



2025 SUMMER General and Fitness Online Course Descriptions

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General Online Course Descriptions

Summer Term Dates: July 6- September 30, 2025

ART CLASSES

Art History

Tisha Richardson: Instructor

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.

ATS-904-302: Mondays from 2:00 to 3:30 p.m.

ATS-904-301: Wednesdays from 2:00 to 3:30 p.m.

DPAO: Acrylic Painting

Scott Clarke: Instructor

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.

CRE-912-305: Tuesdays from 2:00 to 4:00 p.m.

DPAO: Chinese Calligraphy

Mei Yu Green: Instructor

Chinese calligraphy is a refined art form with five main styles—ranging from rough and informal to elegant and stylized. Each character expresses a moment through balance, proportion, and rhythm. Strokes follow a specific order, with even spacing and consistent sizing. The simplicity and meditative quality stem from Zen Buddhism and Taoism. Students will explore art venues and assess sales potential.

CRE-912-311: Tuesdays from 9:00 to 11:00 a.m.

COMPUTER CLASSES

Apple Watch: From Novice to Pro

Donna MacAuley-Shoemaker: Instructor

Discover the basic features and functionality of the Apple Watch. Discuss setup functions such as notifying 911 in the event of a fall or emergency, health activity features, and connecting with an iPhone

CPT-998-301: Thursdays from 12:00 to 2:00 p.m.



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iPhone Intermediate

Donna MacAuley-Shoemaker: Instructor

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

CPT-991-302: Thursdays from 9:30 to 11:30 a.m.

A.I. in Action: Applications and Innovations for Everyday Life- *NEW!*

Carmella Doty: Instructor

Dive into the exciting world of artificial intelligence and discover how it is transforming our digital landscape. Explore cutting-edge AI trends, tools, and practical applications for computers and mobile devices. Gain hands-on experience with popular AI programs and understand their real-world effects. Suitable for tech enthusiasts and beginners, this course offers engaging discussions and practical insights into AI's future.

CTT-934-301: Fridays from 11:00 a.m. to 12:45 p.m.

Design Mastery with Canva: Exploring Design Fundamentals for Print, Digital, and Video— *NEW!*

Carmella Doty: Instructor

Master design essentials using Canva. Learn foundations, elements, principles, and composition techniques for print, online, and video projects. Ideal for beginners and those refining artistic skills, this course blends hands-on practice with art theory to create visually appealing and impactful designs, bringing your vision to life. Note: Students must have access to CANVA account to complete the assignments. The FREE version of Canva is acceptable for the course.

CTT-933-301: Fridays from 9:00 to 10:45 a.m.

Getting Started with Microsoft Excel

Lorian Lipton: Instructor

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.

CTT-913-301: Tuesdays from 3:00 to 4:30 p.m.



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Google Tools Deep Dive: Mastering Google Drive and AI Integration

Carmella Doty: Instructor

Unlock the full potential of Google Workspace with this comprehensive course. Dive deep into Google Drive, Docs, and Slides, and expand your expertise by exploring tools like Google Sites, Forms, Drawing, Sheets, and Maps. Learn to seamlessly integrate AI to enhance productivity and streamline your workflow. Join like-minded individuals and transform the way you work with Google Workspace. This course covers all essential tools and provides insights on integrating AI for maximum efficiency.

CTT-916-301: Fridays from 1:30 to 3:30 p.m.

Microsoft Word: Level One

Lorian Lipton: Instructor

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.

CTT-902-301: Thursdays from 3:00 to 4:30 p.m.

Office 365 Office Basics

Artraelle Boyette-Kelly: Instructor

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

CPT-992-301: Fridays from 9:30 to 11:00 a.m.

Online Computer Safety for Seniors

Artraelle Boyette-Kelly: Instructor

Learn ways to stay safe on your computer. Create strong passwords you will remember. Discuss best practices for privacy settings on your devices and social media accounts. Learn to stay safe with SPAM, personal emergencies and financial scams. Shop with confidence when adding your information to purchase items online. Develop techniques to protect against online fraud.

CTT-917-301: Fridays from 11:00 a.m. to 12:30 p.m.

An Introduction to Computers: Windows 10/11 - NEW!

Artraelle Boyette-Kelly: Instructor

Examine the basic features and functions of a Windows computer. Explore essential computer hardware and software, settings and computer safety, and practice beginning skills needed to navigate the world of computers. Review uses for day-to-day functions such as banking and email communication.

