

Anne Arundel Community College

General Online Course Descriptions

ART CLASSES

Art History

This course provides instruction on the worldwide history of art. Specifically, we will use the works of the world's art masters to analyze and discuss the fundamental principles and elements of art.

Tisha Richardson: Instructor

ATS-904-901 – Mondays, 10/2 – 11/20/23 from 2:00- 3:30 p.m.

ATS-904-902 – Wednesdays, 10/4 – 11/22/23 from 2:00- 3:30 p.m.

Art Education for Older Adults: Art History

The program begins with an overview of MASTERPIECES OF ARCHITECTURE to be sure to visit on your next trip. "The art of building, or architecture, is the beginning of all the arts that lie outside the person; and in the end they unite."

The Dance of Life, Havelock Ellis (1859-1939)

- Renaissance to Baroque
- Form and Function
- Places of Worship
- Castles, and Palaces
- Learning and Leisure

Nancy Davis-Buck: Instructor

ART-916-901 – Tuesdays, 10/3 – 11/21/23 from 10:30 a.m.- 12:30 p.m.

DPAO: Acrylic Painting

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

Scott Clarke: Instructor

CRE-912-902 – Tuesdays, 10/3 –12/5/23 from 2:00- 4:00 p.m.

DPAO: World of Zentangle - 1

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

Julie Allison: Instructor

CRE-913-901 – Tuesdays, 10/3 - 12/5/23 from 1:30- 4:00 p.m.

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DPAO: Mixed Media Art

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

David Lawton: Instructor

CRE-912-914 – Fridays, 10/6 – 12/15/2023 from 10:00 a.m.- 12:00 p.m.

DPAO: Painting

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

David Lawton: Instructor

CRE-913-904 – Thursdays, 10/5 – 12/14/2023 from 12:30- 3:30 p.m.

DPAO: Portrait Painting

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

David Lawton: Instructor

CRE-913-905 – Mondays, 10/2 – 12/4/2023 from 9:00- 11:30 a.m.

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DPAO: Drawing

Improve your drawing ability by learning to draw using some basic visual “tools such as rule of thumb, relational measurement, and a simplified measuring system”. Basic exercises to improve your drawing skills will be taught. Students can draw either visual image posted prior to class or images of their choosing. Students will be using a medium of their choice but mainly pencils and charcoal will be taught. Learning how and why to create thumbnail sketches. Primarily pencils and some charcoal will be used, and water pastel are preferred. Students will identify art venues and determine sales potential. Students will learn how to better evaluate and work from photographs.

David Lawton: Instructor

CRE-912-913 – Thursdays, 10/5 – 12/14/2023 from 10:00 a.m.- 12:00 p.m.

DPAO: Pastels

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

David Lawton: Instructor

CRE-913-906 – Tuesdays, 10/3 – 12/5/2023 from 1:00- 3:30 p.m.

DPAO: Painting – Intermediate/Advanced

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

Desiree Scherini: Instructor

CRE-913-908 – Fridays, 10/6 – 12/15/2023 from 10:00 a.m.- 1:00 p.m.

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General Online Course Descriptions

DPAO: Chinese Brush Painting/Sumi-e

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

Mei Yu Green: Instructor

CRE-912-911 – Tuesdays, 10/3 – 12/5/23 from 12:00- 2:00 p.m.

DPAO: Watercolors

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

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

David Lawton: Instructor

CRE-913-907 – Tuesdays, 10/3 – 12/5/2023 from 9:30 a.m.- 12:30 p.m.

DPAO: Chinese Calligraphy

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

Mei Yu Green: Instructor

CRE-912-912 – Tuesdays, 10/3 – 12/5/23 from 2:00- 4:00 p.m.

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General Online Course Descriptions

DPAO: Crocheting

This is a beginning crochet course. Learn about the process of creating a crocheting project. Discuss the marketing and business skills needed to sell crafts. Students expected to provide supplies to complete their designs. Information will be provided at the first session.

Arleen Kirtland: Instructor

CRE-912-920 – Thursdays, 10/5 – 12/14/23 from 10:00- 11:30 a.m.

COMPUTER CLASSES

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

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

Carmella Doty: Instructor

CTT-922-901 – Thursdays, 10/5 – 12/14/23 from 12:00- 1:30 p.m.

NEW! Apple Spotlight: Notes-Beyond the Basics

Practice using the Notes App for quick notations and discover additional sophisticated uses of the Notes Application. Go beyond the basics of Notes by using Siri, organizational folders, scanning, Apple Pencil, and insertion of videos and photos. Practice all of the features taught in this 6-week Notes course including charts, columns, Live Text, formatting and more.

Donna MacAuley-Shoemaker: Instructor

CTT-921-901 – Tuesdays, 10/3 – 11/7/23 from 12:00 p.m.- 2:00 p.m.

Apple Spotlight: Accessibility Features

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

Donna MacAuley-Shoemaker: Instructor

CTT-911-901 – Thursdays, 10/5 – 10/26/23 from 12:00 p.m.- 2:00 p.m.

Apple Spotlight: Setting for iPhone and iPad

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

Donna MacAuley-Shoemaker: Instructor

CTT-914-901 – Thursdays, 11/2 – 11/30/23 from 9:30 a.m.- 11:30 a.m.

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General Online Course Descriptions

Apple Spotlight: Understanding Apple iCloud

Learn to set up iCloud. Become familiar with key applications stored on iCloud, the Find My App, Air Tag, iCloud+ and the benefits of each application. Discuss iCloud history and why cloud storage is important worldwide.

Donna MacAuley-Shoemaker: Instructor

CTT-915-901 – Thursdays, 10/5 – 10/26/23 from 9:30 a.m.- 11:30 a.m.

NEW! Canva Basics: Online Graphic Design

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

Carmella Doty: Instructor

CTT-919-901 – Thursdays, 10/5 – 12/14/23 from 1:30- 3:00 p.m.

Computer Awareness

Explore theory and practical applications needed to operate a personal computer. Cover computer terms, functions, computer hardware, operating systems, and application software. Discuss computer security options.

Elizabeth Allen-Jones: Instructor

CPT-945-901 – Fridays, 10/6 – 12/15/23 from 12:00- 1:30 p.m.

iPhone Basics

Optimize your ability to use the many features of your iPhone. Create an Apple ID, an iTunes account, adjust your settings, browse the web using Safari, set up email and learn how to add apps. Note: Students must bring their iPhone.

Lorian Lipton: Instructor

CPT-978-902 – Thursdays, 10/5 – 12/14/23 from 3:00- 4:30 p.m.

iPhone Intermediate

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

Donna MacAuley-Shoemaker: Instructor

CPT-991-901 – Tuesdays, 10/3 – 11/21/23 from 9:30- 11:30 a.m.

