

# Anne Arundel Community College

## 2024 Spring General and Fitness Online Course

### Descriptions

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#### Table of Contents

<b>GENERAL ONLINE COURSE DESCRIPTIONS.....</b>	<b>1</b>
<b>ART CLASSES .....</b>	<b>1</b>
<b>COMPUTER CLASSES.....</b>	<b>4</b>
<b>HEALTH &amp; SCIENCE .....</b>	<b>7</b>
<b>HISTORY .....</b>	<b>8</b>
<b>PERSONAL ENRICHMENT.....</b>	<b>10</b>
<b>PHOTOGRAPHY.....</b>	<b>12</b>
<b>WORLD LANGUAGE .....</b>	<b>13</b>
<b>CONVERSATIONAL SIGN LANGUAGE.....</b>	<b>13</b>
<b>FRENCH.....</b>	<b>13</b>
<b>SPANISH.....</b>	<b>16</b>
<b>WRITING/LITERATURE.....</b>	<b>17</b>
<b>FITNESS ONLINE COURSE DESCRIPTIONS .....</b>	<b>16</b>
<b>CARDIO CONDITIONING.....</b>	<b>18</b>
<b>DANCE.....</b>	<b>19</b>
<b>FUNCTIONAL CONDITIONING.....</b>	<b>19</b>
<b>LINE DANCE .....</b>	<b>22</b>
<b>PILATES/CORE STABILITY .....</b>	<b>23</b>
<b>SEATED EXERCISE .....</b>	<b>24</b>
<b>TAI CHI/BALANCE.....</b>	<b>28</b>
<b>WEIGHT TRAINING FOR OLDER ADULTS .....</b>	<b>30</b>
<b>YOGA .....</b>	<b>31</b>

# Anne Arundel Community College

## General Online Course Descriptions

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### 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-904-201 – Mondays, 4/1- 5/20/24 from 2:00- 3:30 p.m.**

**ATS-904-202 – Wednesdays, 4/3- 5/22/24 from 2:00- 3:30 p.m.**

#### Art Education for Older Adults: The History of Women in the Arts

Women Artists You Should Know Part II: American Women Artists 1830-1930

We will discover women's Portraiture, featuring Sarah Miriam Peale, Cecilia Beau, Ellen Emmet Rand, Laura Wheeler Waring, Anna Claypoole Peale, and Lillian Martin Spencer. Who Ever Heard of a Woman Sculptor? Harriet Hosmer & Elisabet Ney.

**Nancy Davis-Buck: Instructor**

**ART-916-201 – Tuesdays, 4/2- 5/21/24 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-912-201 – Tuesdays, 4/2- 6/4/24 from 2:00- 4:00 p.m.**

#### DPAO: Mixed Media Art

This course offers the student a general understanding of the unique strengths and weaknesses of using various mediums. 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-912-214 – Fridays, 4/5- 6/14/2024 from 10:00 a.m.- 12:00 p.m.**

# Anne Arundel Community College

## General Online Course Descriptions

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### **DPAO: Painting**

Learn more about painting with oils or acrylic. This 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-913-202 – Thursdays, 4/4- 6/13/2024 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-913-203 – Mondays, 4/1- 6/17/2024 from 9:00- 11:30 a.m.**

### **DPAO: Drawing**

Improve your drawing ability by learning to draw using 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-912-213 – Thursdays, 4/4- 6/13/2024 from 10:00 a.m.- 12:00 p.m.**

# Anne Arundel Community College

## General Online Course Descriptions

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### **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-913-204 – Tuesdays, 4/2- 6/18/2024 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-913-206 – Fridays, 4/5- 5/24/2024 from 10:00 a.m.- 1:00 p.m.**

### **DPAO: Chinese Brush Painting**

Students will 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 (sumi-e painting). Experiment with ink and color. Discover the materials and the brush strokes to be able to apply this technique. Experience simplicity and meditation while learning to recognize the mind-body connection of frame of mind and self-cultivation, as well as how it affects one's artistic expression. It's also good to learn something new and for those wanting to improve their Chinese brush painting scales. Students will identify art venues and determine sales potential.

