



2025 SPRING General and Fitness Online Course Descriptions

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General Online Course Descriptions

Spring Term Dates: April 7- June 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-904-202: Mondays from 2:00 to 3:30 p.m.

ATS-904-201: 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-912-201: Tuesdays from 2:00 to 4:00 p.m.

DPAO: Painting

David Lawton: Instructor

This course offers intermediate and experienced oil or acrylic painters the chance to refine their skills in composition, design, and execution. The instructor provides lectures and individualized guidance. Previous painting experience is recommended. Students will learn to evaluate and improve their own work, painting their own subjects or images selected by the instructor. The course emphasizes working from photographs, taking creative risks, and developing individuality.

CRE-913-202: Thursdays from 12:30 to 3:30 p.m.

DPAO: Drawing

David Lawton: Instructor

Improve your drawing skills by learning basic visual tools like the rule of thumb, relational measurement, and simplified measuring systems. The course includes exercises to enhance your drawing abilities. Students can choose to draw posted images or their own selections, primarily using pencils and charcoal, with optional watercolor pastels. You'll learn to create thumbnail sketches and how to evaluate and work from photographs.

CRE-912-214: Thursdays from 10:00 a.m. to Noon



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DPAO: Pastels

David Lawton: Instructor

This course is for students of all levels, from beginners to advanced. Beginners will learn materials and pastel application methods through demonstrations, while advanced students will explore art principles and new techniques. Students will discover pastels as an exciting alternative to traditional painting methods. Individual attention is provided, and topics like framing, exhibiting, and shipping pastels will be covered. Students will paint their own subjects or images chosen by the instructor, with an emphasis on individuality, taking risks, and working from photographs.

CRE-913-203: Tuesdays from 1:00 to 3:30 p.m.

DPAO: Watercolors

David Lawton: Instructor

This intermediate to advanced watercolor class focuses on improving drawing skills, composition, and design through careful planning. Students will learn how to evaluate reference images and gain confidence with a three-step approach to watercolor. Techniques to avoid muddy colors will be covered, with demos and critiques to help students refine their work. Students will paint their own subjects or images chosen by the instructor, working from photographs and encouraged to take creative risks.

CRE-913-204: Tuesdays from 9:30 a.m. to 12:30 p.m.

DPAO: Painting – Intermediate/Advanced

Desiree Scherini: Instructor

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.

CRE-913-205: Fridays from 10:00 a.m. to 1:00 p.m.

DPAO: Chinese Calligraphy

Mei Yu Green: Instructor

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.

CRE-912-212: Tuesdays from 9:00 to 11:00 a.m.



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COMPUTER CLASSES

iPad Intermediate

Donna MacAuley-Shoemaker: Instructor

Examine the advanced functions of the iPad using the latest iOS software. Explore safety, personalization, and key applications. Prerequisites: CPT-975 iPad Basics.

CPT-987-201: Tuesdays from 12:00 to 2:00 p.m.

iPhone iOS 18: The Latest Changes and A.I. Updates - *NEW!*

Donna MacAuley-Shoemaker: Instructor

Explore the new features added to the latest release of iOS 18 software in a friendly, supportive setting. Discuss security, privacy, health and safety enhancements, organization of photos, new Siri capabilities and AI driven improvements.

CTT-931-201: Tuesdays from 9:30 to 11:30 a.m.

Exploring A.I.: A Journey into the World of Artificial Intelligence - *NEW!*

Carmella Doty: Instructor

This hands-on course introduces you to AI concepts, tools, and their applications in everyday life. Delve into current topics, from smart technologies to AI's role in work and society, while gaining practical experience with AI tools. Join us to discover how AI is shaping our world today and prepare for its future impact.

CTT-930-201: Fridays from 11:00 a.m. to 12:45 p.m.