Microsoft Word: Level One

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

Elizabeth Allen-Jones: Instructor

CTT-902-901 – Fridays, 10/6 – 12/15/23 from 10:15- 11:45 a.m.

Anne Arundel Community College

General Online Course Descriptions

Smart Phone-Mobile Moviemaking

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

Carmella Doty: Instructor

CTT-923-901 – Thursdays, 10/5 – 12/14/23 from 10:00- 11:15 a.m.

NEW! Windows Operating System the Basics

Explore the basics of the Windows Operating System. Discuss how to navigate the interface and the best practices when using the software. Learn how to install programs, play music, and personalize the applications that are available. Note: Both Windows 10 and Windows 11 will be discussed in this class, which is designed for beginners.

Angela Greene: Instructor

CTT-920-901 – Wednesdays, 10/4 – 12/6/23 from 10:00- 11:30 a.m.

Office 365 Office Basics

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

Angela Greene: Instructor

CPT-992-901 – Wednesdays, 10/4 – 12/6/23 from 12:00- 1:30 p.m.

Getting Started with Microsoft Excel

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

Lorian Lipton: Instructor

CTT-913-901 – Tuesdays, 10/3 – 12/4/23 from 3:00- 4:30 p.m.

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General Online Course Descriptions

HEALTH & SCIENCE

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

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 brain & cranial nerves. We will also discuss the eye & the sense of vision, plus the ear & the senses of hearing & equilibrium.

Carol Veil: Instructor

HTH-948-901 – Mondays, 10/2 – 12/11/22 from 1:30 p.m.- 3:00 p.m.

HTH-948-902 – Wednesdays, 10/4 – 12/13/22 from 1:30 p.m.- 3:00 p.m.

Mind Body Resilience Skills

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 acupressure. 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.

Laura Forsythe-Chisolm: Instructor

HTH-903-902 – Tuesdays, 10/3 – 11/21/23 from 2:00- 3:00 p.m.

Mental Fitness Practices for the Journey-NEW:

This **new** experiential class will focus on daily practices to encourage resilience through learning and using stress management techniques. Class will be experiential using guided imagery, mindset practices and breath work. The goal of this class is to cultivate an excitement and commitment to daily practices of mental fitness. Expressive writing, journaling and poetry are all fun components of this class. (Mental Fitness- the ability to notice challenging emotions and to shift to supportive emotion even during crisis.)

Laura Forsythe-Chisolm: Instructor

HTH-903-903 – Thursdays, 10/5 – 11/30/23 from 2:00- 3:00 p.m.

HLOA: Healing Arts & Sciences

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

Alice Yeager: Instructor

HTH-902-903 – Tuesdays, 10/3 – 11/28/23 from 10:30 a.m.- 1:00 p.m.

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HLOA: Healing, Intuitive and Creative Arts

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

Alice Yeager: Instructor

HTH-902-904 – Thursdays, 10/5 – 11/30/23 from 10:30 a.m.- 1:00 p.m.

HISTORY

NEW! The Outer Hebrides Islands of Northern Scotland

Experience the special magic of The Scottish Western Isles of the Outer Hebrides. Discuss the characteristics of the interconnected islands steeped in history, culture, and the Gaelic language. Explore the mysteries of the late-Neolithic standing stones at Callanish and peer into the turf-roofed black houses of early settlers.

Marcy Gouge: Instructor

HRY-999-901 – Thursdays, 11/9 – 12/7/23 from 11:30- 1:30 p.m.

NEW! Notable Historical Americans

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 examine the Civil War and Reconstruction (1850-1877) Era.

Lester Brooks: Instructor

HSY-903-901 – Wednesdays, 10/4 – 12/6/23 from 11:00 a.m.- 12:30 p.m.

Forgotten Figures in History

Examine forgotten and underappreciated figures of U.S. history from the 10th century to the present. The course will span 1,000 years, starting with the first Viking to arrive in North America.

Kenneth Forest: Instructor

HSY-901-901 – Sundays, 10/1 – 12/10/23 from 11:00 a.m.- 1:00 p.m.

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General Online Course Descriptions

Women Who Changed the World

Examine the lives of influential women who have shaped the world in the areas of science, sports, the arts, public service, and government. Explore how, as champions of their causes, these women positively influenced the welfare and conditions of humanity.

Janet Cogliano: Instructor

HRY-990-901 – Wednesdays, 10/4 – 12/6/23 from 1:00- 3:00 p.m.

Women Writers and Films: From Books to Hollywood

Explore the biographies of women from Europe, the United States and Asia who have authored books that were made into movies. Examine the political, cultural, moral, gender and socio-economic factors of the time period.

Janet Cogliano: Instructor

HRY-998-901 – Thursdays, 10/5 – 11/30/23 from 1:00- 3:30 p.m.

Women of Achievement

Explore American designers who have defined American Fashion. Learn about the luminaries who paved the way for American fashion designers from Hollywood to Broadway. Required text is –*The Hidden History of American Fashion: Rediscovering 20th Century Women Designers*, Editor Nancy Deihl, Bloomsbury -2018.

Pat Tate: Instructor

HST-937-901 – Tuesdays, 10/17 – 11/28/22 from 1:00- 3:00 p.m.

Notable Women of the World-Part I and Part 2

Read about the girls who stepped out of line by Major General Mari Eder. Read about the untold stories of women who change the course of World War II.

Pat Tate: Instructor

HRY-901-901 – Wednesdays, 10/18 – 11/8/22 from 1:00- 3:30 p.m.

HRY-901-902 – Wednesdays, 11/22 – 12/13/23 from 1:00- 3:30 p.m.

Anne Arundel Community College

General Online Course Descriptions

PERSONAL ENRICHMENT

Armchair Travel: Provence & Southern France-NEW

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.

Marcy Gouge: Instructor

ERC-918-901 – Tuesdays, 11/21 – 12/19/23 from 11:30- 1:30 p.m.

Basic Gardening

Learn what makes "right plant, right place" principals work in your garden. Discover how to choose, grow, and multiply the plants in your garden. Discuss how to build healthy soil for perennials, trees, shrubs, and vegetables and identify proper techniques for mulching, pruning, watering and maintenance of a thriving landscape. Native plants as well as ornamentals will be discussed.

Kim Forry: Instructor

HOR-902-901 – Tuesdays, 10/3 – 11/21/23 from 10:00- 11:00 a.m.

Gardening: Beyond the Basics

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

Kim Forry: Instructor

HOR-903-901 – Wednesdays, 10/4 – 11/22/23 from 10:00- 11:00 a.m.

NEW! Emergency Preparedness for Seniors

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

Tim Watson: Instructor

ERC-911-901 – Mondays, 10/2 – 10/16/23 from 11:30 a.m.- 1:30 p.m.

