

# Anne Arundel Community College

## Fitness Online Course Descriptions

### **CARDIO CONDITIONING**

#### **Cardiovascular Conditioning- Aerobics + Weights (optional)**

Fabi will present you with an energetic, upbeat aerobics class that is sure to get your body moving. This is a great workout for students of most levels. You must be mobile enough to move easily forward, back, and side to side. Class begins with a 10-minute warm up, progresses to 40 minutes of aerobic fun using dumbbells (optional) and finishes with a 10-minute cool-down and stretch infused with smiles and laughs. Don't miss it!

**Fabiola Forste: Instructor**

**HTH-943-106 – Mondays, 1/8- 3/18/24 from 8:00- 9:00 a.m.**

**HTH-943-107 – Wednesdays, 1/10- 3/13/24 from 8:00- 9:00 a.m.**

**HTH-943-108– Fridays, 1/12- 3/15/24 from 8:00- 9:00 a.m.**

#### **Cardiovascular Conditioning- Aerobic Dance**

Come try this fun dance fitness class for a whole-body workout for your health, heart, and mind. The fitness class will start 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-943-101 – Mondays, 1/8- 3/18/2024 from 9:00- 10:00 a.m.**

**HTH-943-102 – Wednesdays, 1/10- 3/13/2024 from 9:00- 10:00 a.m.**

**HTH-943-103 – Fridays, 1/12- 3/15/2024 from 9:00- 10:00 a.m.**

#### **Cardiovascular Conditioning- Zumba Gold**

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

**Sandra Infante-Ludlum: Instructor**

**HTH-943-110 – Fridays, 1/12- 3/15/2024 from 9:00- 10:00 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-903-106 – Thursdays, 1/11- 3/14/24 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-903-101 – Sundays, 1/7- 3/10/24 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-926-103 – Mondays & Fridays, 1/8- 3/25/2024 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-926-101 – Tuesdays & Thursdays, 1/16- 3/21/2024 from 12:00- 1:00 p.m.**

# Anne Arundel Community College

## Fitness Online Course Descriptions

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### **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-945-107 – Thursdays, 1/18- 3/21/2024 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-926-105 – Tuesdays & Thursdays, 1/9- 3/14/2024 from 9:30- 10:30 a.m.**

### **Functional Conditioning 3- Aerobics & Strength**

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

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

**Adrienne Collins: Instructor**

**HTH-945-108 – Fridays, 1/19- 3/22/2024 from 9:00- 10:00 a.m.**

### **Functional Conditioning 3- Aerobics/ Strength**

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

**Susan Campana: Instructor**

**HTH-945-103 – Mondays, 1/8- 3/18/2024 from 10:30- 11:30 a.m.**

**HTH-945-106 – Mondays, 1/8- 03/18/2024 from 4:00- 5:00 p.m.**

**HTH-945-104 – Wednesdays, 1/10- 3/13/2024 from 9:00- 10:00 a.m.**

**HTH-945-105 – Wednesdays, 1/10- 3/13/2024 from 10:30- 11:30 a.m.**

**HTH-945-102 – Thursdays, 1/11- 3/14/2024 from 4:00- 5:00 p.m.**

**HTH-945-101 – Saturdays, 1/13- 3/16/2024 from 10:00- 11:00 a.m.**

# Anne Arundel Community College

## Fitness Online Course Descriptions

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### **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 weights (3-5pounds) are needed along with a mat and hardbacked chair.

**Jeanine Ove: Instructor**

**HTH-945-113 – Mondays, 1/8- 3/18/2024 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 on your joints. Low-impact, total-body workout with focus on a strong core, and a lifted booty. We will stretch, work on balance, coordination and use light weights. We will listen to fun energizing music as we do a full body workout. Suggested Equipment: Weights 1-lb to 5-lbs

**Sandra Infante-Ludlum: Instructor**

**HTH-945-114 – Tuesdays, 1/9- 3/12/2024 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 1<sup>st</sup> Degree Nia Black Belt Instructor.