**Mei Yu Green: Instructor**

**CRE-912-211 – Tuesdays, 4/2- 6/4/24 from 12:00- 2:00 p.m.**

# Anne Arundel Community College

## General Online Course Descriptions

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### **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-913-205 – Tuesdays, 4/2- 6/18/2024 from 9:30 a.m.- 12:30 p.m.**

## **COMPUTER CLASSES**

### **NEW! Apple Spotlight: iPhone Calendar**

Discover the benefits of using the iPhone calendar app to its full potential. Learn and enjoy keeping a calendar and explore the effortless ways to add a calendar event, share a calendar with another user and manage an iPhone calendar.

**Donna MacAuley-Shoemaker: Instructor**

**CTT-925-201 – Thursdays, 5/2- 5/23/24 from 12:00- 2:00 p.m.**

### **NEW! Apple Spotlight: iPhone Photos**

Practice using the basics of your iPhone camera settings to create the best photo or video possible from your device. Discover enhancements you can create for all images, and in what manner the iPhone categorizes your photos. Discuss best practices to safely share photos across platforms such as social media, iPhone apps, messages, and email.

**Donna MacAuley-Shoemaker-Instructor**

**CTT-926-201- Thursdays, 4/4- 4/25/24 from 12:00- 2:00 p.m.**

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

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

**Carmella Doty: Instructor**

**CTT-922-201 – Fridays, 4/5- 5/24/24 from 11:00 a.m.- 12:45 p.m.**

# Anne Arundel Community College

## General Online Course Descriptions

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### **NEW! Apple Notes: A Comprehensive Study**

Keep up with the latest Apple updates for the iOS Notes feature. Practice using the Notes App for Quick Notes, and additional advanced uses of the Notes application. Create grids, format notes, add videos, photos, links, and recipes directly from the source.

Note: Appropriate for iPhone, iPad, and Mac computer users.

**Donna MacAuley-Shoemaker: Instructor**

**CTT-924-201 – Tuesdays, 4/2- 5/21/24 from 12:00- 2:00 p.m.**

### **NEW! Social Media: Best Practices and Tips**

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

**Tarsheka Thompson: Instructor**

**CTT-904-201 – Thursdays, 4/4- 6/6/24 from 11:00 a.m.- 12:30 p.m.**

### **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-919-201 – Fridays, 4/12- 5/31/24 from 9:00- 10:55 a.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-913-201 – Tuesdays, 4/2- 6/4/24 from 3:00- 4:30 p.m.**

### **Google Tools: Google Drive with A.I.**

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

**Carmella Doty: Instructor**

**CTT-916-201 – Fridays, 4/5- 5/24/24 from 1:30- 3:30 p.m.**

# Anne Arundel Community College

## General Online Course Descriptions

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### **Intro to MAC Computers**

Examine the features and functionality of the MAC computer and Apple's MacOS. Explore basic settings, the menu bar and dock, folders, managing iPhoto's, calendars, email set up and text messaging.

**Donna MacAuley-Shoemaker: Instructor**

**CPT-993-201 – Tuesdays, 4/2- 5/21/24 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, and draw shapes and lines.

**Lorian Lipton: Instructor**

**CTT-902-201 – Thursdays, 4/4- 6/6/24 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.

**Tarsheka Thompson: Instructor**

**CPT-991-201 – Thursdays, 4/4- 6/6/24 from 9:30- 11:00 a.m.**

### **iPhone Advanced**

In this class students will build upon iPhone skills and review topics learned in iPhone Intermediate. The class will then focus on exploring additional applications with iOS software. They will explore photo editing, cloud storage, Bluetooth pairing, advanced accessibility settings used for disabilities, troubleshooting techniques, and more.

**Donna MacAuley Shoemaker: Instructor**

**CPT-995-201 – Thursdays, 4/4- 5/23/24 from 9:30- 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.

**Artraelle Boyette-Kelly: Instructor**

**CPT-992-201 – Fridays, 4/5- 6/7/24 from 10:00- 11:30 a.m.**

# Anne Arundel Community College

## General Online Course Descriptions

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### **HEALTH & SCIENCE**

#### **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-903-205 – Tuesdays, 4/2- 5/21/24 from 2:00- 3:00 p.m.**

#### **In Sickness & In Health: How Does My Body Work? The Respiratory System**

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 structure, functions & disorders of the respiratory system.