CTT-928-301: Fridays from 1:00 to 2:30 p.m.



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HISTORY

Threads throughout History: Cultural Stories – NEW!

Marcy Gouge: Instructor

Women have used textiles, sewing, and needlework for centuries to express emotions and life stories. This class will explore inspiring chronicles showing how cloth and stitching capture cultural memories, tell powerful stories, celebrate beauty, and protest injustice. Based on *Threads of Life* by Clare Hunter, it's perfect for needlework enthusiasts, history buffs, and those seeking emotional expression in a chaotic world. These textiles hold hope for the future.

HSY-914-301: Mondays, Wednesdays & Fridays from 1:00 to 3:00 p.m.

Armchair Travel: Exploring the Beauty and History of Wales – NEW!

Marcy Gouge: Instructor

Discover the rich history, myths and mysteries of the country of Wales in this fascinating class. From Snowdonia's ethereal beauty to the working-class charm of Wrexham and Cardiff, we will explore ancient castles, herd sheep, and decode the complexity of Welsh words. Part history lesson, part travel story, this class will captivate you with the wonders of Wales.

ERC-919-301: Tuesdays from 1:00 to 3:00 p.m.

Women Who Changed the World

Janet Cogliano: Instructor

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.

HRY-990-301: Wednesdays from 1:00 to 3:00 p.m.

Women Writers and Films: From Books to Hollywood

Janet Cogliano: Instructor

In this class, we will explore the biographies of women from who have authored books that were made into movies. And we will examine the political, cultural, moral, gender and socio-economic factors of the time-period.

HRY-998-301: Thursdays from 1:00 to 3:30 p.m.

Notable Women of the World

Pat Tate: Instructor

Learn about remarkable women who fought for equality, justice, and human rights from 1800 to today. From revolutionary leaders to grassroots activists, their stories reveal the power of courage, resilience, and activism. Text will be ---AMAZING AND INSPIRING WOMEN IN HISYTORY---STELLA RENEE STUART---AUTHOR.

HRY-901-301: Tuesdays from 1:00 to 3:00 p.m.



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Contemporary Literature

Pat Tate: Instructor

Read and discuss short stories from a variety of genres. Learn about the authors and their literary tools that enhance their writing and convey meaning to their stories. Included will be --Roman Stories-- by Jhumpa Lahiri.

ENG-919-301: Thursdays from 1:00 to 3:30 p.m.

Women of Achievement

Pat Tate: Instructor

Take a look at the lives of our first ladies who broke barriers and made a mark on our country. Learn about their histories, achievements, and thoughts on topics such as civil rights, political campaigns and the White House. Explore how first ladies have influenced American society, policy, diplomacy, and life in the White House. Text will be—REMEMBER THE FIRST LADIES—THE LEGACIES OF AMERICA'S HISTORY MAKING WOMEN—DIANA CARLIN, ANITA McBRIDE, AND KEGAN SMITH.

HST-937-301: Wednesdays from 1:00 to 3:00 p.m.

PERSONAL ENRICHMENT

Basic Gardening

Kim Forry: Instructor

Learn what makes "right plant, right place" principles 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.

HOR-902-301: Tuesdays from 10:00 to 11:00 a.m.

Gardening: Beyond the Basics

Kim Forry: Instructor

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.

HOR-903-301: Wednesdays from 10:00 to 11:00 a.m.



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Emergency Preparedness for Seniors

Tim Watson: Instructor

Learn to prepare for emergencies like hurricanes, severe storms, and power outages with practical tips for seniors and their families. This class covers emergency protocols and resources at city, county, state, and federal levels, plus what to do before, during, and after an event. Instructor has front-line experience with FEMA, State Emergency Management, and the Red Cross.

ERC-911-301: Tuesdays from 11:30 a.m. to 1:30 p.m.

PHOTOGRAPHY

Intermediate Digital Photography

Robert Hendry: Instructor

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.

PHO-920-302: Mondays from 1:00 to 3:00 p.m.

WORLD LANGUAGE

CONVERSATIONAL SIGN LANGUAGE

Conversational Sign Language: Level 1

Peggy Bruce: Instructor

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.

Book: Learn American Sign Language James W. Guido ISBN# ISBN 978-1577151074

SLG-904-302: Thursdays from 1:00 to 2:30 p.m.