Canva Essentials: A.I. Powered Design for Beginners and Beyond – *NEW!*

Carmella Doty: Instructor

Master Canva's latest features, including AI-driven tools. This course is designed for beginners and intermediate users. Explore free templates, stock photos, and graphics to create stunning social media posts, presentations, print designs, photo books and photo slideshows. Gain skills to design professional-quality visuals with ease.

CTT-929-201: Fridays from 9:00 to 10:55 p.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-913-201: 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-916-201: 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-902-201: 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-992-201: Fridays from 9:30 to 11:00 a.m.

HEALTH & SCIENCE

Mind Body Resilience Skills

Laura Forsythe-Chisolm: Instructor

Students will learn techniques and tools to help with day-to-day stress. This can also be a class to help prepare for surgery or other health care treatments. The techniques introduced are guided imagery, breath work, and expressive writing and journaling as well as acupuncture. These practices can be amazing on-the-go tools to help during these challenging times of uncertainty and change. The class has an instructional focus with simple guided meditations. The goal is that each student will create a customized self-care plan that feels doable and practical. A notebook for taking notes is suggested.

HTH-903-203: Tuesdays from 2:00 to 3:00 p.m.



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

Alice Yeager: Instructor

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.

HTH-904-214: Tuesdays from 1:00 to 2:30 p.m.

HLOA: Healing, Intuitive and Creative Arts: Mental Fitness Practices for the Journey

Alice Yeager: Instructor

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 an experiential in-depth follow-up to the Healing Arts and Sciences course. Completion of HLOA: Healing Arts and Science is recommended but not required.

HTH-904-215: Thursdays from 1:00 to 2:30 p.m.

In Sickness & In Health: How Does My Body Work? The Immune System

Carol Veil: Instructor

This course is designed to help you understand how the body functions, how it changes with age, and how various medical problems develop and are approached clinically. The content is intended for laypersons and begins with simplified introductions to anatomic terminology and physiological processes. This term we will focus on the immune system that works to keep the body healthy by providing protection against pathogens such as bacteria and viruses.

HTH-948-201: Mondays from 1:30 to 3:00 p.m.

HTH-948-202: Wednesdays from 1:30 to 3:00 p.m.

HISTORY

Armchair Travel: Provence and Southern France

Marcy Gouge: Instructor

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, Gauguin 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.

ERC-918-201: Wednesdays from 2:00 to 4:00 pm.

Historical Impact of Iconic Fashion Designers

Marcy Gouge: Instructor

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.

HSY-905-201: Tuesdays from 2:00 to 4:00 pm.

The Lady and the Unicorn: Tapestries of Medieval France

Marcy Gouge: Instructor

Discover medieval culture, literature and philosophy by examining The Lady and The Unicorn, six tapestries from the Musée de Cluny in Paris which tell stories of passion, power and love.

HSY-904-201 Fridays from 2:00 to 4:00 pm.

Preserving the Books of the World: Then and Now

Marcy Gouge: Instructor

Discover how libraries began and hear stories about people who have spent their lives protecting and collecting books and how they will continue in the digital age. Identify famous bookstores around the world, explore book festivals, book towns, and even look at novels about books.

HSY-911-201 Thursdays from 2:00 to 4:00 pm.

Paris in the 1920's: American Women, Freedom, and Fame

Marcy Gouge: Instructor

Explore the artists, writers, entertainers and society women who sought freedom, moved to Paris in the 1920s and changed the world. Enjoy the complex, fascinating stories of Gertrude Stein, Josephine Baker and Isadora Duncan. Understand how history shaped their lives and how they shaped history.

HSY-912-201 Thursdays from 2:00 to 4:00 pm.



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Notable Historical Americans- NEW!

Lester Brooks: Instructor

Examine and discuss the lives of notable Americans throughout history. Students will review key events, significant ideologies, and their contributions to American history, society, and culture of their era. Note: This session will focus on Benjamin Franklin. Required book: Benjamin Franklin, by Walther Isaacson ISBN: 978-0-7432-5807-4.