**Carol Veil: Instructor**

**HTH-948-201 – Mondays, 4/1- 6/10/24 from 1:30 p.m.- 3:00 p.m.**

**HTH-948-202 – Wednesdays, 4/3- 6/12/24 from 1:30 p.m.- 3:00 p.m.**

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

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

**Alice Yeager: Instructor**

**HTH-904-216 – Tuesdays, 4/2- 5/21/24 from 1:00- 2:30 p.m.**

#### **HLOA: Healing, Intuitive and Creative Arts**

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

**Alice Yeager: Instructor**

**HTH-904-217 – Thursdays, 4/4- 5/23/24 from 1:00- 2:30 p.m.**



# Anne Arundel Community College

## General Online Course Descriptions

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### HISTORY

#### **Great Bookstores of the World: Shakespeare and Company**

Explore the history of the Paris bookstore Shakespeare and Company, its impact on Lost Generation authors, and Beat Generation authors. Examine the many ways the Shakespeare and Company Bookstore has impacted great literary works of our past.

**Marcy Gouge: Instructor**

**ERC-913-201 – Fridays, 4/5- 4/19/24 from 2:00- 4:00 p.m.**

#### **Armchair Travel: Provence & Southern France**

Travel along with us to study the history and culture of Provence and Southern France. Imagine taking a train ride from Paris to Avignon, visiting the Palace of the Popes and tasting the heralded food of Lyon, the Culinary Capital of the World. Discover the part of the France that nurtured Cezanne, 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-918-201– Tuesdays, 4/2- 4/23/24 from 11:30 a.m.- 1:30 p.m.**

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#### **NEW! Tank Warfare in World War II**

Examine tank warfare in World War II, including the vehicles and tactics that played a decisive role in the conflict.

**Kenneth Forest: Instructor**

**HRY-917-201 – Sundays, 4/7- 6/9/24 from 11:00 a.m.- 1:00 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 focus on Andrew Jackson. Book Recommendation: The Life of Andrew Jackson, by Robert Remini. ISBN# 13-978-0061807886

**Lester Brooks: Instructor**

**HSY-903-201 – Wednesdays, 4/3- 6/5/24 from 11:00 a.m.- 12:30 p.m.**

# Anne Arundel Community College

## General Online Course Descriptions

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### **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-990-201 – Wednesdays, 4/3- 6/5/24 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-998-201 – Thursdays, 4/4- 5/23/24 from 1:00- 3:30 p.m.**

### **Women of Achievement**

Study the past, present, and future of women in film in ---BACKWARDS and IN HEELS by Alicia Malone. Biographical documentaries about film stars will also be included.

**Pat Tate: Instructor**

**HST-937-202 – Tuesdays, 5/1- 6/26/24 from 10:00 a.m.- 12:00 p.m.**

### **Notable Women of the World**

Read biographies of Royals, Heiresses, Eccentrics, and other Poor little Rich Girls in -Women of Means, by Marlene Wagman-Geller—2019.

**Pat Tate: Instructor**

**HRY-901-201 – Wednesdays, 5/1- 6/5/24 from 1:00- 3:00 p.m.**

### **Contemporary Literature**

Read and discuss short stories from THE BEST AMERICAN MYSTERY STORIES OF THE YEAR—2023— Amor Towles -EDITOR.

**Pat Tate: Instructor**

**ENG-919-201 – Thursdays, 5/2- 6/27/24 from 1:00- 3:30 p.m.**

# Anne Arundel Community College

## General Online Course Descriptions

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### **PERSONAL ENRICHMENT**

#### **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-993-201 – Tuesdays, 4/2- 5/21/24 from 11:00 a.m.- 1:00 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-902-201 – Tuesdays, 4/2- 5/21/24 from 10:00- 11:00 a.m.**

#### **Gardening: Beyond the Basics**

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

**Kim Forry: Instructor**

**HOR-903-201 – Wednesdays, 4/3- 5/22/24 from 10:00- 11:00 a.m.**

#### **Emergency Preparedness for Seniors**

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

**Tim Watson: Instructor**

**ERC-911-201 – Mondays, 4/1- 4/15/24 from 11:30 a.m.- 1:30 p.m.**

# Anne Arundel Community College

## General Online Course Descriptions

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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. Note: This course is designed for students getting ready for Medicare before 65 and it also discusses what happens once you are in it and how you can change things as you move along.