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NEW! Medicare and Medicaid: The Essentials

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.

Ron Deacon: Instructor

ERC-912-901 – Wednesdays, 10/4 – 10/18/23 from 12:30- 2:30 p.m.

Foreign Cultures In-Focus

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

Rebecca Bene: Instructor

LGA-930-901 – Fridays, 10/6 – 11/10/23 from 4:00- 7:00 p.m. p.m.

Humor, Laughter, and Health

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

Beverly Eanes: Instructor

ENC-993-901 – Tuesdays, 10/3 – 11/21/23 from 11:00 a.m.- 1:00 p.m.

Aging in Place Strategies-

Explore practical strategies to keep you physically safe in your home as you age. Discuss design factors that increase safety and accessibility and available community resources.

Nina Barratt: Instructor

ERC-914-901 – Thursdays, 10/5 – 10/26/2023 from 10:00- 11:30 a.m.

Music and Arts: Here's Looking at You: Portraits through the Ages: Part 2

What a beautiful world it is! Join Nanci and Jane as we explore our world in paintings and music. Artists of many times and countries have depicted nature both as principal subject and as background. Listen to beautiful music as you enjoy studying many different paintings of the beauty that is all around us.

Nancy Davis Buck/ Jane Kraemer: Instructors

ATS-903-901 – Thursdays, 10/5 – 11/9/2023 from 9:30- 11:30 a.m.

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Masterpieces in Symphonic Music: Music with Words

This course will study the history of the keyboard concerto from Bach to Barber. It will include a recently discovered work by Florence Price, Beethoven's first and last piano concertos, several concertos by Mozart as well as his Concerto for Two Pianos, Rachmaninoff's Second and Third Piano Concertos, and works by fifteen other well-known composers. Lectures will include slides and detailed descriptions of the music. Each student will receive a book of background information written by Professor Kraemer.

Jane Kraemer: Instructor

MUC-905-901 – Tuesdays, 10/3 – 12/5/2023 from 9:00- 11:00 a.m.

MUC-905-902 – Thursdays, 10/5 – 12/14/2023 from 1:00- 3:00 p.m.

Contemporary Topics: TED Talks

Explore, critically assess, and formulate perspectives on topics of importance and interest through the use of TED Talks. Discuss a variety of themes including culture, politics and democracy, aging, medical science, social sciences, happiness, humor, and social ills.

Bill Daney: Instructor

ERC-910-901 – Thursdays, 10/05 – 11/16/23 from 2:00- 3:30 p.m.

Current Issues

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.

Steve Cohen: Instructor

ENR-950-901 – Thursdays, 10/05 – 12/14/23 from 10:00 a.m.- 12:00 p.m.

ENR-950-902 – Thursdays, 10/5 – 12/14/23 from 1:00- 3:00 p.m.

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General Online Course Descriptions

PHOTOGRAPHY

Smartphone Photography

Explore technical and creative aspects of smartphone photography. Use compositional techniques and photo-editing applications to enhance images in post-processing. Familiarity with the student's smartphone camera controls is recommended. (Note: Smartphone videography will be touched upon, but not covered in depth).

Chris Edwards: Instructor

PHO-921-901 – Wednesdays, 10/4 – 11/15/2023 from 10:30 a.m. -Noon

PHO-921-902 – Mondays, 10/2 – 11/13/2023 from 1:00- 2:30 p.m.

Intermediate Digital Photography

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

Robert Hendry: Instructor

PHO-920-901 – Mondays, 10/2 – 12/4/23 from 1:00- 3:00 p.m.

WORLD LANGUAGE

CONVERSATIONAL SIGN LANGUAGE

Conversational Sign Language: Level 1

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

Peggy Bruce: Instructor

SLG-904-905 – Thursdays, 10/5 – 12/14/23 from 1:00- 2:30 p.m.

Conversational Sign Language: Level 2

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

Peggy Bruce: Instructor

SLG-903-901 – Thursdays, 10/5 – 12/14/23 from 11:30 a.m.- 1:00 p.m.

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General Online Course Descriptions

FRENCH

Beginning French

This course focuses on the foundation of the structure of the language with proper pronunciation and learning the most important verbs. Explore present tense of er, ir, re ending verbs, immediate future and immediate past tenses, position of adjectives, recognition of the gender of the nouns, French articles, negation, numbers up to 100, time, weather and how to ask and answer simple questions. Discuss useful vocabulary for traveling, greetings, ordering food, directions, and emergency, etc. Book requirement: Ultimate French Beginner- Intermediate by Annie Hemingway

Sophie Gryszko: Instructor

LGA-903-901 – Mondays, 10/2 – 12/4/23 from 9:00- 11:00 a.m.

Beginning French

Learn basic elements of grammar, reading pronunciation and writing. Engage in simple listening comprehension and speak in short sentences in French. Actively participate in language-immersion to develop comprehension and fluency. *Textbook: Ultimate French Beginner-Intermediate by Living Language. ISBN# 978-1400009633.

Edite Torres: Instructor

LGA-903-902 – Mondays, 10/2 – 12/4/23 from 3:00- 4:30 p.m.

Beginning French II

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, passe composé and imparfait. Write a simple letter in French and explore idiomatic expression and short dictation which will improve comprehension and writing skills. *Textbook: Ultimate French Beginner-Intermediate by Living Language. ISBN# 978-1400009633.

Sophie Gryszko: Instructor

LGE-983-901 – Wednesdays, 10/4 – 12/6/23 from 8:55 a.m.- 10:55 a.m.

Beginning French II

Learn basic elements of grammar, reading pronunciation and writing. Build confidence by engaging in listening comprehension and speaking in more complex dialogues in French. Actively participating in language-immersion to increase both comprehension and fluency. *Textbook: Ultimate French Beginner-Intermediate by Living Language. ISBN# 978-1400009633.

Edite Torres: Instructor

LGA-920-901 – Tuesdays, 10/3 – 12/5/23 from 2:00- 3:30 p.m.

Anne Arundel Community College

General Online Course Descriptions

Intermediate French

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: Ultimate French Beg-Intermediate by Annie Heminway.

Sophie Gryszko: Instructor

LGA-914-902 – Mondays, 10/2 – 12/4/23 from 11:00 a.m.- 1:00 p.m.

Intermediate French

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

Presentations are also expected.

Nathalie Davis-Haslbeck: Instructor

LGA-914-901 – Wednesdays, 10/4 – 12/6/23 from 10:00- 11:30 a.m.

Intermediate French

Solidifying grammar and building vocabulary for more complex reading and writing. Engaging in more advanced listening comprehension and speaking to better understand different aspects of the French culture. Actively participating in language-immersion for more advanced comprehension and fluency. *Textbook: Ultimate French Beginner-Intermediate by Living Language. ISBN# 978-1400009633.