Conversational Sign Language: Level 2

Peggy Bruce: Instructor

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. Book: Learn American Sign Language James W. Guido ISBN# ISBN 978-1577151074

SLG-903-302: Thursdays from 11:30 a.m. to 1:00 p.m.

FRENCH

Beginning French

Sophie Gryszko: Instructor

This course focuses on the foundation of the French language, including proper pronunciation and essential verbs. Students will learn present tense (er, ir, re), immediate future and past tenses, adjective positioning, noun genders, articles, negation, numbers up to 100, time, weather, and basic questions. The curriculum covers travel vocabulary, greetings, food orders, directions, and emergencies. Required book: *Ultimate French Beginner-Intermediate* by Annie Hemingway. ISBN# 978-1400009633.

LGA-903-301: Mondays and Wednesdays from 9:00 to 11:00 a.m.

Beginning French – Level 2

Edite Torres: Instructor

Continue to build upon elements of grammar, reading pronunciation and writing. Gain confidence by engaging in listening comprehension and speaking in complex dialogues in French. Actively participate in language-immersion to increase both comprehension and fluency. Textbook: *Ultimate French Beginner-Intermediate* by Living Language. ISBN# 978-1400009633.

LGA-938-301: Mondays from 3:00 to 4:30 p.m.

Beginning French - Level 3

Edite Torres: Instructor

Continue building upon elements of grammar, reading pronunciation and writing. Gain confidence by engaging in listening comprehension and speaking in complex dialogues in French. Actively participate in language-immersion to increase both comprehension and fluency. Textbook: *Ultimate French Beginner-Intermediate* by Living Language. ISBN# 978-1400009633.

LGA-939-301: Tuesdays from 2:00 to 3:30 p.m.

Intermediate French

Sophie Gryszko: Instructor

Expand your French vocabulary and learn grammar at an intermediate level. Explore reflexive verbs, imperative, passe composé, imparfait, future and subjunctive. Examine dictation for improving comprehension and writing skills, and idiomatic expressions. Practice dialogue in different settings, such as a store, airport, doctor office, and restaurant. Learn how to write a short story in French. Book requirement: *Façon de Parler 2 Intermediate French*, Fifth Edition, Aries and Debney ISBN#: 978-1-4441-8122-7.

LGA-914-302: Mondays and Wednesdays from 11:00 a.m. to 1:00 p.m.



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Intermediate French

Nathalie Davis-Haslbeck: Instructor

This advanced beginner to intermediate class focuses on improving spoken and written French and understanding French culture. It includes an overview of French History, reading articles, and watching videos on current cultural issues. "Grammaire en dialogues" by Claire Miquel and excerpts from 20th and 21st-century literary works are used. Students complete weekly homework, hold basic conversations, and express opinions about videos and readings.

Presentations are also expected. Textbook: "Grammaire en dialogues" Niveau Intermédiaire by Claire Miquel. ISBN:978-3-12-529498-1

LGA-914-301: Wednesdays from 10:00 to 11:30 a.m.

Intermediate French

Edite Torres: Instructor

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.

LGA-914-303: Mondays from 10:30 a.m. to 12:00 p.m.

French Intermediate 2

Edite Torres: Instructor

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.

LGA-935-301: Thursdays from 10:30 a.m. to 12:00 p.m.

French Language, Customs, and Literature

Nathalie Davis-Haslbeck: Instructor

This intermediate to lower advanced French course enhances spoken and written skills, and knowledge of French culture and history. It focuses on grammar (using "Communication progressive du français" by Claire Miquel) and includes reading a short novel. Students give presentations, hold conversations, and express thoughts on current events and French History related to the novel. Weekly homework is assigned.

LGA-923-301: Fridays from 9:00 to 10:30 a.m.



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Conversational French

Sophie Gryszko: Instructor

Practice asking and answering questions, practice dialogue at a French Market and in a restaurant. Explore travel from the United States to Paris, Provence, Normandy & Bordeaux as well as other regions and examine French chateaux (castles), the kings and queens, French culinary, wine, arts, Piaf. Textbook: 101 Conversations in Simple French, Richards. ISBN# 9781081648053.

LGA-926-301: Mondays and Wednesday from 1:00 to 3:00 p.m.

SPANISH

Spanish Conversation: Beginning – Intermediate

Ingrid Jackson: Instructor

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.

LGA-933-301: Tuesdays from 12:00 to 2:00 p.m.

WRITING/LITERATURE

Creative Writing

Susan Moger: Instructor

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.