**Claudia Salomon: Instructor**

**HTH-945-121 – Wednesdays, 1/10- 3/13/2024 from 10:00- 11:00 a.m.**

**HTH-945-122 – Fridays, 1/12- 3/15/2024 from 10:00- 11:00 a.m.**

### **Functional Conditioning 3- Aerobics Strength**

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

**Beni Davis: Instructor**

**HTH-945-111 – Saturdays, 1/13- 3/16/24 from 11:00 a.m.- 12:00 p.m.**

# Anne Arundel Community College

## Fitness Online Course Descriptions

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### **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-925-101 – Mondays, Wednesdays, & Fridays, 1/8- 3/18/24 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-945-128 – Thursdays, 1/11- 3/14/2024 from 9:30- 10:30 a.m.**

## **LINE DANCE**

### **HLOA: Line Dance Beginner**

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

**Katie McVitty: Instructor**

**HTH-901-101 – Mondays and Wednesdays, 1/8- 3/18/24 from 2:30- 4:00 p.m.**

### **HLOA: Line Dance Intermediate**

Line dancing is a great way for people of all ages to get in shape and have fun! If you have experience in line dancing and would like a challenge, this is the class for you! It is geared toward the intermediate level and includes new dances. Various genres of music will be used.

**Sarah Jose: Instructor**

**HTH-904-104 – Fridays, 1/12- 3/15/24 from 10:15- 11:15 a.m.**

# Anne Arundel Community College

## Fitness Online Course Descriptions

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### **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-902-102 – Tuesdays, 1/9- 3/12/24 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-935-106 – Tuesdays & Thursdays, 1/9- 3/14/2024 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-935-107 – Tuesdays & Thursdays, 1/9- 3/14/2024 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 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-935-102 – Tuesdays & Thursdays, 1/9- 3/14/2024 from 9:30- 10:30 a.m.**

# Anne Arundel Community College

## Fitness Online Course Descriptions

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### **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 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-940-105 – Tuesdays, 1/9- 3/12/2024 from 10:30- 11:30 a.m.**

**HTH-940-106 – Thursdays, 1/11- 3/14/2024 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-940-103 – Wednesdays, 1/17- 3/20/2024 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-940-104 – Wednesdays, 1/10- 3/13/2024 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 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.

**Claudia Salomon: Instructors**

**HTH-940-109 – Tuesdays, 1/9- 3/12/2024 from 8:30- 9:30 a.m.**

# Anne Arundel Community College

## Fitness Online Course Descriptions

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### **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-903-120 – Fridays, 1/12- 3/15/24 from 12:00- 1:00 p.m.**

#### **Adapted Physical Education- Seated Chair Exercise**

This class is perfect for anyone with any physical limitations. Fabi will take you through a combination of movements to get the body energized. Seated stretching, weight work and small balls are used to condition your upper and lower body. This class includes balance exercise.

**Fabiola Forste: Instructor**

**HTH-936-103 – Tuesdays & Thursdays, 1/9- 3/14/24 from 8:00- 9:00 a.m.**

#### **Adapted Physical Education- Seated Chair Exercise**

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

Suggested Equipment: hand weights, chair

**Adrienne Collins: Instructor**

**HTH-936-102 – Tuesday & Thursdays, 1/16- 3/21/2024 from 11:00 a.m.- Noon**

#### **Adapted Physical Education II- Seated Chair Exercise**

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

**Deborah Halley: Instructor**

**HTH-939-109 – Mondays, 1/8- 3/18/2024 from 10:00- 11:00 a.m.**

**HTH-939-108 – Wednesdays, 1/10- 3/13/2024 from 10:00- 11:00 a.m.**



# Anne Arundel Community College

## Fitness Online Course Descriptions

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### **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-939-103 – Wednesdays, 1/10- 3/13/24 from 11:00 a.m.- 12:00 p.m.**

**HTH-939-104 – Fridays, 1/12- 3/15/24 from 11:00 a.m.- 12:00 p.m.**

### **Adapted Physical Education II- Chair Yoga**

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

**Adrienne Collins: Instructor**

**HTH-939-107 – Thursdays, 1/18- 3/21/2024 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-939-113 – Thursdays, 1/11- 3/14/2024 from 8:30- 9:30 a.m.**

### **Adapted Physical Education- Chair Yoga**

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

Suggested Equipment: sturdy chair, water

**Cheryl Beecher: Instructor**

**HTH-939-101 – Tuesdays, 1/9- 3/12/24 from 9:30- 10:30 a.m.**

**HTH-939-102 – Fridays, 1/12- 3/15/24 from 9:30- 10:30 a.m.**

# Anne Arundel Community College

## Fitness Online Course Descriptions

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### **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-903-102 – Mondays, 1/8- 3/18/24 from 9:00- 10:00 a.m.**

**HTH-903-104 – Thursdays, 1/11- 3/14/24 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-939-120 – Fridays, 1/12- 3/15/2024 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-939-126 – Mondays, 1/8- 3/18/2024 from 9:30- 10:30 a.m.**