Edite Torres: Instructor

LGA-914- 903 – Mondays, 10/2 – 12/4/23 from 10:30 a.m.- 12:00 p.m.

French Intermediate 2 – NEW

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

Edite Torres: Instructor

LGA-935-901 – Thursdays, 10/5 – 12/14/23 from 10:30 a.m.- 12:00 p.m.

Anne Arundel Community College

General Online Course Descriptions

Conversational French

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. No book required for this class.

Sophie Gryszko: Instructor

LGA-926-901 – Mondays, 10/2 – 12/4/23 from 1:00- 3:00 p.m.

French Language and Customs

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.

Sophie Gryszko: Instructor

LGA-907-901 – Wednesdays, 10/4 – 12/6/23 from 11:00 a.m.- 1:00 p.m.

French Language, Customs, and Literature

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

Nathalie Davis-Haslbeck: Instructor

LGA-923-901 – Fridays, 10/6 – 12/15/23 from 9:00- 10:30 a.m.

ITALIAN

Beginning Italian

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

Richard Paterniti: Instructor

LGA-902-901 – Wednesdays, 10/4 – 12/6/2023 from 10:00 a.m.- 12:00 p.m.

Anne Arundel Community College

General Online Course Descriptions

SPANISH

Beginning Spanish

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](#); *Easy Spanish Reader*, any edition by William T. Tardy.

Carol Orme: Instructor

LGE-967-902 – Tuesdays, 10/3 – 12/5/23 from 9:30- 11:30 a.m.

Intermediate Spanish

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; *Easy Spanish Reader*, any edition by William T. Tardy.

Carol Orme: Instructor

LGE-969-902 – Tuesdays, 10/3 – 12/5/23 from 1:30- 3:30 p.m.

Spanish Conversation: Beginning – Intermediate

Continue building on previously acquired Spanish language skills with an emphasis on increasing vocabulary, comprehension, and correct usage in spoken language. Classroom materials will focus on everyday situations and interaction with the instructor in a relaxing and fun atmosphere.

Ingrid Jackson: Instructor

LGA-933-901 – Tuesdays, 10/3 – 12/5/23 from 12:00- 2:00 p.m.

Advanced Spanish

This course continues and builds upon the content of an introductory course and is designed to broaden the student's experience of the Spanish language to enhance both oral and written communication. As in the Beginning course, emphasis is on correct application of appropriate vocabulary and grammar principles to achieve communication. As they continue to employ skills acquired in the introductory course, students can widen both the range of topics and the timing of events about which they can express themselves. This course will push you to expand your vocabulary and use of the language by expressing and defending your opinions in the language. [Textbooks: *Complete Spanish Grammar, premium Third Edition* - Guilda Nissenberg, PhD; Senderos fronterizos, Francisco Jiménez.

Carol Orme: Instructor

LGA-924-901 – Wednesdays, 10/4 – 12/6/23 from 9:30- 11:30 a.m.

Anne Arundel Community College

General Online Course Descriptions

WRITING/LITERATURE

Autobiographical Writing

Discover your distinctive writing voice and record stories about your life through in-class exercises, writing assignments and class discussion. Learn techniques to release memories, get started writing, develop compelling true stories, revise, and research.

Susan Moger: Instructor

LGE-956-901 – Tuesdays, 10/3 – 12/5/23 from 10:00 a.m.- 12:00 p.m.

LGE-956-902 – Thursdays, 10/5 – 12/14/23 from 2:00- 4:00 p.m.

Creative Writing

Both fiction and nonfiction writers benefit from applying creative writing techniques: hooking the reader, characterization, setting, conflict, and satisfying endings. Through writing assignments, class discussions, and in-class exercises, you will advance your in-progress stories and discover new ones.

Susan Moger: Instructor

ENC-911-901 – Wednesdays, 10/4 – 12/6/23 from 10:00 a.m.- 12:00 p.m.

Spanish Literature

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.

Carol Orme: Instructor

LGA-932-901 – Wednesdays, 10/4 – 12/6/23 from 1:30- 3:30 p.m.

Contemporary Literature

Read and discuss distinguished short stories from *The Pushcart Prize-XV Edition* by Bill Henderson. [Available on Amazon.] Read and discuss distinguished short stories from a diverse group of writers and discover a new literary experience.

Pat Tate: Instructor

ENG-919-901 – Thursdays, 10/19- 12/14/23 from 1:00- 3:30 p.m.

Poetry: Discover Potential

Develop the skills to write poetry. Define elements of poetry using the works of current and past poets. Write poems inspired by a variety of topics. Practice critiquing techniques and outline publishing options.

Chelsea Harrison: Instructor

ENL-935-901 – Thursdays, 10/5 – 12/14/23 from 2:30- 4:00 p.m.

Anne Arundel Community College

Fitness Online Course Descriptions

CARDIO CONDITIONING

Cardiovascular Conditioning- Aerobic Dance

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

Dottie Conway: Instructor

HTH-943-901 – Mondays, 10/2 – 12/4/2023 from 9:00- 10:00 a.m.

HTH-943-902 – Wednesdays, 10/4 – 12/6/2023 from 9:00- 10:00 a.m.

HTH-943-903 – Fridays, 10/6 – 12/15/2023 from 9:00- 10:00 a.m.

Cardiovascular Conditioning- Zumba

Join the Latin-inspired, easy to follow, feel it to the core, dance-fitness party! This is a fun dance fitness class that will get your heart pumping. Please expect around an hour class that incorporates Latin inspired music as well as other rhythms from around the world. This is a class where time will fly because of all the fun that you will have! No dance background is necessary. Steps are simple and fun, and everyone will enjoy the class. Whether you are a new dancer or a seasoned dancer, this will be an invigorating and energetic class. “Ven bailas con nosotros!”

Suggested Equipment: dancing shoes, hand towel and lots of water!

Mary Krause: Instructor

HTH-943-922 – Mondays, 10/2 – 12/4/2023 from 2:30- 3:30 p.m.

Cardiovascular Conditioning- Zumba Gold

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

Sandra Infante-Ludlum: Instructor

HTH-943-921 – Fridays, 10/6 – 12/15/2023 from 8:30- 9:30 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

DANCE

HLOA: Belly Dance for Exercise

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

Mei Yu Green: Instructor

HTH-903-908 – Thursdays, 10/5 – 12/14/23 from 9:00- 10:00 a.m.

HLOA: Dance

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

Beni Davis: Instructor

HTH-903-901 – Sundays, 10/1 – 12/10/23 from 10:00- 11:00 a.m.

FUNCTIONAL CONDITIONING

Functional Conditioning, I- Aerobics & Strength

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

Sandra Infante Ludlum: Instructor

HTH-926-908 – Mondays & Fridays, 10/2 – 12/11/2023 from 10:00- 11:00 a.m.