WRI-901-301: Wednesdays from 9:45 a.m. to 12:00 p.m.

Autobiography Writing

Susan Moger: Instructor

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.

LGE 956-301: Tuesdays from 10:00 a.m. to 12:00 p.m.

LGE 956-302: Thursdays from 2:00 to 4:00 p.m.

FITNESS

CARDIO CONDITIONING

Cardiovascular Conditioning- Aerobic Dance

Claudia Salomon: Instructor

Join our fun dance fitness class for a full-body workout that benefits your health, heart, and mind. The class starts slowly, with step-by-step instructions for each dance move. It includes warm-up dances, aerobic routines, cool-downs, weights, and floor/chair stretches, followed by a recovery heart rate. Designed for non-dancers, students work at their own pace while focusing on enjoyment. Participants should be able to stand, walk, move side to side, and get up and down from the floor independently or with a chair's help. Suggested Equipment: hand weights or canned vegetables- use what you have at home!

HTH-943-308: Mondays from 9:00 to 10:00 a.m.

HTH-943-309: Wednesdays from 9:00 to 10:00 a.m.

HTH-943-307: Fridays from 9:00 to 10:00 a.m.

Cardiovascular Conditioning- Zumba Gold

Sandra Infante-Ludlum: Instructor

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. Come join us to have fun and dance for an hour.

HTH-943-303: Fridays from 8:00 to 9:00 a.m.

DANCE

HLOA: Belly Dance for Exercise

Mei Yu Green: Instructor

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!

HTH-903-314: Thursdays from 1:00 to 2:00 p.m.



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HLOA: Cardio Dance

Beni Davis: Instructor

READY SET DANCE! Have fun while burning calories with easy-to-follow choreography. Playlist is a mixture of rhythms from all over the world. So, you'll dance a little bit of everything including salsa, merengue, oldies, bachata, reggaeton, pop, hip hop, Arabian, flamenco, and more. You don't need to have any dance experience to join this international party; just wear comfortable workout attire, a smile and positive energy!

HTH-903-302: Mondays from 5:00 to 6:00 p.m.

HTH-903-303: Tuesdays from 5:00 to 6:00 p.m.

HTH-903-305: Thursdays from 4:00 to 5:00 p.m.

HTH-903-308: Saturdays from 10:00 to 11:00 a.m.

HTH-903-307: Sundays from 10:00 to 11:00 a.m.

HLOA: Latin Dance Aerobics

Beni Davis: Instructor

This dance workout combines moves for different Latin rhythms. Participants will get an effective cardio workout while learning to dance to salsa, merengue, bachata, reggaeton, cumbia, and Chacha. Participants will also learn a bit of the history of these dances. No previous dance experience necessary

HTH-903-306: Fridays from 4:00 to 5:00 p.m.

HLOA: Kickboxing

Beni Davis: Instructor

This fun cardiovascular workout combines boxing, martial arts, and aerobics. Participants will execute jabs, kicks, hooks, uppercuts, and other movements. Improve stamina and coordination in this non-contact class. Modifications will be provided for different fitness levels.

HTH-903-301: Mondays from 4:00 to 5:00 p.m.

FUNCTIONAL CONDITIONING

Functional Conditioning III- Aerobics & Strength

Sandra Infante Ludlum: Instructor

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.

HTH-945-315: Mondays from 9:00 to 10:00 a.m.

HTH-945-316: Fridays from 9:00 to 10:00 a.m.



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Functional Conditioning II- Aerobics & Strength

Adrienne Collins: Instructor

This upbeat cardio class warms the muscles and gets the blood flowing. We then stretch to elongate muscles, ligaments, tendons, and the spine, focusing on correct posture by lifting from the sternum and crown of the head. Maintaining good posture helps with balance and fall prevention. Light hand weights and chair routines strengthen the upper and lower body. Each workout is unique and set to great music! Suggested Equipment: light hand weights, chair.

HTH-926-301: Tuesdays & Thursdays from Noon to 1:00 p.m.

Functional Conditioning 3- Aerobics & Strength

Adrienne Collins: Instructor

This class begins with cardio dance, using arm, shoulder, and hip movements to warm up. We then focus on strict movements with good form, engaging the core through proper posture. Lower and upper body routines with hand weights and a chair include leg raises to tone muscles. Each workout is unique, so you'll never get bored, and all routines are set to great music! Suggested Equipment: hand weights, chair

HTH-945-306: Thursdays from 9:00 to 10:00 a.m.

