.

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

Carmella Doty: Instructor

CTT-916-301 – Fridays, 7/12- 8/30/24 from 1:30- 3:30 p.m.

iPad Basics

Learn how to use the iPad and its various features. Discover how to navigate the multitouch interface, set up an email account, type with the onscreen keyboard, and set up and maintain a calendar. Practice using FaceTime video calling, texting with iMessage and sharing photos. Note: Bring your own iPad.

Donna MacAuley-Shoemaker: Instructor

CPT-975-301 – Thursdays, 7/11- 8/29/24 from 9:30- 11:30 a.m.

iPhone Intermediate

Go beyond the iPhone basics course and get ready to use the capabilities and functions of the iPhone to improve productivity.

Donna MacAuley-Shoemaker: Instructor

CPT-991-301 – Tuesdays, 7/9- 8/27/24 from 9:30- 11:30 a.m.

iPhone Intermediate

Go beyond the iPhone basics course and get ready to use the capabilities and functions of the iPhone to improve productivity.

Tarsheka Thompson: Instructor

CPT-991-302 – Thursdays, 7/11- 9/12/24 from 9:30- 11:00 a.m.

Microsoft Word: Level One

Explore the basics of the most popular word processing software on the market. Use the software features to create high quality documents, format paragraphs, create and modify tabs and tables, and draw shapes and lines.

Lorian Lipton: Instructor

CTT-902-301 – Thursdays, 7/11- 9/19/24 from 3:00- 4:30 p.m.

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General Online Course Descriptions

Mobile Apps for Smart Phones and Tablets

Examine the mobile app stores available on smart phones and tablet. Discover how to install and use common applications. Explore music, entertainment videos, educational and hobby, books including library apps, various photo enhancement apps, travel, games and much more! Enjoy free demonstrations of all apps and practice if desired.

Donna MacAuley-Shoemaker: Instructor

CPT-997-301 – Thursdays, 7/9- 8/27/24 from 12:00- 2:00 p.m.

Office 365 Office Basics

Learn new ways to create, edit, copy, transfer, and share documents. Explore ways to use the many new features offered by Microsoft Office 365.

Artraelle Boyette-Kelly: Instructor

CPT-992-301 – Fridays, 7/12- 9/13/24 from 10:00- 11:30 a.m.

HEALTH & SCIENCE

HLOA: Healing Arts & Sciences: Mental Fitness Practices for the Journey-NEW:

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-904-316 – Tuesdays, 7/9- 8/27/2024 from 1:00- 2:30 p.m.

HLOA: Healing, Intuitive and Creative Arts

Beyond a basic understanding of complementary, alternative, holistic, wellness and mind-body medicine, students are encouraged to develop self-healing abilities and skills for greater health and well-being. This will include exercises designed to increase meditative mindfulness, intuitive insights, subtle energy healing abilities and inspired creative expression. Note: This course is an experiential in-depth follow-up to the Healing Arts and Sciences HTH 902 course. Completion of HLOA: Healing Arts and Science is recommended, but not required.

Alice Yeager: Instructor

HTH-904-317 – Thursdays, 7/11- 8/29/2024 from 1:00- 2:30 p.m.

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General Online Course Descriptions

HISTORY

American Architectural Styles 1700-1900

Explore exterior and interior architectural styles from the 17th to early 20th centuries. Discuss stylistic characteristics, architects, and decorative arts. Examine the influence of historical events and changes in technology and manufacturing. The last class session will be held at Londontowne Public House & Gardens in Edgewater. Note: Londontown admission fee not included.

Catherine Masek: Instructor

HST-954-301 – Mondays, 7/8- 8/19/24 from 1:00- 3:00 p.m.

Historical Impact of Fashion Designers

Explore two iconic fashion designers of the 20th century and the historical world events that influenced the lives of Gabrielle “Coco” Chanel and Christian Dior. Examine their intense rivalry and understand how women wore their distinct designs all over the world from 1919 until present day.

Marcy Gouge: Instructor

HSY-905-301 – Fridays, 7/12- 7/26/24 from 2:00- 4:00 p.m.

Armchair Travel: Provence & Southern France

Travel along with us to study the history and culture of Provence and Southern France. Imagine taking a train ride from Paris to Avignon, visiting the Palace of the Popes and tasting the heralded food of Lyon, the Culinary Capital of the World. Discover the part of the France that nurtured Cezanne, Gaugin and Picasso and see the vistas that inspired them. Discover the lavender fields of Provence and soak in the excitement of Monaco, Cannes and Nice.