Functional Conditioning II- Aerobics & Strength

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

Adrienne Collins: Instructor

HTH-926-901 – Tuesdays & Thursdays, 10/3 – 12/12/2023 from 12:00- 1:00 p.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Functional Conditioning 3- Aerobics & Strength

This class starts with dancing for cardio! We do a variety of movements, with the arms, shoulders, hips to warm the body. We then move into strict movements, using good form, practicing focus and discipline, maintaining good form through the workout. This engages the core muscles by holding good posture and form. Lower and upper body routines include hand weights and the chair; doing front, side and rear leg raises to tone the leg muscles. No two workouts are ever the same, so you'll never get bored! All routines to great music! Suggested Equipment: hand weights, chair

Adrienne Collins: Instructor

HTH-945-933 – Thursdays, 10/5 – 12/14/2023 from 9:00- 10:00 a.m.

Functional Conditioning II- Aerobics & Strength

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

Heterrsa Nuiriankh: Instructor

HTH-926-906 – Tuesdays & Thursdays, 10/3 – 12/12/2023 from 9:30- 10:30 a.m.

Functional Conditioning III- Aerobics & Strength

We slow down a bit, still maintaining good form and posture doing deep stretches and core exercises. We focus on strengthening the lumbar region of the back and doing sitting and standing chair workouts. These exercises show you how to use core strength for rising out of your chair and lowering back into the chair as opposed to leaning forward when rising out of your chair. The exercises also teach you how to avoid using your lower back muscles incorrectly, and what muscles to use correctly for that movement. All workout sessions are different, so you are never bored with the same routine!

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

Adrienne Collins: Instructor

HTH-945-934 – Fridays, 10/6 – 12/15/23 from 9:00- 10:00 a.m.

Functional Conditioning 3- Aerobics/ Strength

This one-hour class will give you a full body workout and leave you feeling energized. Class starts with a warmup and brief stretch followed by 30 minutes of low impact aerobics. The remaining 30 minutes will consist of strength exercises using equipment such as hand weights, exercise tubing, and small balls. Susan will also incorporate some balance and agility exercises for a well-rounded workout. This class will cover all major muscle groups to maintain and build strength. Suggested Equipment: Hand weights, resistance bands, playground ball, mat

Susan Campana: Instructor

HTH-945-903 – Mondays, 10/2 – 12/4/2023 from 10:30- 11:30 a.m.

HTH-945-906 – Mondays, 10/2 – 12/4/2023 from 4:00- 5:00 p.m.

HTH-945-904 – Wednesdays, 10/4 – 12/6/2023 from 9:00- 10:00 a.m.

HTH-945-905 – Wednesdays, 10/4 – 12/6/2023 from 10:30- 11:30 a.m.

HTH-945-902 – Thursdays, 10/5 - 12/14/2023 from 4:00- 5:00p.m.

HTH-945-901 – Saturdays, 10/7 – 12/16/2023 from 10:00- 11:00 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Functional Conditioning 3- Muscle Conditioning using Barre Techniques

Improve cardiovascular health, muscular strength, and range of motion. Understand physiological development, resistance training and self-assessment techniques to maintain health. Equipment Needed: Lights weight (3-5pounds) are needed along with a mat and hardbacked chair.

Jeanine Ove: Instructor

HTH-945-912 – Mondays, 10/2 – 12/4/2023 from 9:30- 10:30 a.m.

Functional Conditioning 3- Low-Impact Cardio with Light Weights

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

Sandra Infante-Ludlum: Instructor

HTH-945-913 – Tuesdays, 10/3 – 12/5/2023 from 8:30- 9:30 a.m.

Functional Conditioning 3- Nia Technique

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

Claudia Salomon: Instructor

HTH-945-921 – Wednesdays, 10/4 – 12/6/2023 from 10:00- 11:00a.m.

HTH-945-922 – Fridays, 10/6 – 12/15/2023 from 10:00- 11:00 a.m.

Functional Conditioning 3- Aerobics Strength

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

Beni Davis: Instructor

HTH-945-910 – Saturdays, 10/7 – 12/16/23 from 11:00 a.m.- 12:00 p.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Functional Conditioning I- Strength & Stretch

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

Colleen Frank: Instructor

HTH-925-901 – Mondays, Wednesdays, & Fridays, 10/4 – 12/15/23 from 8:00- 9:00 a.m.

Functional Conditioning 3- Aerobics & Strength

This class is designed to increase balance, cardiovascular and strength by using weights, exercise balls and exercise band(s). We will begin with warming up to loosen up joints and muscles then gradually increase our heart rate. We will not be jumping too much, but modifications are always available. After that we will be alternating strength training and cardiovascular exercises for about 30 minutes. We will always end our class by offering core strength workouts and stretching on the floor (if not in a chair). So, if you are looking for a challenge, please join me for fun **intermediate workout classes! Note: For your safety, please wear sneakers to class. No crocs, flip flops, sandals, or slides allowed.**

Akiko Stefanovich: Instructor

HTH-945-929 – Thursdays, 10/5 – 12/7/2023 from 9:30- 10:30 a.m.

LINE DANCE

HLOA: Line Dance Beginner

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

Katie McVitty: Instructor

HTH-901-903 – Mondays and Wednesdays, 10/2 – 12/6/23 from 2:30- 3:45 p.m.

HLOA: Line Dance Intermediate

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

Sarah Jose: Instructor

HTH-904-904 – Fridays, 10/6 – 12/15/23 from 10:15 a.m.- 11:15 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

HLOA: Line Dance Beginner/Intermediate

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

Saundra Richardson: Instructor

HTH-902-902 – Tuesdays, 10/3 – 12/5/23 from 1:00- 3:00 p.m.

PILATES/CORE STABILITY

Core Stability Techniques- Beginner Pilates

This class is basic Pilates mat exercises. Focus is on controlling core muscles as you breathe and move. Suggested Equipment: Yoga/Pilates Mat, and a towel or small pillow

Heterrsa Nuiriankh: Instructor

HTH-935-906 – Tuesdays & Thursdays, 10/3 – 12/12/2023 from 10:30- 11:30 a.m.

Core Stability Techniques- Intermediate Pilates

Come and try this Pilates class with Heterrsa! This class is designed to go beyond the basic Pilates moves. Focus and concentration. Students must be able to get up and down.

Suggested Equipment: Pilates/Yoga Mat, Pilates ring (helps at times but not mandatory)

Heterrsa Nuiriankh: Instructor

HTH-935-907 – Tuesdays & Thursdays, 10/3 – 12/12/2023 from 8:30- 9:30 a.m.