Functional Conditioning II- Aerobics & Strength

Heterrsa Nuiriankh: Instructor

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

HTH-926-305: Tuesday & Thursdays from 9:30 to 10:30 a.m.

Functional Conditioning 3- Aerobics & Strength

Adrienne Collins: Instructor

We slow down to focus on deep stretches and core exercises, strengthening the lumbar region of the back. The class includes sitting and standing chair workouts, teaching proper core engagement for raising and lowering into a chair without straining the lower back. You'll learn which muscles to activate and avoid using the lower back incorrectly. Each session is unique, so you'll never get bored with the same routine. Suggested Equipment: hand weights (light and heavy), chair.

HTH-945-307: Fridays from 9:00 to 10:00 a.m.



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Functional Conditioning 3- Aerobics/ Strength

Susan Campana: Instructor

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.

HTH-945-303: Mondays from 10:30 to 11:30 a.m.

HTH-945-305: Mondays from 4:00 to 5:00 p.m.

HTH-945-304: Wednesdays from 10:30 to 11:30 a.m.

HTH-945-302: Thursdays from 4:00 to 5:00 p.m.

HTH-945-301: Saturdays from 10:00 to 11:00 a.m.

Functional Conditioning 3- Low-Impact Cardio with Light Weights

Sandra Infante-Ludlum: Instructor

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.

HTH-945-314: Tuesdays from 8:30 to 9:30 a.m.

Functional Conditioning 3- Nia Technique

Claudia Salomon: Instructor

Join Claudia for Nia, a practice combining martial arts, dance, and healing arts. Nia's 52 movements promote body wellness, enhancing mind, emotion, and spirit. It benefits people of all ages and abilities. While typically practiced barefoot, soft dance slippers are optional. Participants are encouraged to move in their own way, adjusting intensity to their needs. Nia can stand alone or complement other physical activities. It's both therapeutic and fun—come dance Nia with us!

HTH-945-325: Tuesdays from 10:00 to 11:00 a.m.

HTH-945-326: Wednesdays from 10:00 to 11:00 a.m.

HTH-945-328: Fridays from 10:00 to 11:00 a.m.



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Functional Conditioning 3- Fusion Fitness

Claudia Salomon- Instructor

Fusion Fitness blends movement-inspired forms for a full-body workout, enhancing coordination, flexibility, agility, mobility, strength, stability, and overall wellness. The class includes standing, floor, and/or chair intervals, combining dance, weight training, and core strengthening. Fusion Fitness improves fitness levels and can be adapted to your physical limitations. You are your best personal trainer—adapt each movement to your ability and range of motion. Bring yourself to the experience!

HTH-945-327: Thursdays from 10:00 to 11:00 a.m.

Functional Conditioning 3- Aerobics Strength

Beni Davis: Instructor

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.

HTH-945-309 Saturdays from 11:00 a.m. to 12:00 p.m.

Functional Conditioning I- Strength & Stretch

Colleen Frank: Instructor

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.

HTH-925-302: Mondays, Wednesdays, & Fridays from 8:00 to 9:00 a.m.

LINE DANCE

HLOA: Line Dance-*NEW!*

Beni Davis: Instructor

Learn and practice different popular Line Dances. Steps to each song are broken down before performing. This is a dance class where you will learn technique. No previous dance experience necessary. Just show up ready to have fun.

HTH-903-304: Wednesdays from 4:00 to 5:00 p.m.



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HLOA: Line Dance Beginner

Katie McVitty: Instructor

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.

HTH-902-302: Mondays & Wednesdays from 2:30 to 3:30 p.m.

PILATES/CORE STABILITY

Core Stability Techniques- Intermediate Pilates

Heterrsa Nuiriankh: Instructor

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)

HTH-935-306: Tuesdays & Thursdays from 8:30 to 9:30 a.m.

Core Stability Techniques- Beginner Pilates

Heterrsa Nuiriankh: Instructor

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

HTH-935-305: Tuesdays & Thursdays from 10:30 to 11:30 a.m.

SEATED EXERCISE

Adapted Physical Education II- Chair Yoga/ Meditation

Tina Marks: Instructor

Morning Meditation & Seated Stretch. This interactive combo class merges two ancient healing arts to support overall wellness for today's active senior. No prior experience necessary! Together, we'll explore various approaches to meditation, with origins spanning thousands of years, and cultures from around the globe. Gentle yoga-based stretches, breathing techniques, & body awareness fundamentals are all practiced seated in a chair. Unlimited modifications make this practice accessible & beneficial for all levels. Equipment: yoga "sticky" mat & sturdy, straight-back chair.