**Ron Deacon: Instructor**

**ERC-912-201 – Wednesdays, 4/3- 4/17/224 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-930-201 – Fridays, 4/5- 5/10/24 from 4:00- 7:00 p.m.**

### **Music and Arts: American Impressionist Landscape Artists**

We shall continue with our tour of American paintings. We have studied the landscapes, now we'll turn our attention to the American Impressionists. We'll study the work of artists like James Whistler and Mary Cassatt, but there are other American Impressionists whose names are not so familiar. We shall meet them too, discuss their lives and style, accompanied by music that helps to express the mood of each work of art.

**Nancy Davis Buck/ Jane Kraemer: Instructors**

**ATS-903-201 – Thursdays, 4/4- 5/9/2024 from 9:30- 11:30 a.m.**

### **Masterpieces in Symphonic Music: Two Thousand Years of Music in Several Hours**

This is a survey course dealing with the development of Western music from earliest times to the present day. It begins with an overview, so students can see where music has been and predict where it is going. A discussion about ancient music and the music of the Greeks and Romans is included, but the main thrust is Western music from Gregorian chant to the computer age. Although general background and related arts are included, the main focus is on the music itself, its development, some representative composers, and the most effective ways of listening to it.

**Jane Kraemer: Instructor**

**MUC-905-201 – Tuesdays, 4/2- 6/4/2024 from 9:00- 11:00 a.m.**

**MUC-905-202 – Thursdays, 4/4- 6/6/2024 from 1:00- 3:00 p.m.**

# Anne Arundel Community College

## General Online Course Descriptions

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### 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-910-201 – Thursdays, 4/4- 5/16/24 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-950-201 – Thursdays, 4/4- 6/6/24 from 10:00 a.m.- 12:00 p.m.**

**ENR-950-202 – Thursdays, 4/4- 6/6/24 from 1:00- 3:00 p.m.**

## 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 but not required. (Note: Smartphone videography will be touched upon, but not covered in depth).

**Christine Edwards: Instructor**

**PHO-921-201- Mondays, 4/1- 5/20/2024 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-920-201 – Mondays, 4/1- 6/10/24 from 1:00- 3:00 p.m.**

# Anne Arundel Community College

## General Online Course Descriptions

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### 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-904-203 – Thursdays, 4/11- 6/13/24 from 1:00- 2:30 p.m.**

##### Conversational Sign Language: Level 2

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

**Peggy Bruce: Instructor**

**SLG-903-201 – Thursdays, 4/11- 6/13/24 from 11:30 a.m.- 1:00 p.m.**

#### 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 Gryzko: Instructor**

**LGA-903-201 – Mondays, 4/1- 6/17/24 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-903-202 – Mondays, 4/1- 6/10/24 from 3:00- 4:30 p.m.**

# Anne Arundel Community College

## General Online Course Descriptions

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### **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-920-201 – Tuesdays, 4/2- 6/4/24 from 2:00- 3:30 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 Gryzko: Instructor**

**LGE-983-201 – Wednesdays, 4/3- 6/12/24 from 8:55 a.m.- 10:55 a.m.**

### **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 Gryzko: Instructor**

**LGA-914-202 – Mondays, 4/1- 6/17/24 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, "Grammaire en dialogues" by Claire Miquel is used along with excerpts from 20<sup>th</sup>, and 21<sup>st</sup> centuries literary works provided by the instructor. Students are expected to complete homework weekly and hold basic conversations as well as begin to express opinions and thoughts about the videos and their readings.