**HTH-939-127 – Wednesdays, 1/10- 3/13/2024 from 9:30- 10:30 a.m.**

**HTH-939-128 – Wednesdays, 1/10- 3/13/2024 from 10:45- 11:45 a.m.**

# Anne Arundel Community College

## Fitness Online Course Descriptions

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### **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-939-119 – Mondays, 1/8- 3/18/2024 from 9:30- 10:30 a.m.**

### **Adapted Physical Education - Seated Tai Chi**

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

**Young Lee: Instructor**

**HTH-939-117 – Mondays, 1/8- 3/18/24 from 2:00- 3:00 p.m.**

**HTH-939-118 – Wednesdays, 1/10- 3/13/24 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-939-129 – Thursdays, 1/11- 3/14/2024 from 10:30- 11:30 a.m.**

# Anne Arundel Community College

## Fitness Online Course Descriptions

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### **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-928-103 – Tuesdays, 1/9- 3/12/2024 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-928-104 – Tuesdays, 1/9- 3/12/2024 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-928-101 – Thursdays, (Beg/Int), 1/11- 3/14/24 from 1:15- 2:15 p.m.**

# Anne Arundel Community College

## Fitness Online Course Descriptions

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### **NEW! HLOA: Qigong for Health**

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

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

Benefits:

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

**Mei Yu Green: Instructor**

**HTH-903-103 – Mondays, 1/8- 3/18/24 from 10:15- 11:15 a.m.**

**HTH-903-105 – Thursdays, 1/11- 3/14/24 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-928-111 – Wednesdays, 1/10- 3/13/24 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-928-110 – Tuesdays, 1/9- 3/12/24 from 9:30- 10:30 a.m.**

# Anne Arundel Community College

## Fitness Online Course Descriptions

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### **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-944-104 – Mondays, 1/8- 3/18/2024 from 8:15- 9:15 a.m.**

**HTH-944-103 – Wednesdays, 1/10- 3/13/2024 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-944-101 – Mondays, 1/8- 3/18/24 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.

**Claudia Salomon: Instructor**

**HTH-944-108 – Fridays, 1/12- 3/15/2024 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-947-115 – Tuesdays, 1/9- 3/12/2024 from 10:45- 11:45 a.m.**

**HTH-947-113 – Thursdays, 1/11- 3/14/2024 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-947-120 – Sundays, 1/7- 3/10/2024 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-947-114 – Thursdays, 1/11- 3/14/2024 from 9:30- 10:30 a.m.**

# Anne Arundel Community College

## Fitness Online Course Descriptions

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### **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-947-128 – Mondays, 1/8- 3/18/2024 from 10:45- 11:45 a.m.**

**HTH-947-129 – Fridays, 1/12- 3/15/2024 from 9:30- 10:30 a.m.**

**HTH-947-130 – Fridays, 1/12- 3/15/2024 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-947-121 – Mondays, 1/8- 3/18/2024 from 12:00- 1:00 p.m.**

**HTH-947-122 – Fridays, 1/12- 3/15/2024 from 11:30 a.m.- 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-934-101 – Wednesdays, 1/10- 3/13/24 from 12:15- 1:30 p.m.**

### **Integrative Strength/ Flex II- Yogalates**

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

**Mandy Jellerichs: Instructor**

**HTH-947-119 – Thursdays, 1/11- 3/14/2024 from 4:00- 5:00 p.m.**



# Anne Arundel Community College

## Fitness Online Course Descriptions

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### **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-947-101 – Tuesdays, 1/9- 3/12/24 from 10:15- 11:15 a.m.**

**HTH-947-102 – Thursdays, 1/11- 3/14/24 from 10:15- 11:15 a.m.**

### **Integrative Strength/ Flex Tech- Beginner/Intermediate Mat Yoga**

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

**John Cochran: Instructor**

**HTH-934-103 – Tuesdays, 1/9- 3/12/24 from 8:30- 9:45 a.m.**

**HTH-934-104 – Thursdays, 1/11- 3/14/24 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-947-105 – Mondays, 1/8- 3/18/24 from 8:30- 9:30 a.m.**

**HTH-947-106 – Wednesdays, 1/10- 3/13/24 from 8:30- 9:30 a.m.**

**HTH-947-107 – Fridays, 1/12- 3/15/24 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-947-116 – Wednesdays, 1/10- 3/13/2024 from 6:00- 7:00 pm.**

# Anne Arundel Community College

## Fitness Online Course Descriptions

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### **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-947-108 – Mondays, 1/22- 3/25/2024 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-947-118 – Wednesdays, 1/10- 3/13/2024 from 9:00- 10:00 a.m.**

### **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-947-123 – Mondays, 1/8- 3/18/2024 from 10:45- 11:45 a.m.**