Core Stability Techniques- Pilates

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

Jeanine Ove: Instructor

HTH-935-902 – Tuesdays & Thursdays, 10/3 – 12/14/2023 from 9:30- 10:30 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Core Stability Techniques II- Pilates

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

Jeanine Ove: Instructor

HTH-940-905 – Tuesdays, 10/3 – 12/5/2023 from 10:30- 11:30 a.m.

HTH-940-906 – Thursdays, 10/5 – 12/21/2023 from 10:30- 11:30 a.m.

Core Stability Techniques II- Stretch and Core

Everyone needs to take time to stretch AND strengthen! We will gradually move through basic stretches, similar to easy yoga movements, starting in the chair to slowly warm and stretch the muscles. Then we'll move into core exercises using the chair and a floor-mat, for deeper stretches and to build stronger, firmer abdominals and core. We'll also learn proper breathing techniques to help us relax the muscles through a variety of stretch movements, improving overall flexibility, muscle tone, core strength and circulation. Come join us for this body conditioning class, with no two repeated workouts while we always listen to a variety of great music to inspire your training session!

Adrienne Collins: Instructor

HTH-940-903 – Wednesdays, 10/4 – 12/6/2023 from 10:00- 11:00 a.m.

Core Stability Techniques II- Pilates/Cardio Fusion

Pilates/Cardio Fusion is a combo of mat Pilates and some light cardio to elevate the heart rate. Each class will be a bit different. Little to no impact expect to be offered as an advancement or progression. Some combined movements. Sometimes classes may be 1/2 Mat and 1/2 Cardio.

Jeanine Ove: Instructor

HTH-940-904 – Wednesdays, 10/4 – 12/6/2023 from 10:00- 11:00 a.m.

Core Stability Techniques II- Core Strengthening

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

Mandy Jellerichs: Instructors

HTH-940-908 – Tuesdays, 10/3 – 12/5/2023 from 8:30- 9:30 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

SEATED EXERCISE

HLOA: Chair Yoga

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

Carrie Stein: Instructor

HTH-903-922 – Fridays, 10/6 – 12/15/23 from 12:00- 1:00 p.m.

Adapted Physical Education- Seated Chair Exercise

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

Suggested Equipment: hand weights, chair

Adrienne Collins: Instructor

HTH-936-902 – Tuesday & Thursdays, 10/3 – 12/12/2023 from 11:00 a.m.- Noon

Adapted Physical Education II- Seated Chair Exercise

Do you have some physical restrictions that make it difficult to exercise? Take this Adapted PE class for some **Chair Strength Training!** Debbie will warm you up including a seated joint warm-up. She will then guide you through a variety of seated and stationary standing exercises (using the chair for support if needed) that are designed to strengthen every muscle in your body. Suggested Equipment: Weights, bands and a small play ball will be used for a variety of exercises.

Deborah Halley: Instructor

HTH-939-909 – Mondays, 10/9 – 12/11/2023 from 10:00- 11:00 a.m.

HTH-939-908 – Wednesdays, 10/11 – 12/13/2023 from 10:00- 11:00 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Adapted Physical Education II- Chair Yoga

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

Suggested Equipment: sturdy chair, water

Cheryl Beecher: Instructor

HTH-939-903 – Wednesdays, 10/4 – 12/6/2023 from 11:00 a.m.- 12:00 p.m.

HTH-939-904 – Fridays, 10/6 – 12/15/23 from 11:00 a.m.- 12:00 p.m.

Adapted Physical Education II- Chair Yoga

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

Adrienne Collins: Instructor

HTH-939-907 – Thursdays, 10/5 – 12/14/2023 from 2:30- 3:30 p.m.

Adapted Physical Education II- Chair Exercise with Light Weights

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

Suggested Equipment: Weights 1lb. to 5 lbs.

Sandra Infante-Ludlum: Instructor

HTH-939-930 – Thursdays, 10/5 – 12/14/2023 from 8:30 -9:30 a.m.

Adapted Physical Education- Chair Yoga

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

Suggested Equipment: sturdy chair, water

Cheryl Beecher: Instructor

HTH-939-901 – Tuesdays, 10/3 – 12/5/2023 from 9:30- 10:30 a.m.

HTH-939-902 – Fridays, 10/6 – 12/15/2023 from 9:30- 10:30 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

HLOA: Chair Tai Chi

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

Mei Yu Green: Instructor

HTH-903-904 – Mondays, 10/2 – 12/4/23 from 9:00- 10:00 a.m.

HTH-903-906 – Thursdays, 10/5 – 12/14/23 from 10:15- 11:15 a.m.

Adapted Physical Education II- Chair Yoga

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

Tina Marks: Instructor

HTH-939-920 – Fridays, 10/6 – 12/15/2023 from 10:00- 11:00 a.m.

Adapted Physical Education II- Chair Yoga

Chair yoga is an adapted form of yoga that makes yoga accessible to everyone. The chair replaces the mat and becomes an extension of the body. We will do seated and standing work with the chair for balance and support. This class is suitable for those working with injuries, balance problems, Parkinson’s, MS & all who are looking for a little extra support in yoga class.

Gretchen Serinis: Instructor

HTH-939-926 – Mondays, 10/2 – 12/4/2023 from 9:30- 10:30 a.m.

HTH-939-927 – Wednesdays, 10/4 – 12/6/2023 from 9:30- 10:30 a.m.

HTH-939-928 – Wednesdays, 10/4 – 12/6/2023 from 10:45- 11:45 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Adapted Physical Education II- Chair Yoga/ Meditation

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

Tina Marks: Instructor

HTH-939-919 – Mondays, 10/2 – 12/4/2023 from 9:30- 10:30 a.m.

Adapted Physical Education - Seated Tai Chi

This is a seated/chair Tai Chi class, a gentle exercise program for mental and physical well-being based on Yang Style Simplified Short Form taught by Master Cheng Man-Ch'ing. It is designed for those who find it difficult to stand for extended periods of time or those who are in a wheelchair. Use a sturdy, armless, straight back chair without rollers for safety. A wheelchair is ok if you lock it. It is a system of exercise that uses slow, smooth body movements with deep breathing to achieve both physical and mental health. It's often called meditation in motion. Tai Chi strengthens the cardiovascular and immune systems, improves balance to prevent falls, and relieves rheumatoid arthritis and fibromyalgia pain from the back, neck, and joints. It sharpens the mind to minimize age related cognitive decline, improves mood, lowers anxiety, and reduces depression.

Young Lee: Instructor

HTH-939-917 – Mondays, 10/2 – 12/4/23 from 2:00- 3:00 p.m.

HTH-939-918 – Wednesdays, 10/4 – 12/6/23 from 12:30- 1:30 p.m.