HTH-939-318: Mondays from 9:30 to 10:30 a.m.



Fitness Online Course Descriptions

Summer Term Dates: July 6- September 30, 2025

HLOA: Chair Yoga

Carrie Stein: Instructor

This chair yoga class is perfect for beginners or those easing back into exercise. It starts with breath work and centering, followed by gentle stretching and seated, supported, and balancing poses. We practice sun salutations and warrior poses with variations for all levels. The class concludes with a seated meditation and shavasana. You'll need a sturdy chair, pillow, and yoga straps or a belt. Join us for a relaxing hour of flexibility, strength, balance, and calm.

HTH-903-330: Fridays from 1:00 to 2:00 p.m.

Adapted Physical Education- Seated Chair Exercise

Adrienne Collins: Instructor

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.

HTH-936-303: Tuesdays & Thursdays from 11:00 a.m. to 12:00 p.m.

Adapted Physical Education II- Seated Chair Exercise

Deborah Halley: Instructor

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.

HTH-939-308: Thursdays from 9:30 to 10:30 a.m.

Adapted Physical Education II- Chair Yoga

Cheryl Beecher: Instructor

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.

HTH-939-301: Tuesdays from 9:30 to 10:30 a.m.

HTH-939-303: Wednesdays from 11:00 a.m. to Noon

HTH-939-302: Fridays from 9:30 to 10:30 a.m.

HTH-939-304: Fridays from 11:00 a.m. to Noon

Adapted Physical Education II- Chair Yoga

Adrienne Collins: Instructor

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.

HTH-939-305: Thursdays from 2:30 to 3:30 p.m.

Adapted Physical Education II- Chair Exercise with Light Weights

Sandra Infante-Ludlum: Instructor

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.

HTH-939-312: Mondays from 8:00 to 9:00 a.m.

Adapted Physical Education – Road to Resiliency

Cheryl Beecher: Instructor

Our trauma-informed yoga (chair and mat yoga) class helps ease pain caused by emotional, mental, or physical trauma, which the body remembers even if we don't. New research shows how trauma impacts us and what we can do with that experience. Benefits include strengthening the vagus nerve, creating new neural pathways, improving self-awareness, self-care, and self-love. The class also helps manage stress and pain. Please wear comfortable clothing and bring a yoga strap, two blocks, and a blanket if needed.

HTH-936-301: Wednesdays from 9:30 to 11:00 a.m.

HLOA: Chair Tai Chi

Mei Yu Green: Instructor

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.

HTH-903-315: Mondays from 9:00 to 10:00 a.m.

HTH-903-313: Thursdays from 9:00 to 10:00 a.m.

Adapted Physical Education II- Chair Yoga

Tina Marks: Instructor

Gentle yoga stretches & movements are adapted to the chair; or standing, using a chair for support as needed. Each class begins with breathing & body awareness fundamentals. Enhanced verbal instruction & unlimited modifications make this practice comfortable & beneficial for all levels. Emphasis on skills that are practical & versatile for seniors in activities of daily living. If you enjoy an interactive, shared learning experience in a warm, friendly environment – WELCOME HOME! Class is student-centered & engagement-driven via Zoom audio & video. Equipment: yoga “sticky” mat & sturdy, straight-back chair.

HTH-939-319: Fridays from 9:30 to 10:30 a.m.

Adapted Physical Education II- Chair Yoga

Gretchen Serinis- Instructor

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

HTH-939-324: Mondays from 9:30 to 10:30 a.m.

HTH-939-325: Wednesdays from 9:30 to 10:30 a.m.

Adapted Physical Education - Seated Tai Chi

Young Lee: Instructor

This seated Tai Chi class, based on Yang Style Simplified Short Form by Master Cheng Man-Ch’ing, is ideal for those unable to stand long or who use a wheelchair. Using slow, flowing movements and deep breathing, it promotes physical and mental well-being. Often called “meditation in motion,” Tai Chi boosts heart and immune health, eases pain, improves balance, sharpens the mind, and reduces anxiety and depression. Use a sturdy, armless chair or locked wheelchair.

HTH-939-316: Mondays from 2:30 to 3:30 p.m.

HTH-939-317: Wednesdays from 12:30 to 1:30 p.m.