Marcy Gouge: Instructor

ERC-918-301 – Tuesdays, 7/9- 7/30/24 from 2:00- 4:00 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, 7/1- 9/11/2024 from 1:00- 3:00 p.m.

Beautiful Gardens: Near & Far - Japanese Gardens

Japanese gardens are unique, admired by many and found around the world. Their history, characteristics, styles, and koi breeding will be reviewed.

Janet Cogliano: Instructor

HRY-908-301 – Thursdays, 7/1- 9/12/2024 from 1:00- 3:00 p.m.

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General Online Course Descriptions

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, 7/16- 9/10/24 from 10:00- 11:00 a.m.

Gardening: Beyond the Basics

Build upon basic gardening skills to identify ornamental and native plants for propagation as well as indoor seed starting. Learn specific techniques for pruning trees, shrubs, and perennials. Discuss soil building, watering, mulching, and year-round care of your landscape.

Kim Forry: Instructor

HOR-903-301 – Wednesdays, 7/17- 9/11/24 from 10:00- 11:00 a.m.

Emergency Preparedness for Seniors

Discover how to prepare for an emergency using practical firsthand tips, tricks, and suggestions on what a senior citizen and their family should do to prepare before an emergency occurs. This class will cover a brief overview of how things are designed to work on the city, county, and state level as well as recommendations of what to do now to prepare and what to expect if an emergency event should happen at your home. Note: Instructor has front line experience with Emergency Management including FEMA, State Emergency Management, and the Red Cross.

Tim Watson: Instructor

ERC-911-301 – Mondays, 7/8- 7/22/24 from 11:30 a.m.- 1:30 p.m.

PHOTOGRAPHY

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, 7/8- 9/16/24 from 1:00- 3:00 p.m.

Anne Arundel Community College

General Online Course Descriptions

WORLD LANGUAGE

CONVERSATIONAL SIGN LANGUAGE

Conversational Sign Language: Level 1

Examine the fundamental principles of American Sign Language (ASL). Explore basic sign vocabulary, syntax structure, finger spelling and numbers. Discuss the origins of sign language.

Peggy Bruce: Instructor

SLG-904-301 – Thursdays, 7/11- 9/12/24 from 1:00- 2:30 p.m.

Conversational Sign Language: Level 2

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

Peggy Bruce: Instructor

SLG-903-301 – Thursdays, 7/11- 9/12/24 from 11:30 a.m.- 1:00 p.m.

FRENCH

Beginning French

Learn 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. *Textbook: Ultimate French Beginner-Intermediate by Living Language. ISBN# 978-1400009633.

Edite Torres: Instructor

LGA-903-301 – Mondays, 7/8- 9/16/24 from 3:00- 4:30 p.m.

Beginning French II

Learn basic elements of grammar, reading pronunciation and writing. Build 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. *Textbook: Ultimate French Beginner-Intermediate by Living Language. ISBN# 978-1400009633.

Edite Torres: Instructor

LGA-920-301 – Tuesdays, 7/9- 9/10/24 from 2:00- 3:30 p.m.

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General Online Course Descriptions

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, "Grammaire en dialogues" by Claire Miquel is used along with excerpts from 20th, and 21st centuries literary works provided by the instructor. 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. Textbook: "Grammaire en dialogues" Niveau Intermédiaire by Claire Miquel. ISBN:978-3-12-529498-1

Nathalie Davis-Haslbeck: Instructor

LGA-914-301 – Wednesdays, 7/10- 9/11/24 from 10:00- 11:30 a.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. *Textbook: Ultimate French Beginner-Intermediate by Living Language. ISBN# 978-1400009633.

Edite Torres: Instructor

LGA-914-302 – Mondays, 7/8- 9/16/24 from 10:30 a.m.- 12:00 p.m.

French Intermediate 2

Continue building vocabulary for complex French reading and writing. Engage in advanced listening comprehension for better knowledge of different aspects of French culture. Actively participate in language-immersion to improve pronunciation and fluency. *Textbook: Ultimate French Beginner-Intermediate by Living Language. ISBN# 978-1400009633.

Edite Torres: Instructor

LGA-935-301 – Thursdays, 7/11- 9/12/24 from 10:30 a.m.- 12:00 p.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, 7/12- 9/13/24 from 9:00- 10:30 a.m.