Adapted Physical Education- Seated Chair Exercise

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

Akiko Stefanovich: Instructor

HTH-939-932 – Thursdays, 10/5 – 12/7/2023 from 10:30- 11:30 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

TAI CHI/BALANCE

Functional Mobility & Balance I- Gentle Tai Chi

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

Billy Greer: Instructor

HTH-928-906 – Tuesdays, 10/3 – 12/5/2023 from 10:00- 11:00 a.m.

Functional Mobility & Balance I- Qigong for Health

Focusing on the 8 Pieces of Brocade, this Qigong class will teach gentle movements for improving health and mobility. These ancient exercises control blood pressure, improve balance, focus, strength, flexibility, endurance, and bone density. They also boost the immune system and have anti-aging benefits. The movements are all done standing, but the individual can modify many to be done seated if needed.

Billy Greer: Instructor

HTH-928-907 – Tuesdays, 10/3 – 12/5/2023 from 8:30- 9:30 a.m.

Functional Mobility & Balance I- Tai Chi

Tai Chi Chuan is an ancient Chinese form of exercise which promotes internal and external centering, Chi circulation, balance, health, and longevity. The Yang Style short form takes students through a complete, natural range of motion over their center of gravity. Accurate, repeated practice of the solo routine is said to improve posture, encourage circulation throughout the body, maintain flexibility through the joints, and further familiarize students with the martial application sequences applied to the appropriate form. The goal of Tai Chi Chuan is to strengthen and integrate the mind and body for health and awareness. Many improvements include balance control, flexibility, cardiovascular fitness, reduced stress, and mental health.

Mei Yu Green: Instructor

HTH-928-904 – Mondays, 10/2 – 12/4/23 from 10:15- 11:15 a.m.

HTH-928-903 – Mondays, 10/2 – 12/4/23 from 1:00- 2:00 p.m.

HTH-928-902 – Thursdays, (Beg/Int), 10/5 – 12/14/23 from 1:15- 2:15 p.m.

Anne Arundel Community College

Fitness Online Course Descriptions

HLOA: Qigong for Health

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

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

Benefits:

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

Mei Yu Green: Instructor

HTH-903-905 – Mondays, 10/2 – 12/4/23 from 11:30 a.m.- 12:30 p.m.

HTH-903-907 – Thursdays, 10/5 – 12/14/23 from 11:30 a.m.- 12:30 p.m.

Functional Mobility & Balance – Beginner Tai Chi

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

Young Lee: Instructor

HTH-928-915 – Wednesdays, 10/4 – 12/6/23 from 11:30 a.m.- 12:30 p.m.

Functional Mobility & Balance – Intermediate Tai Chi

This is an Intermediate Tai Chi class; Beginner Tai Chi is a pre-requisite. After learning Yang Style Simplified Short Form in the Beginner Tai Chi class, continue to practice Tai Chi. It is a system of exercise that uses slow, smooth body movements with deep breathing to achieve both physical and mental health. It is a standing, weight bearing exercise. It's often called meditation in motion.

Tai Chi strengthens the cardiovascular and immune systems, strengthens bones, improves balance to prevent falls, and relieves rheumatoid arthritis and fibromyalgia pain from the back, neck, and joints. it sharpens the mind to minimize age related cognitive decline, improves mood, lowers anxiety, and reduces depression.

Young Lee: Instructor

HTH-928-914 – Tuesdays, 10/3 – 12/5/23 from 9:30- 10:30 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Functional Mobility & Balance I- Tai Chi for Arthritis and Fall Prevention

This class, developed by the Tai Chi for Health Institute, is an evidence-based program supported by both the CDC and the Arthritis Foundation. It is designed to improve muscle strength, balance and flexibility while also empowering the student to improve overall health and wellness.

Regina Judge- Instructor

HTH-928-916 – Mondays, 10/2 – 12/4/2023 from 2:00- 3:00 p.m.

WEIGHT TRAINING FOR OLDER ADULTS

Weight Training for Older Adults- Strength

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

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

Deborah Halley: Instructor

HTH-944-904 – Mondays, 10/9 – 12/11/2023 from 8:15- 9:15 a.m.

HTH-944-903 – Wednesdays, 10/11 – 12/13/2023 from 11:00 a.m.- Noon

Weight Training for Older Adults- Strength

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

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

Susan Campana: Instructor

HTH-944-901 – Mondays, 10/2 – 12/4/2023 from 12:15- 1:15 p.m.

Weight Training for Older Adults- Strength

This class is designed to be “effective”, not “easy”. We combine a heavy dose of laughter with weight conditioning, proper technique, coordination, balance, and flexibility to combat the loss of muscle mass and fight the onset of osteoporosis and osteopenia associated with aging. An emphasis is placed on protecting the joints. Students will be challenged but are encouraged to work within their own limits and build slowly toward their goals. No prior weight training experience is needed.

Mandy Jellerichs: Instructor

HTH-944-905 – Fridays, 10/6 – 12/15/2023 from 12:15- 1:15 p.m.

Anne Arundel Community College

Fitness Online Course Descriptions

YOGA

Integrative Strength/ Flex II- Mat Yoga

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

Sharon Harty: Instructor

HTH-947-918 – Tuesdays, 10/3 – 12/5/2023 from 10:45- 11:45 a.m.

HTH-947-916 – Thursdays, 10/5 – 12/14/2023 from 10:45- 11:45 a.m.

Integrative Strength and Flexibility II- Yoga

A yoga experience welcoming for all levels of practitioner. This experience will include meditation, stretching, strengthening, and flow-based class tied to breath and movement between individual postures. This class will begin with grounding meditation and then a blend of floor-based, standing postures and yoga flow (movement). Focus will be on strengthening, lengthening, and stretching through a creative series of postures in constant motion. In order to thrive, your body should be healthy and free from injury, and you should have a basic understanding of individual postures. The sensations that we will be seeking will be a blend of rich stretching, basic integration, balance, and body awareness. Students will leave feeling relaxed, stretched, and realigned! Bring your mat and be ready for a wonderful relaxing and realigning experience! Namaste! Recommended props: block(s), strap

Mary Krause: Instructor

HTH-947-923 – Sundays, 10/1 – 12/10/2023 from 1:00- 2:00 p.m.

Integrative Strength/ Flex II- Yoga, Pilates and Strength

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

Sharon Harty: Instructor

HTH-947-917 – Thursdays, 10/5 – 12/14/2023 from 9:30- 10:30 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Integrative Strength & Flexibility II- Mat Yoga

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

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

Gretchen Serinis: Instructor

HTH-947-931 – Mondays, 10/2 – 12/4/2023 from 10:45- 11:45 a.m.

HTH-947-932 – Fridays, 10/6 – 12/15/2023 from 9:30- 10:30 a.m.

HTH-947-933 – Fridays, 10/6 – 12/15/2023 from 10:45- 11:45 a.m.