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

**Nathalie Davis-Haslbeck: Instructor**

**LGA-914-201 – Wednesdays, 4/3- 6/5/24 from 10:00- 11:30 a.m.**

# Anne Arundel Community College

## General Online Course Descriptions

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### **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-914-203 – Mondays, 4/1- 6/10/24 from 10:30 a.m.- 12:00 p.m.**

### **French Intermediate 2**

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

**Edite Torres: Instructor**

**LGA-935-201 – Thursdays, 4/4- 6/6/24 from 10:30 a.m.- 12:00 p.m.**

### **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 is required for this class.

**Sophie Gryzko: Instructor**

**LGA-926-201 – Mondays, 4/1- 6/17/24 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 Gryzko: Instructor**

**LGA-907-201 – Wednesdays, 4/3- 6/12/24 from 11:00 a.m.- 1:00 p.m.**



# Anne Arundel Community College

## General Online Course Descriptions

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### 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-923-201 – Fridays, 4/5- 6/7/24 from 9:00- 10:30 a.m.**

### 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 2<sup>nd</sup> Edition*, by [Gilda Nissenberg](#); *Easy Spanish Reader*, any edition by William T. Tardy.

**Carol Orme: Instructor**

**LGE-967-201 – Tuesdays, 4/2- 6/4/24 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-969-201 – Tuesdays, 4/2- 6/4/24 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-933-201 – Tuesdays, 5/14- 6/25/24 from 12:00- 2:15 p.m.**

# Anne Arundel Community College

## General Online Course Descriptions

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### **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-924-201 – Wednesdays, 4/3- 6/5/24 from 9:30- 11:30 a.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-932-201 – Wednesdays, 4/3- 6/5/24 from 1:30- 3:30 p.m.**

## **WRITING**

### **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-956-201 – Tuesdays, 4/2- 6/4/24 from 10:00 a.m.- 12:00 p.m.**

**LGE-956-202 – Thursdays, 4/4- 6/6/24 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-911-201 – Wednesdays, 4/3- 6/5/24 from 10:00 a.m.- 12:00 p.m.**

# 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-943-206 – Mondays, 4/1- 6/10/24 from 8:00- 9:00 a.m.**

**HTH-943-207 – Wednesdays, 4/3- 6/5/24 from 8:00- 9:00 a.m.**

**HTH-943-208 – Fridays, 4/5- 6/7/24 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-943-201 – Mondays, 4/1- 6/3/2024 from 9:00- 10:00 a.m.**

**HTH-943-202 – Wednesdays, 4/3- 6/5/2024 from 9:00- 10:00 a.m.**

**HTH-943-203 – Fridays, 4/5- 6/7/2024 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-943-210 – Fridays, 4/5- 6/14/2024 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-903-211 – Thursdays, 4/4- 6/6/24 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-903-204 – Sundays, 4/7- 6/9/24 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-926-203 – Mondays & Fridays, 4/1- 6/17/2024 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-926-201 – Tuesdays & Thursdays, 4/2- 6/6/2024 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-945-207 – Thursdays, 4/4- 6/6/2024 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.

**Heterra Nuiriankh- Instructor**

**HTH-926-205 – Tuesdays & Thursdays, 4/2- 6/6/24 from 9:30- 10:30 a.m.**

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

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

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

**Adrienne Collins: Instructor**

**HTH-945-208 – Fridays, 4/5- 6/7/2024 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-945-203 – Mondays, 4/1- 6/10/2024 from 10:30- 11:30 a.m.**

**HTH-945-206 – Mondays, 4/1- 6/10/2024 from 4:00- 5:00 p.m.**

**HTH-945-204 – Wednesdays, 4/3- 6/5/2024 from 9:00- 10:00 a.m.**

**HTH-945-205 – Wednesdays, 4/3- 6/5/2024 from 10:30- 11:30 a.m.**

**HTH-945-202 – Thursdays, 4/4- 6/6/2024 from 4:00- 5:00 p.m.**

**HTH-945-201 – Saturdays, 4/6- 6/8/2024 from 10:00- 11:00 a.m.**

# Anne Arundel Community College

## Fitness Online Course Descriptions

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### **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-945-214 – Tuesdays, 4/2- 6/11/2024 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-945-221 – Wednesdays, 4/3- 6/5/2024 from 10:00- 11:00 a.m.**

**HTH-945-223 – Fridays, 4/5- 6/7/2024 from 10:00- 11:00 a.m.**

### **Functional Conditioning 3: Latin Vibe**

Health, wellness, movement, dance with a Latin twist. This class experience will combine Spanish, Caribbean, Central/South American, traditional and folkloric dance movement.

Each class will be giving a basic background on the traditional and cultural aspect of the dance(s).

Each session is tailored towards whole body workout to improve mobility, flexibility, agility, mobility, strength and stability.