Anne Arundel Community College

General Online Course Descriptions

SPANISH

Spanish Conversation: Beginning – Intermediate

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 – Tuesdays, 7/9- 8/20/24 from 12:00- 2:15 p.m.

Anne Arundel Community College Fitness Online Course Descriptions

CARDIO CONDITIONING

Cardiovascular Conditioning- Aerobic Dance

Come try this fun dance fitness class for a whole-body workout for your health, heart, and mind. The fitness class will start slowly and gradually progress. Dance steps and movements will be taught and cued throughout the class. The class includes warm-up dances, several aerobic dances, a cool-down, weights, and floor/chair stretches, followed by a recovery heart rate. This is a fitness class for the non-dancer where students work at their own level. The main idea is to have fun. Students must be able to stand, walk, move side to side, and get up and down off the floor on their own or with the assistance of a chair. Suggested Equipment: hand weights or canned vegetables- use what you have at home!

Dottie Conway: Instructor

HTH-943-301 – Mondays, 7/8- 9/9/2024 from 9:00- 10:00 a.m.

HTH-943-302 – Wednesdays, 7/10- 9/11/2024 from 9:00- 10:00 a.m.

HTH-943-303 – Fridays, 7/12- 9/13/2024 from 9:00- 10:00 a.m.

Cardiovascular Conditioning- Zumba Gold

Come and join Sandra for a cardiovascular workout with easy-to-follow dance steps. We will be dancing to a mix of World music like salsa, merengue, middle eastern, tango, and more! The class will start with a warm-up, stretching and balance. Students will then progress from basic dance steps to intermediate. Open to anyone who wants to have fun and dance for an hour.

Sandra Infante-Ludlum: Instructor

HTH-943-310 – Fridays, 7/12- 9/13/2024 from 8:00- 9:00 a.m.

DANCE

HLOA: Belly Dance for Exercise

Belly dance celebrates every body type at every stage of life. It has been considered as one of the oldest forms of dance, having roots in all ancient cultures from the orient to India to the mid-East, and has been performed for 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-903-305 – Thursdays, 7/11- 9/12/2024 from 9:00- 10:00 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

HLOA: Dance

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

Beni Davis: Instructor

HTH-903-301 – Sundays, 7/14- 9/22/2024 from 10:00- 11:00 a.m.

FUNCTIONAL CONDITIONING

Functional Conditioning II- Aerobics & Strength

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

Sandra Infante Ludlum: Instructor

HTH-926-303 – Mondays & Fridays, 7/8- 9/16/2024 from 9:00- 10:00 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 our upper and lower body. No two workouts are the same, all set to great music! Suggested Equipment: light hand weights, chair.

Adrienne Collins: Instructor

HTH-926-301 – Tuesdays & Thursdays, 7/9- 9/12/2024 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-945-307 – Thursdays, 7/11- 9/12/2024 from 9:00- 10:00 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Functional Conditioning II- Aerobics & Strength

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

Heterrsa Nuiriankh: Instructor

HTH-926-305 – Tuesdays & Thursdays, 07/09- 09/12/24 from 9:30- 10:30 a.m.

Functional Conditioning 3- 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 doing sitting and standing chair workouts. These exercises show you how to use core strength for rising out of your chair and lowering back into the chair as opposed to leaning forward when rising out of your chair. The exercises also teach you how to avoid using your lower back muscles incorrectly, and what muscles to use correctly for that movement. All workout sessions are different, so you are never bored with the same routine!

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

Adrienne Collins: Instructor

HTH-945-308 – Fridays, 7/12- 9/13/2024 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 warmup and brief stretch followed by 30 minutes of low impact aerobics. The remaining 30 minutes will consist of strength exercises using equipment such as hand weights, exercise tubing, and small balls. Susan will also incorporate some balance and agility exercises for a well-rounded workout. This class will cover all major muscle groups to maintain and build strength. Suggested Equipment: Hand weights, resistance bands, playground ball, mat

Susan Campana: Instructor

HTH-945-303 – Mondays, 7/8- 9/16/2024 from 10:30- 11:30 a.m.

HTH-945-306 – Mondays, 7/8- 9/16/2024 from 4:00- 5:00 p.m.

HTH-945-304 – Wednesdays, 7/10- 9/11/2024 from 9:00- 10:00 a.m.

HTH-945-305 – Wednesdays, 7/10- 9/11/2024 from 10:30- 11:30 a.m.

HTH-945-302 – Thursdays, 7/11- 9/12/2024 from 4:00- 5:00 p.m.