Integrative Strength/ Flex II- Applied Yoga for Active Seniors

This therapeutic yoga course is ideal for beginners and/or those who prefer a gentle practice & leisurely pace. Each session begins with guided breathing and body awareness fundamentals, followed by a plethora of deep (yet gentle!) stretches, and beginner yoga poses. The instructor further supports the students through close visual observation (on-screen), enhanced verbal cues, and unlimited modifications. Special emphasis is placed on techniques with population-specific benefits, a high degree of versatility, and practicality relative to activities of daily living. We spend most of our time together on the mat (floor)- *although participants are encouraged to use props or a chair as/if necessary for additional support, or transitional aid-* with standing poses from time to time. Note: this class is offered as a LIVE, interactive, shared learning experience in a warm, relaxed environment – or “virtual circle.” Instruction is student-centered and engagement driven. All students must be willing and able to actively participate using both audio and video capabilities of the Zoom platform. Equipment: You will need a yoga “sticky” mat, & thick towel or blanket.

Tina Marks: Instructor

HTH-947-924 – Mondays, 10/2 – 12/4/2023 from Noon- 1:00 p.m.

HTH-947-925 – Fridays- 10/6 – 12/15/2023 from 11:30- 12:30 p.m.

Integrative Strength/Flex Tech- Mat Yoga Level 1

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

Cheryl Beecher: Instructor

HTH-934-901 – Wednesdays, 10/4- 12/6/2023 from 12:15- 1:30 p.m.

Integrative Strength/Flex II- Mat Yoga

The practice of Yoga is a holistic approach that improves the functionality of the mind, body, spirit, and awareness. The benefits of this practice improve flexibility, strength, concentration, and reduce the stress and anxiety we may have through relaxation, breathing, & meditation techniques. This class is for active seniors whether you are new to Yoga or experienced in Yoga. Modifications are made for all levels. Required Equipment: two yoga blocks, yoga strap & yoga mat.

Michele Adair: Instructor

HTH-947-901 – Tuesdays, 10/3- 12/5/2023 from 10:15- 11:15 a.m.

HTH-947-902 – Thursdays, 10/5- 12/14/2023 from 10:15- 11:15 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Integrative Strength/ Flex II- Mat Yoga

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

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

Cheryl Beecher: Instructor

HTH-947-903 – Tuesdays, 10/3 – 12/5/2023 from 11:00 a.m.- Noon

HTH-947-904 – Thursdays- 10/5 – 12/14/2023 from 11:00 a.m.- Noon

Integrative Strength/ Flex Tech- Beginner/Intermediate Mat Yoga

This yoga class is intermediate/beginner. The postures always begin with a gentle version with the option to continue to more challenging positions. Postures are held a little longer than in the beginner class and any relaxation between postures is shorter. This class includes some discussion on the philosophy of yoga as well as an introduction to yoga breathing and meditation. Suggested equipment: a non-slip “sticky” mat; a belt, strap, or old tie; two yoga blocks.

John Cochran: Instructor

HTH-934-904 – Tuesdays, 10/3 – 12/5/23 from 8:30- 9:45 a.m.

HTH-934-905 – Thursdays, 10/5 – 12/14/23 from 8:30- 9:45 a.m.

Integrative Strength/Flex II- Beginner Mat Yoga

This is a beginner and gentle yoga class. An introduction to yoga breathing and meditation is included. Gentle stretches and movements with these postures will help to improve flexibility, strength, balance, and range of motion. The yoga postures are introduced at a simple level and for students with some experience, more challenging options are given. The postures are held for a short period followed by a relaxation posture. Practice of balance is also emphasized.

Suggested equipment: a non-slip “sticky” mat and a belt, strap, or old tie.

John Cochran: Instructor

HTH-947-908 – Mondays, 10/2 – 12/4/23 from 8:30- 9:30 a.m.

HTH-947-909 – Wednesdays, 10/4 – 12/6/23 from 8:30- 9:30 a.m.

HTH-947-910 – Fridays, 10/6 – 12/15/23 from 8:30- 9:30 a.m.

Integrative Strength/ Flex II- Yoga Nidra

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

Sharon Harty: Instructor

HTH-947-919 – Wednesdays, 10/4 – 12/6/2023 from 6:00- 7:00 pm.

Anne Arundel Community College

Fitness Online Course Descriptions

Integrative Strength/ Flex II- Yoga

We will learn how to quiet the mind, body, and spirit, preparing the body for a peaceful sleep at night while restoring the body's perfect internal balance. Using Hatha yoga, a system of physical postures, purifies the body, giving one awareness and control over its internal states, rendering it fit for meditation as well as strengthening internal organs, and promoting relaxation- all benefits produced at the same time! Of course, we'll use wonderful soundtracks of meditation music during our class, and we will learn proper breathing techniques with different yoga moves. It is truly amazing how this meditative "art" of Hatha Yoga, an ancient fitness mode can relax, strengthen, improve breathing patterns, heal internal organs, and promote meditation, simultaneously! Come join our class for a more peaceful rest at night, and relaxed mind, body and soul always.

Adrienne Collins: Instructor

HTH-947-911 – Mondays, 10/2 – 12/4/2023 from 5:00- 6:00 p.m.

Integrative Strength/ Flex II- Mat Yoga

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

Mandy Jellerichs: Instructor

HTH-947-921 – Wednesdays, 10/4 – 12/6/2023 from 9:00- 10:00 a.m.

Integrative Strength/ Flex II- Yogalates

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

Mandy Jellerichs: Instructor

HTH-947-922 – Thursdays, 10/5 – 12/14/2023 from 4:00- 5:00 p.m.

Anne Arundel Community College

Fitness Online Course Descriptions

NEW! Integrative Strength & Flexibility II- Meditation with Yoga

Start the week off right with this Mon. morning class designed to relax, restore, and revitalize your whole being – mind, body, and spirit! No experience necessary! We'll begin seated, with 5-10 min. of deep breathing and gentle stretches before transitioning to a comfortable, reclined position for the full, guided relaxation experience. Each week will feature a different variation --- for ex: Yoga Nidra, progressive relaxation, guided visualization, and others. Lastly, the practice concludes with a return to seated for a brief series of movements coordinated with the breath (simple sequences) to reenergize the entire system. More than just a nice treat for yourself (and, that it certainly IS!) this comprehensive practice:

- detoxifies the body and calms the nervous systems,
- relieves stress and muscle tension (which can lead to chronic fatigue),
- promotes mental clarity and supports memory and cognitive function,
- cultivates a sense of inner ease, equanimity, and overall well-being!

You will need: a stable seat AND stable, comfortable place to recline AND the ability to easily transition between the two. At least one blanket to fold and use as a "prop." Comfortable clothing and non-skid socks.

Tina Marks: Instructor

HTH-947-937 – Mondays, 10/2 – 12/4/2023 from 10:45- 11:45 a.m.