HSY-903-201: Wednesdays from 11:00 a.m. to 12:30 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-990-201: Wednesdays from 1:00 to 3:00 p.m.

History of Cakes: A Taste Thru Time

Janet Cogliano: Instructor

Explore the early origins of cake and its development over time. Examine how the development of kitchen utensils and modern chemistry revolutionized baking. Discuss the origins of selected famous cakes.

HRY-914-201: Thursdays from 1:00 to 3:00 p.m.

Notable Women of the World-Women Who Built Hollywood

Pat Tate: Instructor

Explore the women who built Hollywood. Learn about trailblazers in front of and behind the Camera. Readings will be assigned each week from "THE WOMEN WHO BUILT HOLLYWOOD" by Susan Goldman Rubin.

HRY-901-201: Tuesdays from 1:00 to 3:00 p.m.

Notable Women of the World-Women in Science and Medicine

Pat Tate: Instructor

Learn about pioneering Women in science and medicine and explore their contributions and achievements. Read "Magnificent Minds" by Pendred E. Noyce and watch biographical videos in class.

HRY-901-202: Wednesdays from 10:00 a.m. to 12:00 p.m.



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Notable Women of the World-Women History Overlooked

Pat Tate: Instructor

Learn about women that History overlooked who quietly broke barriers and made a lasting impact. Read and discuss "STRONG WOMEN by Kari Koeppel". The readings will be assigned each week and biographical videos will be shown.

HRY-901-203: Wednesdays from 1:00 to 3:00 p.m.

Contemporary Literature-Best Short Stories of 2024

Pat Tate: Instructor

Read and discuss "The Best Short Stories 2024-The O. Henry Prize Winners—Amor Towles-Editor. Discussion questions are sent out prior to class. Additional materials and reading are added throughout the session.

ENG-919-201: Fridays from 1:00 to 4:00 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-902-201: 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-903-201: Wednesdays from 10:00 to 11:00 a.m.



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Current Issues

Steve Cohen – Instructor

Learn about, critically assess, and formulate perspectives on current international, national, and local issues. Explore topics of importance and interest and engage in dialogue on these issues.

ENR 950-201: Tuesdays from 10:00 a.m. to 12:00 p.m.

ENR 950-202: Tuesdays from 1:00 to 3:00 p.m.

Foreign Cultures In-Focus

Rebecca Bene: Instructor

This course will explore the cultures of various foreign countries through films which we will watch and discuss.

LGA-930-201: Fridays from 4:30 to 7:30 p.m.

Medicare and Medicaid: The Essentials

Ron Deacon: Instructor

Gain confidence in understanding these crucial programs. Examine key aspects of Medicare and Medicaid and practice using web resources. Explore the recommended criteria to use when selecting coverage, how to work with claims and the future planned changes to these government programs. Note: This course is designed for students getting ready for Medicare before 65. It also discusses what happens once you are in it and how you can change things as you move along.

ERC-912-202: Wednesdays from 12:30 to 2:30 p.m.

Masterpieces in Symphonic Music: Masterpieces of Keyboard Music

Jane Kraemer: Instructor

The piano has evolved from the Greek monochord, lute, and harpsichord, shaped by builders like Cristofori, Silbermann, and Steinway. These innovators advanced keyboard instruments in various ways. We will explore masterpieces across periods—from Baroque to the present, including American music, jazz, and even future trends. Guided listening will cover works from Couperin and French lutenists to synthesizer compositions. Interestingly, although the piano was invented in Italy and refined in France, it became closely associated with Germany, and today, the largest producers are Japan, Korea, and China.

MUC-905-201: Tuesdays from 9:00 to 11:00 a.m.

MUC-905-202: Thursdays from 1:00 to 3:00 p.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-911-201: 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-920-202: 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-904-201: Thursdays from 1:00 to 2:30 p.m.



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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-903-201: 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-903-201: Mondays from 9:00 to 11:00 a.m.