HTH-945-301 – Saturdays, 7/13- 9/21/2024 from 10:00- 11:00 a.m.

Functional Conditioning 3- Low-Impact Cardio with Light Weights

Join Sandra for a low impact workout using light weights. This low impact cardio will increase your heart rate while minimizing the amount of stress or impact you put on your joints. Low-impact, total-body workout with focus on a strong core, and a lifted booty. We will stretch, work on balance, coordination and use light weights. We will listen to fun energizing music as we do a full body workout. Suggested Equipment: Weights 1-lb to 5-lbs.

Sandra Infante-Ludlum: Instructor

HTH-945-315 – Tuesdays, 7/9- 9/10/2024 from 8:30- 9:30 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Functional Conditioning 3- Nia Technique

Join us for this new class with Claudia! Nia is the first practice to combine martial arts, dance arts and healing arts. Nia's 52 movements benefit the body towards wellness and a healthier body-mind-emotion and spirit. One of the main appeals is that it benefits people of all ages and ability levels. Nia is generally practiced bare-foot however one can choose to wear soft dance slippers. All movements are based on what we call The Body's Way. Participants are encouraged within the 52 moves to move in their body's way and to choose their intensity levels based on their individual needs. Nia can be a stand-alone practice and or utilized to enhance your choice of physical / recreational activities. It is both therapeutic and enjoyable. Looking forward to dancing Nia with you. Claudia Salomon is a 1st Degree Nia Black Belt Instructor.

Claudia Salomon: Instructor

HTH-945-321 – Wednesdays, 7/10- 9/11/2024 from 10:00- 11:00 a.m.

HTH-945-323 – Fridays, 7/12- 9/13/2024 from 10:00- 11:00 a.m.

Functional Conditioning 3- Aerobics Strength

This class is designed to increase your range of motion, strength, and coordination by practicing simple but effective exercises. You'll be instructed to do each exercise for 40 seconds. You will need light weights for some of the exercises. Beni will give you options such as water bottles, shampoo bottles, or soup cans from your pantry if hand weights are not available. Prepare to improve your cardiovascular health with some aerobic exercise as well. Modifications will be provided for different fitness levels.

Beni Davis: Instructor

HTH-945-311 – Saturdays, 7/13- 9/21/2024 from 11:00 a.m.- 12:00 p.m.

Functional Conditioning I- Strength & Stretch

This class is an exercise program designed for strength, flexibility, and balance. Students perform exercises without any additional equipment or use light hand-held weights and resistance bands. This class is designed to encourage a healthy routine to strengthen and stretch the individual student to be able to perform "functional" or everyday activities.

Colleen Frank: Instructor

HTH-925-301 – Mondays, Wednesdays, & Fridays, 7/8- 9/11/2024 from 8:00- 9:00 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Functional Conditioning 3- Aerobics & Strength

This class is designed to increase balance, cardiovascular endurance, 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, but modifications are always 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-945-332 – Thursdays, 7/11- 9/5/2024 from 9:30- 10:30 a.m.

LINE DANCE

HLOA: Line Dance Beginner

This low impact line dance class is geared toward beginners with guidance through the steps and how to perform circle dances and other similar dances. The history of some dances is 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 & Wednesdays, 7/8- 9/16/2024 from 2:30- 4:00 p.m.

HLOA: Line Dance Intermediate

Line dancing is a great way for people of all ages to get in shape and have fun! 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. Various genres of music will be used.

Sarah Jose: Instructor

HTH-904-304 – Fridays, 7/12- 9/13/2024 from 10:15- 11:45 a.m.

Anne Arundel Community College Fitness Online Course Descriptions

PILATES/CORE STABILITY

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-935-307 – Tuesdays & Thursdays, 07/09- 09/12/24 from 8:30- 9:30 a.m.

Core Stability Techniques- Beginner Pilates

This class is basic Pilates mat exercises. Focus is on controlling core muscles as you breathe and move

Suggested Equipment: Yoga/ Pilates Mat, and a towel or small pillow

Heterrsa Nuiriankh: Instructor

HTH-935-306 – Tuesdays & Thursdays, 07/09- 09/12/24 from 10:30- 11:30 a.m.

Core Stability Techniques- Pilates

Are you looking for a class focusing on strengthening your entire core? This classical Mat Pilates class will strengthen all the muscles of your core including your abdominal, back, and hip muscles as well as improve mobility and stability in those joints. By doing so you will also help to improve your posture and increase your flexibility. Jeanine may also incorporate some exercises for the chest and upper back utilizing 1lb. hand weights. Pilates is suitable for most students, but you must be able to get down to the floor and back up and be able to roll over while lying down for mat work. This would be considered an intermediate class; beginners are welcome with some exercise experience.