TAI CHI/BALANCE

Functional Mobility & Balance I- Gentle Tai Chi

Billy Greer- Instructor

Tai Chi offers well-documented health benefits, including improved blood pressure, balance, focus, strength, flexibility, endurance, bone density, and immune function, with anti-aging effects. This ancient, mindful movement practice suits all fitness levels—beginners build strong foundations, while experienced students refine skills. Movements are typically done standing but can be modified for seated practice. No equipment is needed; just wear loose, comfortable clothing.

HTH-928-303: Tuesdays from 10:00 to 11:00 a.m.

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

Mei Yu Green: Instructor

Tai Chi Chuan is an ancient Chinese exercise that promotes balance, circulation, flexibility, and overall health. Practicing the Yang Style short form helps improve posture, joint mobility, and body awareness through slow, centered movements. Repeated practice strengthens both mind and body, supporting cardiovascular fitness, stress reduction, and mental clarity. Ideal for those seeking improved balance, flexibility, and inner calm.

HTH-928-301: Thursdays from 11:00 a.m. to 12:00 p.m.

HLOA: Qigong for Health

Mei Yu Green: Instructor

This class explores the health benefits of Qi Gong, an ancient Chinese practice for cultivating energy (Qi) through movement and breath. We'll focus on the 8 Pieces of Brocade (Ba Duan Jin 八段錦), a gentle yet powerful form. Benefits include improved flexibility, relaxation, mental clarity, and overall vitality. Qi Gong helps calm the mind, energize the body, and restore harmony. More Qi means more vitality—when energy flows, health improves. Join us to move, breathe, and find your center.

HTH-903-311: Mondays from 10:00 to 11:00 a.m.

HTH-903-312: Thursdays from 10:00 to 11:00 a.m.

Functional Mobility & Balance – Beginner Tai Chi

Young Lee: Instructor

This Beginner Tai Chi class teaches the Yang Style Simplified Short Form by Master Cheng Man-Ch'ing. Using slow, flowing movements and deep breathing, it promotes physical and mental well-being. Benefits include improved balance, bone strength, heart health, pain relief, and reduced anxiety. Often called “meditation in motion,” Tai Chi also helps sharpen the mind and lift mood.

HTH-928-310: Wednesdays from 11:30 a.m. to 12:30 p.m.



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Functional Mobility & Balance – Intermediate Tai Chi

Young Lee: Instructor

This Intermediate Tai Chi class is for those who have completed Beginner Tai Chi and learned the Yang Style Simplified Short Form. Continue developing strength, balance, and mental clarity through slow, flowing movements and deep breathing. This standing, weight-bearing practice supports heart and bone health, relieves pain, and boosts mood while reducing anxiety and cognitive decline. Often called “meditation in motion,” Tai Chi promotes overall physical and mental well-being.

HTH-928-309: Tuesdays from 9:30 to 10:30 a.m.

WEIGHT TRAINING FOR OLDER ADULTS

Weight Training for Older Adults- Strength

Deborah Halley: Instructor

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.

HTH-944-304: Mondays from 9:00 to 10:00 a.m.

HTH-944-303: Wednesdays from 10:00 to 11:00 a.m.

Weight Training for Older Adults- Strength

Susan Campana: Instructor

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

HTH-944-301: Mondays from 12:15 to 1:15 p.m.

HTH-944-302: Wednesdays from 9:00 to 10:00 a.m.

Weight Training for Older Adults- Strength

Claudia Salomon: Instructor

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

HTH-944-309: Fridays from 12:15 to 1:15p.m.

YOGA

Integrative Strength/Flexibility II- Mat Yoga and Relaxation- NEW!

Tina Marks: Instructor

RELAX & RENEW Combo! Mindful breathing & gentle yoga-based stretches (floor/mat or chair) relieve muscle tension & joint pain, plus detoxify the entire system. Unlimited modifications support students of all levels! Then, we transition to a comfortable, reclined position for a deep, guided relaxation. These distinct elements unite to: calm the nervous system, support mental & cognitive function, promote physical strength & flexibility, and cultivate a sense of inner balance! Equipment: a yoga “sticky” mat -AND- easy-access place to recline. Blanket, towels, pillows (optional).

HTH-947-334: Mondays from 7:00 to 8:00 p.m.

HTH-947-321: Fridays from 11:00 a.m. to 12:00 p.m.

HLOA: Very Gentle Yoga- NEW!