**Claudia Salomon: Instructor**

**HTH-945-222 – Thursdays, 4/4- 6/6/2024 from 11:00 a.m.- Noon**

### **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-945-211 – Saturdays, 4/6- 6/8/24 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-925-201 – Mondays, Wednesdays, & Fridays, 4/1- 6/7/24 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-945-231 – Thursdays, 4/4- 6/6/2024 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-901-201 – Mondays and Wednesdays, 4/1- 6/10/24 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-904-203 – Fridays, 4/5- 6/7/24 from 10:15- 11:45 a.m.**

# Anne Arundel Community College

## Fitness Online Course Descriptions

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### PILATES/CORE STABILITY

#### **Core Stability Techniques- Intermediate Pilates**

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

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

**Heterrsa Nuiriankh: Instructor**

**HTH-935-211 – Tuesdays & Thursdays, 4/2- 6/6/24 from 8:30- 9:30 a.m.**

#### **Core Stability Techniques- Beginner Pilates**

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

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

**Heterrsa Nuiriankh: Instructor**

**HTH-935-210 – Tuesdays & Thursdays, 4/2- 6/6/24 from 10:30- 11:30 a.m.**

#### **Core Stability Techniques- Pilates**

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

Suggested Equipment: 1-pound hand weights.

**Jeanine Ove: Instructor**

**HTH-935-206 – Tuesdays & Thursdays, 4/2- 6/6/2024 from 9:30- 10:30 a.m.**

#### **Core Stability Techniques II- Core Strengthening**

This is an intermediate class which incorporates exercises targeted to improve core muscle (abdomen, back, shoulder and pelvic girdles), total body (upper and lower) strengthening. Students will be challenged but are encouraged to work within their own limits. Exercises will include a wall space for wall planks, wall chair etc. A variety of exercises that require getting on and off the floor are part of the experience. Suggested Equipment: Wall space, Chair, Mat, Weights, knee pads.

**Claudia Salomon: Instructors**

**HTH-940-207 – Tuesdays, 4/2- 6/4/2024 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-903-226 – Fridays, 4/5- 6/7/24 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-936-203 – Tuesdays & Thursdays, 4/2- 6/6/24 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-936-202 – Tuesday & Thursdays, 4/2- 6/6/2024 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-939-208 – Mondays, 4/1- 6/10/2024 from 10:00- 11:00 a.m.**

**HTH-939-207 – Wednesdays, 4/3- 6/5/2024 from 9:00- 10:00 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-939-203 – Wednesdays, 4/3- 6/5/24 from 11:00 a.m.- 12:00 p.m.**

**HTH-939-204 – Fridays, 4/5- 6/7/24 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-939-206 – Thursdays, 4/4- 6/6/2024 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-939-212 – Thursdays, 4/11- 6/27/2024 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-939-201 – Tuesdays, 4/2- 6/4/24 from 9:30- 10:30 a.m.**

**HTH-939-202 – Fridays, 4/5- 6/7/24 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-903-214 – Mondays, 4/1- 6/10/24 from 9:00- 10:00 a.m.**

**HTH-903-210 – Thursdays, 4/4- 6/6/24 from 10:05- 11:05 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-939-219 – Fridays, 4/5- 6/7/2024 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.

Suggested Equipment: sturdy chair

### **Gretchen Serinis: Instructor**

**HTH-939-225 – Mondays, 4/1-6/10/24 from 9:30- 10:30 a.m.**

**HTH-939-226 – Wednesdays, 4/3-6/5/24 from 9:30- 10:30 a.m.**

**HTH-939-227 – Wednesdays, 4/3-6/5/24 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-939-218 – Mondays, 4/1- 6/10/2024 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-939-216 – Mondays, 4/1- 6/10/24 from 2:00- 3:00 p.m.**

**HTH-939-217 – Wednesdays, 4/3- 6/5/24 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 who has physical limitations. All movements are done seated in a chair and the moves are simple and gentle. You will use hand weights, resistance bands, and balls to maintain and strengthen your upper and lower body. Also included in this class are simple cardio routines which will aid in brain training and maintaining your coordination. **Note: For your safety, please wear sneakers to class. No crocs, flip flops, sandals, or slides allowed.**