Suggested Equipment: 1-pound hand weights.

Jeanine Ove: Instructor

HTH-935-302 – Tuesdays & Thursdays, 7/9- 9/12/2024 from 9:30- 10:30 a.m.

Core Stability Techniques II- Core Strengthening

This is an intermediate class which incorporates exercises targeted to improve core muscle (abdomen, back, shoulder and pelvic girdles), total body (upper and lower) strengthening. Students will be challenged but are encouraged to work within their own limits. Exercises will include a wall space for wall planks, wall chair etc.

A variety of exercises that require getting on and off the floor are part of the experience. Suggested Equipment: Wall space, Chair, Mat, Weights, knee pads.

Claudia Salomon: Instructors

HTH-940-306 – Tuesdays, 7/9- 9/10/2024 from 8:30- 9:30 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

SEATED EXERCISE

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 helping condition the body, learning proper form, and practicing balancing exercises using the chair.

Suggested Equipment: hand weights, chair.

Adrienne Collins: Instructor

HTH-936-302 – Tuesday & Thursdays, 7/9- 9/12/2024 from 11:00 a.m.- 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. Suggested Equipment: Weights, bands, and a small play ball will be used for a variety of exercises.

Deborah Halley: Instructor

HTH-939-309 – Mondays, 7/8- 9/23/2024 from 10:00- 11:00 a.m.

HTH-939-308 – Wednesdays, 7/10- 9/25/2024 from 9:00- 10:00 a.m.

Adapted Physical Education II- Chair Yoga

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

Suggested Equipment: sturdy chair, water.

Cheryl Beecher: Instructor

HTH-939-303 – Wednesdays, 7/10- 9/11/24 from 11:00 a.m.- 12:00 p.m.

HTH-939-304 – Fridays, 7/12- 9/13/24 from 11:00 a.m.- 12:00 p.m.

Adapted Physical Education II- Chair Yoga

This class is an enjoyable and energizing seated yoga class. Emphasis is placed on posture, core strengthening and lengthening muscles used for balance. The class includes yoga breathing techniques, seated warm-ups, and standing strengthening exercises in which the chair is used as a balance aid. We practice seated yoga postures as well as seated rest and relaxation techniques. The standing portion of class can be modified to be done while seated if needed. Suggested Equipment: Sturdy chair, resistance bands.

Adrienne Collins: Instructor

HTH-939-305 – Thursdays, 7/11- 9/12/2024 from 2:30- 3:30 p.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Adapted Physical Education II- Chair Exercise with Light Weights

Join Sandra's Chair exercises which can come in handy when you have limited mobility or find it hard to maintain your balance. The movements increase blood flow and keep your joints active and lubricated. They also strengthen your muscles and increase flexibility and mobility as you work out. Suggested Equipment: Weights 1lb. to 5 lbs.

Sandra Infante-Ludlum: Instructor

HTH-939-313 – Thursdays, 7/11- 9/12/2024 from 8:30- 9:30 a.m.

Adapted Physical Education- Chair Yoga

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

Suggested Equipment: sturdy chair, water

Cheryl Beecher: Instructor

HTH-939-301 – Tuesdays, 7/9- 9/10/24 from 9:30- 10:30 a.m.

HTH-939-302 – Fridays, 7/12- 9/13/24 from 9:30- 10:30 a.m.

HLOA: Chair Tai Chi

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

Mei Yu Green: Instructor

HTH-903-306 – Mondays, 7/8- 9/16/24 from 9:00- 10:00 a.m.

HTH-903-304 – Thursdays, 7/11- 9/12/2024 from 10:05- 11:05 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

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-939-320 – Fridays, 7/12- 9/13/2024 from 9:30- 10:30 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, Parkinsons, MS and all who are looking for a little extra support in yoga class.

Suggested Equipment: sturdy chair

Gretchen Serinis: Instructor

HTH-939-325 – Mondays, 07/08- 09/16/24 from 9:30- 10:30 a.m.

HTH-939-326 – Wednesdays, 07/10- 09/11/24 from 9:30- 10:30 a.m.