Carrie Stein: Instructor

New to yoga or want to explore more while sticking to your favorite poses? No mat needed-this class uses a chair (sometimes) and stays off the floor. Flow through seated and standing poses, enjoy a calming meditation, and gently build strength, balance, and relaxation. It’s a Zen experience that feels more like self-care than exercise. All levels are welcome, and no prior yoga experience is needed. Come move, breathe, and unwind with us!

HTH-903-329: Thursdays from 12:00 to 1:00 p.m.

Integrative Strength/ Flex II- Mat Yoga

Sharon Harty: Instructor

Join this mat yoga class suitable for all levels, including beginners. No prior experience is needed. You'll work on posture, alignment, balance, body awareness, and weight-bearing exercises, leaving you feeling strong, centered, and peaceful. Breathing techniques will help relax the body, mind, and spirit. Please use a chair if needed, wear comfortable clothes, and use a yoga mat or non-slippery surface. Ensure enough clear space to move freely.

HTH-947-314: Tuesdays from 10:45 to 11:45 a.m.

HTH-947-316: Thursdays from 10:45 to 11:45 a.m.

Integrative Strength/ Flex II- Yoga, Pilates and Strength

Sharon Harty: Instructor

This class focuses on improving flexibility, joint health, and muscular strength through joint release exercises and Pilates core-strengthening practices. Weights will be used for muscle toning and strengthening, with a focus on breath, poses, and exercises to calm the body, mind, and spirit. The class will occasionally include deeper relaxation. Bring two rolled towels, a yoga belt (if available), two yoga blocks, and a yoga mat. A sturdy chair is suggested for balance exercises. Wear comfortable clothes and ensure clear space to move.

HTH-947-317: Thursdays from 9:30 to 10:30 a.m.

Integrative Strength & Flexibility II- Mat Yoga

Gretchen Serinis- Instructor

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. Equipment: Yoga mat, yoga blocks, yoga strap.

HTH-947-326: Mondays from 10:45 to 11:45 a.m.

HTH-947-329: Wednesdays from 10:45 to 11:45 a.m.

HTH-947-327: Fridays from 9:30 to 10:30 a.m.

HTH-947-328: Fridays from 10:45 to 11:45 a.m.

Integrative Strength/ Flex II- Beginner Mat Yoga

Tina Marks: Instructor

Therapeutic yoga (floor/mat) class for beginners or those who prefer a slower pace. Class begins with breathing & body awareness fundamentals, followed by deep stretches & beginner poses. Close visual observation refined verbal cues, & unlimited modifications support students of all levels. Emphasis on skills that are practical & versatile for seniors in activities of daily living. If you enjoy an interactive, shared learning experience in a warm, friendly environment – WELCOME! Class is student-centered & engagement-driven via Zoom audio & video. Equipment: yoga “sticky” mat & thick towel.

HTH-947-320: Mondays from 11:00 a.m. to 12:00 p.m.

Integrative Strength/Flex II- Mat Yoga

Michele Adair- Instructor

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

HTH-947-302: Tuesdays from 10:15 to 11:15 a.m.

Integrative Strength/ Flex Tech- Beginner/Intermediate Mat Yoga

John Cochran: Instructor

This yoga class is beginner/intermediate. 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.

HTH-934-302: Tuesdays from 8:30 to 9:45 a.m.

HTH-934-303: Thursdays from 8:30 to 9:45 a.m.

Integrative Strength/Flex II- Beginner Mat Yoga

John Cochran: Instructor

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.

HTH-947-307: Mondays from 8:30 to 9:30 a.m.

HTH-947-308: Wednesdays from 8:30 to 9:30 a.m.

HTH-947-309: Fridays from 8:30 to 9:30 a.m.

Integrative Strength/ Flex II- Yoga Nidra

Sharon Harty: Instructor

We'll start with gentle movement to release joints and calm the body and mind, followed by 5 minutes of breathing to help relax. Then, we'll spend 5 minutes sitting, briefly exploring meditation techniques. The main focus will be on Yoga Nidra, practiced while lying flat (or supported if needed). Bring a blanket or yoga mat and cover up if you're in a cooler room. This gentle practice keeps you awake but actively listening to the teacher's guidance.

HTH-947-315: Wednesdays from 6:00 to 7:00 p.m.



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HLOA: Yoga Nidra

Gretchen Serinis- Instructor

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.

HTH-902-303: Mondays & Wednesdays from 4:30 to 5:30 p.m.