Beginning French II

Sophie Gryszko: Instructor

Build on the skills gained in French 1. Expand knowledge of French grammatical structures and vocabulary. Learn phrases, idiomatic expressions, and the ability to ask and answer questions. Explore the past tense and practice dialogue and daily speeches. Review of immediate past & immediate future. Examine reflexive verbs and imperative form, *passé composé* and *imparfait*. Write a simple letter in French and explore idiomatic expression and short dictation which will improve comprehension and writing skills. *Textbook: *Façon de Parler 2 Intermediate French*, Fifth Edition, Aries and Debney ISBN#: 978-1-4441-8122-7.

LGE-983-201: 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-938-201: 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-939-201: Tuesdays from 2:00 to 3:30 p.m.

Intermediate French

Sophie Gryzko: 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-914-202: Mondays from 11:00 a.m. to 1:00 p.m.

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-914-201: 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-914-203: Mondays from 10:30 a.m. to 12:00 p.m.

French Language and Customs

Sophie Gryszko: Instructor

Refine grammatical structures while learning new vocabulary to communicate in French on a variety of topics like arts, history, culinary and UNESCO heritages sites in France. This course will emphasize all aspects of French language: listening, speaking, reading, writing and culture. No book requirement for this course.

LGA-907-201: Wednesdays from 11:00 a.m. to 1:00 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-923-201: Fridays from 9:00 to 10:30 a.m.

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-926-201: Mondays from 1:00 to 3:00 p.m.

SPANISH

Beginning Spanish

Carol Orme: Instructor

Provide the adult student with a practical application of the Spanish language and acquire an appreciation of its culture and traditions through reading and writing assignments and in class discussion. Vocabulary building and light conversation in a casual atmosphere will be stressed. Textbooks: *Practice Makes Perfect BASIC SPANISH* 2nd Edition, by [Gilda Nissenberg](#)

LGE-967-202: Tuesdays from 9:30 to 11:45 a.m.



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Intermediate Spanish

Carol Orme: Instructor

Provide the adult student with a practical application of the Spanish language and acquire an appreciation of its culture and traditions through reading and writing assignments and in class discussion. Vocabulary building and conversation in a casual atmosphere will be stressed.

Textbooks: *Practice Makes Perfect: Complete Spanish All-in-One, Premium Second Edition*, by Gilda Nissenberg;

LGE-969-202: Tuesdays from 1:30 to 3:45 p.m.

Advanced Spanish

Carol Orme: Instructor

This course builds on an introductory course to broaden students' Spanish language experience, enhancing oral and written communication. Emphasis is on correct vocabulary and grammar applications for effective communication. Students will expand their range of topics and timing of events for self-expression. The course encourages vocabulary expansion and language use by expressing and defending opinions. Textbooks: *Complete Spanish Grammar, premium Third Edition* - Guilda Nissenberg, PhD; *Más allá de mí*, Francisco Jiménez.

LGA-924-201: Wednesdays from 9:30 to 11:45 a.m.

Spanish Literature

Carol Orme: Instructor

Read and discuss the main idea, theme, author, and cultural relevance from a Spanish novel. The class will be conducted in both Spanish and English; background in the Spanish language is advised. Advanced Spanish or Intermediate Spanish is a recommended prerequisite or instructor permission. Note: Book selection will be emailed to the students. The book may be read in English; however, the Spanish version will be read in class.

LGA-932-201: Wednesdays from 1:30 to 3:45 p.m.

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-933-201: Tuesdays from 12:00 to 2:00 p.m.



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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-901-201: Wednesdays from 10:00 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 956-201: Tuesdays from 10:00 a.m. to 12:00 p.m.

LGE 956-202: 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-943-209: Mondays from 9:00 to 10:00 a.m.

HTH-943-210: Wednesdays from 9:00 to 10:00 a.m.

HTH-943-201: 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-943-205: 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-903-208: Thursdays from 9:00 to 10:00 a.m.

HLOA: Dance

Beni Davis: Instructor

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.