HTH-939-327 – Wednesdays, 07/10- 09/11/24 from 10:45- 11:45 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Adapted Physical Education II- Chair Yoga/ Meditation

This interactive combo class merges fundamentals from two ancient healing arts to support a multi-dimensional approach to overall wellness for today's active senior. Absolutely no prior experience necessary! Gentle yoga-based stretches, breathing techniques, & body awareness exercises are all practiced seated in a chair. Beyond the basics, the instructor offers enhanced verbal cues & additional modifications, based on real-time visual observation (on-screen) of the participants. Together, we'll bust some meditation myths; explore various practices – both passive (still) & active (in motion), conventional & not-so-conventional. Overall, just a great way to start your week- all from the cozy comfort of your own home! Please note: this class is offered as a LIVE, interactive, shared learning experience in a warm, relaxed environment – or “virtual circle.” Instruction is student-centered and engagement driven. All students must be willing and able to actively participate using both audio and video capabilities of the Zoom platform. Suggested Equipment: (inexpensive) yoga “sticky” mat & sturdy, straight-backed chair. Optional: notetaking materials.

Tina Marks: Instructor

HTH-939-319 – Mondays, 7/8- 9/16/2024 from 9:30- 10:30 a.m.

Adapted Physical Education - Seated Tai Chi

This is a seated/chair Tai Chi class, a gentle exercise program for mental and physical well-being based on Yang Style Simplified Short Form taught by Master Cheng Man-Ch'ing. It is designed for those who find it difficult to stand for extended periods of time or those who are in a wheelchair. Use a sturdy, armless, straight back chair without rollers for safety. A 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-939-317 – Mondays, 7/8- 9/16/24 from 2:00- 3:00 p.m.

HTH-939-318 – Wednesdays, 7/10- 9/11/202 from 12:30- 1:30 p.m.

Adapted Physical Education- Seated Chair Exercise

This chair class is perfect for anyone who is new to exercise class, trying to gain strength or who has physical limitations. All movements are done seated in a chair and the moves are simple and gentle. You will use hand weights, resistance bands, and balls to maintain and strengthen your upper and lower body. Also included in this class are simple cardio routines which will aid in brain training and maintaining your coordination. **Note: For your safety, please wear sneakers to class. No crocs, flip flops, sandals, or slides allowed.**

Akiko Stefanovich: Instructor

HTH-939-329 – Thursdays, 7/11- 9/5/2024 from 10:30- 11:30 a.m.

Anne Arundel Community College Fitness Online Course Descriptions

TAI CHI/BALANCE

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 – Tuesdays, 07/09- 09/10/24 from 8:30- 9:30 a.m.

Functional Mobility & Balance I- Gentle Tai Chi

The health benefits of tai chi are well documented in many medical studies. It helps to control blood pressure, improves balance, focus, strength, flexibility, endurance, and bone density. It also boosts the immune system and has anti-aging benefits. If you have been curious about this ancient art of slow, mindful movement, this is an excellent opportunity to experience it for yourself. Movements can be modified for every fitness level. Those with no experience will learn strong foundation skills. Those who already have experience will refine their understanding. No special equipment is needed, and you can just wear loose, comfortable clothes (athletic pants and a T-shirt work great). The movements are all done standing, but the individual can modify many to be done seated if needed.

Billy Greer: Instructor

HTH-928-303 – Tuesdays, 07/09- 09/10/24 from 10:00- 11:00 a.m.

Functional Mobility & Balance I- Tai Chi (Beginner/Intermediate)

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-928-301 – Thursdays, 7/11- 9/12/2024 from 1:00- 2:00 p.m.

Anne Arundel Community College

Fitness Online Course Descriptions

NEW! HLOA: Qigong for Health

This **new** class introduces students to the many health benefits of practicing Qi Gong. There are many different versions of the history of Qi Gong. These ancient Chinese exercises have been practiced in the Taoist and Buddhist traditions. It's approximately 4000 years old. It has changed and evolved over the centuries, but the central concepts remain. Qi is energy, life force, vital energy, spirit, "Breath". Gong is work, skill, mastery, cultivation. Qi Gong means Qi cultivation. Good Qi cultivation = good health, more Qi = more vitality. If Qi is stagnant or deficient, we will experience poor health.

In this class, we are going to focusing on the 8 pieces of Brocade call Ba Duan Jin 八段錦.

Benefits:

1. Move gently and gracefully: Stretch, strengthen, soften the muscles, joints, and tissue, allowing the body to heal.
2. Find your calm center: Like a moving meditation, and Qi Gong can help you settle a busy mind.
3. Energize body and mind: Breathe deeply and naturally, feel relaxed and full of energy.
4. Find Harmony and Balance: Feel connected with your body, mind, and nature.