**Akiko Stefanovich: Instructor**

**HTH-939-230 – Thursdays, 4/4- 6/6/2024 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-928-203 – Tuesdays, 4/2- 6/4/24 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-928-204 – Tuesdays, 4/2- 6/4/24 from 8:30- 9:30 a.m.**

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

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

**Mei Yu Green: Instructor**

**HTH-928-201 – Thursdays, 4/4- 6/6/24 from 1:00- 2:00 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-903-207 – Mondays, 4/1- 6/10/24 from 10:05- 11:05 a.m.**

**HTH-903-208 – Thursdays, 4/4- 6/6/24 from 11:10 a.m.- 12:10 p.m.**

### **Functional Mobility & Balance – Beginner Tai Chi**

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

**Young Lee: Instructor**

**HTH-928-212 – Wednesdays, 4/3- 6/5/24 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-928-211 – Tuesdays, 4/2- 6/4/24 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-944-204 – Mondays, 4/1- 6/10/2024 from 8:15- 9:15 a.m.**

**HTH-944-203 – Wednesdays, 4/3- 6/5/2024 from 10:00- 11:00 a.m.**

#### Weight Training for Older Adults- Strength

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

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

**Susan Campana: Instructor**

**HTH-944-201 – Mondays, 4/1- 6/10/24 from 12:15- 1:15 p.m.**

#### Weight Training for Older Adults- Strength

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

**Claudia Salomon: Instructor**

**HTH-944-208 – Fridays, 4/5- 6/7/2024 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 for ease of movement in the poses, use a yoga mat to prevent slipping (or try to be on a non-slippery surface-some folks use yoga socks)! Try to have enough clear space around you to open your arms and legs wide!*

**Sharon Harty: Instructor**

**HTH-947-216 – Tuesdays, 4/2- 6/4/2024 from 10:45- 11:45 a.m.**

**HTH-947-214 – Thursdays, 4/4- 6/6/2024 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-947-221 – Sundays, 4/7- 6/16/2024 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-947-215 – Thursdays, 4/4- 6/6/2024 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-947-230 – Mondays, 4/1- 6/10/24 from 10:45- 11:45 a.m.**

**HTH-947-231 – Fridays, 4/5- 6/07/24 from 9:30- 10:30 a.m.**

**HTH-947-232 – Fridays, 4/5- 6/7/24 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-947-222 – Mondays, 4/1- 6/10/2024 from 12:00- 1:00 p.m.**

**HTH-947-223 – Fridays, 4/5- 6/7/2024 from 11:30 a.m.- 12:30 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-947-220 – Thursdays, 4/4- 6/6/2024 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 reduces the stress and anxiety we may have through relaxation, breathing, and meditation techniques. This class is for the active senior whether you are new to Yoga or experienced in Yoga. Modifications are made for all levels.

Required Equipment: two yoga blocks, a yoga strap and yoga mat

**Michele Adair: Instructor**

**HTH-947-201 – Tuesdays, 4/2- 6/4/24 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-934-202 – Tuesdays, 4/2- 6/4/24 from 8:30- 9:45 a.m.**

**HTH-934-203 – Thursdays, 4/4- 6/6/24 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-947-206 – Mondays, 4/1- 6/10/24 from 8:30- 9:30 a.m.**

**HTH-947-207 – Wednesdays, 4/3- 6/5/24 from 8:30- 9:30 a.m.**

**HTH-947-208 – Fridays, 4/5- 6/7/24 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-947-217 – Wednesdays, 4/3- 6/5/2024 from 6:00- 7:00 pm.**

# Anne Arundel Community College

## Fitness Online Course Descriptions

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### **HLOA: Yoga Nidra**

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

**Gretchen Serinis: Instructor**

**HTH-902-204 – Mondays and Wednesdays, 4/1- 6/10/24 from 4:30- 5:30 p.m.**

### **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-947-209 – Mondays, 4/1- 6/10/2024 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-947-219 – Wednesdays, 4/3- 6/5/2024 from 9:00- 10:00 a.m.**

# Anne Arundel Community College

## Fitness Online Course Descriptions

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### **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-947-224 – Mondays, 4/1- 6/10/2024 from 10:45- 11:45 a.m.**