HTH-903-201: Tuesdays from 5:00 to 6:00 p.m.

HTH-903-202: Sundays from 10:00 to 11:00 a.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-945-236: Mondays from 9:00 to 10:00 a.m.

HTH-945-237: Fridays from 9:00 to 10:00 a.m.

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-926-201: 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-945-206: Thursdays from 9:00 to 10:00 a.m.



Fitness Online Course Descriptions

Spring Term Dates: April 7- June 30, 2025

Functional Conditioning II- Aerobics & Strength

Heterrsa Nuiriankh: Instructor

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

HTH-926-205: 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 rising 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-945-207: Fridays from 9:00 to 10:00 a.m.

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-945-203: Mondays from 10:30 to 11:30 a.m.

HTH-945-205: Mondays from 4:00 to 5:00 p.m.

HTH-945-204: Wednesdays from 10:30 to 11:30 a.m.

HTH-945-202: Thursdays from 4:00 to 5:00 p.m.

HTH-945-201: 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-945-214: 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-945-223: Tuesdays from 10:00 to 11:00 a.m.

HTH-945-224: Wednesdays from 10:00 to 11:00 a.m.

HTH-945-226: Fridays from 10:00 to 11:00 a.m.

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-945-225: 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-945-209: 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-925-201: Mondays, Wednesdays, & Fridays from 8:00 to 9:00 a.m.



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Spring Term Dates: April 7- June 30, 2025

LINE DANCE

HLOA: Line Dance Intermediate

Sarah Jose: Instructor

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.

HTH-904-203: Fridays from 10:15 to 11:45 a.m.

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-902-203: 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-935-206: 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-935-205: Tuesdays & Thursdays from 10:30 to 11:30 a.m.

SEATED EXERCISE

HLOA: Chair Yoga

Carrie Stein: Instructor

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

HTH-903-226: 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-936-203: 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-939-209: 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-939-201: Tuesdays from 9:30 to 10:30 a.m.

HTH-939-203: Wednesdays from 11:00 a.m. to Noon

HTH-939-202: Fridays from 9:30 to 10:30 a.m.

HTH-939-204: 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-939-206: 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-939-213: Mondays from 8:00 to 9:00 a.m.

Adapted Physical Education – Trauma Informed Yoga

Cheryl Beecher: Instructor

Our trauma-informed 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-936-201: 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-903-209: Mondays from 9:00 to 10:00 a.m.

HTH-903-207: Thursdays from 10:05 to 11:05 a.m.

Adapted Physical Education II- Chair Yoga

Tina Marks: Instructor

Gentle yoga stretches & movements are adapted to the chair or standing with a chair for support. Each class begins with breathing & body awareness fundamentals. 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 HOME! Class is student-centered & engagement-driven via Zoom audio & video. Equipment: yoga “sticky” mat & sturdy, straight-back chair.

HTH-939-220: 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-939-225: Mondays from 9:30 to 10:30 a.m.

HTH-939-226: Wednesdays from 9:30 to 10:30 a.m.

Adapted Physical Education II- Chair Yoga/ Meditation

Tina Marks: Instructor

This interactive combo class merges two ancient healing arts to support overall wellness for today’s active senior. No prior experience necessary! Gentle yoga stretches, breathing techniques, & body awareness fundamentals are practiced seated in a chair. Close visual observation refined verbal cues, & unlimited modifications support students of all levels. Together, we explore varied approaches to meditation, with origins spanning thousands of years, and cultures from around the globe. Equipment: yoga “sticky” mat & sturdy, straight-back chair.

HTH-939-219: Mondays from 9:30 to 10:30 a.m.

Adapted Physical Education - Seated Tai Chi

Young Lee- Instructor

This seated Tai Chi class is a gentle exercise program for mental and physical well-being based on Yang Style Simplified Short Form. 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.

HTH-939-217: Mondays from 2:30 to 3:30 p.m.