Mei Yu Green: Instructor

HTH-903-302 – Mondays, 7/8- 9/16/24 from 10:05- 11:05 a.m.

HTH-903-303 – Thursdays, 7/11- 9/12/2024 from 11:10 a.m.- 12:10 p.m.

Functional Mobility & Balance – Beginner Tai Chi

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

Young Lee: Instructor

HTH-928-312 – Wednesdays, 7/10- 9/11/2024 from 11:30 a.m.- 12:30 p.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Functional Mobility & Balance – Intermediate Tai Chi

This is an Intermediate Tai Chi class; Beginner Tai Chi is a pre-requisite. After learning Yang Style Simplified Short Form in the Beginner Tai Chi class, continue to practice Tai Chi. It is a system of exercise that uses slow, smooth body movements with deep breathing to achieve both physical and mental health. It is a standing, weight bearing exercise. It's often called meditation in motion. Tai Chi strengthens the cardiovascular and immune systems, strengthens bones, improves balance to prevent falls, and relieves rheumatoid arthritis and fibromyalgia pain from the back, neck, and joints. It sharpens the mind to minimize age related cognitive decline, improves mood, lowers anxiety, and reduces depression.

Young Lee: Instructor

HTH-928-311 – Tuesdays, 7/9- 9/10/2024 from 9:30- 10:30 a.m.

WEIGHT TRAINING FOR OLDER ADULTS

Weight Training for Older Adults- Strength

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

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

Deborah Halley: Instructor

HTH-944-304 – Mondays, 7/8- 9/23/2024 from 8:15- 9:15 a.m.

HTH-944-303 – Wednesdays, 7/10- 9/25/2024 from 10:00- 11:00 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 – Mondays, 7/8- 9/16/24 from 12:15- 1:15 p.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Weight Training for Older Adults- Strength

This class is designed to be “effective”, not “easy”. We combine proper technique, coordination, balance, and flexibility to combat the loss of muscle mass associated with aging. Students will be challenged but are encouraged to work within their own limits. No prior weight training experience is needed. About 70% of the class is standing, which includes wall exercise (plank, chair etc.) 30% of the class is performed on the floor which includes on and off the floor exercise/ stretches. Suggested Equipment: Chair, Mat, wall space, medium to light weights, knee pads

Claudia Salomon: Instructor

HTH-944-308 – Fridays, 7/12- 9/13/2024 from 12:15- 1:15 p.m.

YOGA

Integrative Strength/ Flex II- Mat Yoga

Come join this mat yoga class suitable for everyone, including beginners. No yoga experience is needed. In this class you will work on posture, alignment, weight bearing exercises, balance, and body awareness. It will leave you feeling strong, centered, and peaceful. There is a focus on helpful breathing practices to induce a more relaxed state in body, mind, and spirit. Note: *Please have a chair nearby should you think you need it to rest; wear comfortable clothes for ease of movement in the poses, use a yoga mat to prevent slipping (or try to be on a non-slippery surface-some folks use yoga socks)! Try to have enough clear space around you to open your arms and legs wide!*

Sharon Harty: Instructor

HTH-947-316 – Tuesdays, 7/9- 9/10/2024 from 10:45- 11:45 a.m.

HTH-947-314 – Thursdays, 7/11- 9/12/2024 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. We will be practicing joint release exercises and using some of the Pilate’s practices for developing Core Strength. Weights will be used in various ways to target muscle toning and strengthening. We will begin the class with joint exercises and some weight-bearing exercises. There is some focus on how we can effectively use the breath, poses and exercises to help to calm the body, mind, and spirit. There will occasionally be deeper relaxation at the end of class. It is suggested that you bring two rolled up towels, a yoga belt if available, (I can suggest alternatives), 2 yoga blocks (if available) and a yoga mat to keep the area more stable. For working on balance, you can have a sturdy chair, and if possible, we will introduce seated exercise into the environment to create a better understanding of how-to bring movement into everyday life!

Sharon Harty: Instructor

HTH-947-315 – Thursdays, 7/11- 9/12/2024 from 9:30- 10:30 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Integrative Strength & Flexibility II- Mat Yoga

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

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

Gretchen Serinis: Instructor

HTH-947-329 – Mondays, 07/08- 09/16/24 from 10:45- 11:45 a.m.

HTH-947-330 – Fridays, 07/12- 09/13/24 from 9:30- 10:30 a.m.

HTH-947-331 – Fridays, 07/12- 09/13/24 from 10:45- 11:45 a.m.

Integrative Strength/ Flex II- Beginner Mat Yoga

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 most 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-947-321 – Mondays, 7/8- 9/16/2024 from 11:00 a.m. - 12:00 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 active seniors 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, 07/09- 9/10/24 from 10:15- 11:15 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

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-934-302 – Tuesdays, 7/9- 9/10/2024 from 8:30- 9:45 a.m.

HTH-934-303 – Thursdays, 7/11- 9/12/2024 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, 7/8- 9/16/24 from 8:30- 9:30 a.m.

HTH-947-307 – Wednesdays, 7/10- 9/11/2024 from 8:30- 9:30 a.m.

HTH-947-308 – Fridays, 7/12- 9/13/2024 from 8:30- 9:30 a.m.

Integrative Strength/ Flex II- Yoga Nidra

Start with a little movement to release joints and to calm the body and mind. We will do about 5 minutes of breathing to help shift our attention to natural ways of relaxing. Practice 5 minutes of sitting while we briefly explore some of the techniques of meditation. Then we will have the practice of Yoga Nidra. This is best done while lying flat (unless you need to support your neck/head) – you can lay on a blanket, yoga mat or both. If you are in a cooler room, bring something to cover up with. This is a gentle practice and in Yoga Nidra you are awake but actively listening to the voice of the teacher.

Sharon Harty: Instructor

HTH-947-317 – Wednesdays, 7/10- 9/11/2024 from 6:00- 7:00 pm.

Integrative Strength & Flexibility II- Yogalates- NEW!

This is a combination of **core strength and yoga stretch class on the mat**. Great way to wake up your body to start your day. Gentle warm up either floor or standing then some slow and steady core workout. Halfway through the class we have some yoga stretches to relax our mind and muscles. (We may occasionally use light dumbbells during some core exercises but not every week)

Akiko Stefanovich: Instructor

HTH-947-334 – Thursdays, 7/11- 9/5/2024 from 8:30- 9:30 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

HLOA: Yoga Nidra

Yoga Nidra is practiced lying down comfortably with the support of blankets, pillows, and other props. The practice invites our attention inward where we float between wakefulness and deep rest. You are guided through various spoken word heart centered meditations. Yoga Nidra takes us into a natural state of homeostasis and balances the nervous system. Yoga Nidra is good for those that struggle with letting go, stress and anxiety as well as insomnia. Yoga Nidra brings balance to body, mind, heart, and soul.

Gretchen Serinis: Instructor

HTH-902-302 – Mondays & Wednesdays, 07/8- 09/16/24 from 4:30- 5:30 p.m.

Integrative Strength/Flexibility II- Mat Yoga and Relaxation

Weekends kick off early in the Summertime! So, be sure to grab this Fri. morning **RELAX & RENEW with Tina** class before firing up that grill or heading out of town! Mindful breathing techniques married with gentle yoga-based stretches, serve to: release muscle tension, relieve joint pain and stiffness, and detoxify the entire system. Modifications are offered throughout the practice, making it *highly adaptable, enjoyable, and beneficial* for participants at **all levels of experience and skill!** Stretches are demonstrated **seated on the floor (mat)** but can be performed in a *stable* chair instead, if nec. /preferred. Next, we transition to a comfortable, **reclined position** (props encouraged!) for a deep, guided relaxation [also called a “*state of BLISS!*” by past participants!]. The combo of these distinct elements serves to: calm the nervous systems, support mental and cognitive function, promote physical strength and flexibility – *in a kinder, gentler way* - and cultivate a sense of inner ease and overall well-being!

Please note: this class is offered as a LIVE, interactive, shared experience in a warm, relaxed environment – or “virtual circle.” Instruction of the stretches [first half of class] is student-centered and engagement driven. All participants must be willing and able to actively engage using both audio and video capabilities of the Zoom platform. During the relaxation portion [last half of class], only audio is necessary.

Suggested Equipment: You will need a yoga “sticky” mat -AND- a comfortable place to recline -AND- the ability to easily transition between the two. At least one blanket to fold and use as a “prop.” Towels and pillows are also often useful. Comfortable clothing and non-skid socks.

Tina Marks: Instructor

HTH-947-322 – Fridays, 7/12- 9/13/2024 from 11:00 a.m. - Noon