HTH-939-218: Wednesdays from 12:30 to 1:30 p.m.

TAI CHI/BALANCE

Functional Mobility & Balance I- Qigong for Health

Billy Greer- Instructor

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.

HTH-928-203: Tuesdays from 8:30 to 9:30 a.m.

Functional Mobility & Balance I- Gentle Tai Chi

Billy Greer- Instructor

Tai Chi has many documented health benefits which include: controls blood pressure, improves balance, focus, strength, flexibility, endurance, and bone density. It also boosts the immune system and has anti-aging benefits. Come experience this ancient art of slow, mindful movement. Movements can be modified for all fitness levels. Those with no experience will learn strong foundation skills and those who have experience will refine their understanding. No special equipment is needed, and you can wear loose, comfortable clothes. The movements are all done standing, but the individual can modify many to be done seated if needed.

HTH-928-204: 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 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.

HTH-928-201: Thursdays from 1:00 to 2:00 p.m.

HLOA: Qigong for Health- *NEW!*

Mei Yu Green: Instructor

This **new** class introduces students to the many health benefits of practicing Qi Gong. These ancient Chinese exercises have been practiced in the Taoist and Buddhist traditions for approximately 4000 years. 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 called 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.

HTH-903-205: Mondays from 10:05 to 11:05 a.m.

HTH-903-206: Thursdays from 11:10 a.m. to 12:10 p.m.

Functional Mobility & Balance – Beginner Tai Chi

Young Lee: Instructor

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

HTH-928-211: Wednesdays from 11:30 a.m. to 12:30 p.m.

Functional Mobility & Balance – Intermediate Tai Chi

Young Lee: Instructor

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.

HTH-928-210: 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-944-205: Mondays from 9:00 to 10:00 a.m.

HTH-944-204: 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-944-201: Mondays from 12:15 to 1:15 p.m.

HTH-944-202: Wednesdays from 9:00 to 10:00 a.m.



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Spring Term Dates: April 7- June 30, 2025

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-944-210: Fridays from 12:15 to 1:15p.m.

YOGA

HLOA: Very Gentle Yoga- *NEW!*

Carrie Stein: Instructor

New to yoga? Or... have you already tried yoga and would like to experiment more... while also continuing your favorite poses either sitting or standing? No mat needed. We will not be getting down on the floor in this class. Have a chair ready to use (sometimes). We will flow through sitting and standing poses, travel to a special place with a short meditation, and melt your cares away while challenging your balance, your body and mind. Come join us for a relaxing, strength and balance-building Zen experience. You won't even know you are exercising! All levels welcome. No prior yoga experience needed.

HTH-903-225: 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-947-213: Tuesdays from 10:45 to 11:45a.m.

HTH-947-215: Thursdays from 10:45 to 11:45a.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-947-216: Thursdays from 9:30 to 10:30a.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-947-225: Mondays from 10:45am to 11:45 a.m.

HTH-947-228: Wednesdays from 10:45am to 11:45 a.m.

HTH-947-226: Fridays from 9:30 to 10:30 a.m.

HTH-947-227: 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-947-219: Mondays from 11:00 to 12:00 p.m.

Integrative Strength/Flexibility II- Mat Yoga and Relaxation

Tina Marks: Instructor

RELAX & RENEW Combo! Mindful breathing & gentle yoga 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 ease! Equipment: a yoga “sticky” mat AND easy-access place to recline. Blanket, towels, pillows (optional).

HTH-947-220: Fridays 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-947-201: 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-934-202: Tuesdays from 8:30 to 9:45 a.m.

HTH-934-203: 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-947-206: Mondays from 8:30 to 9:30 a.m.

HTH-947-207: Wednesdays from 8:30 to 9:30 a.m.

HTH-947-208: Fridays from 8:30 to 9:30 a.m.



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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-947-214: Wednesdays from 6:00 to 7:00 p.m.

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-902-204: Mondays & Wednesdays from 4:30 to 5:30 p.m.