

Anne Arundel Community College

Main Campus: In Person Course Descriptions

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FITNESS

Functional Conditioning II-Aerobics/Strength

This class is designed to increase balance, cardiovascular conditioning, and strength by using weights, exercise balls, bands, bars and a mat or chair. Class starts with a warmup and stretch followed by low impact aerobics to increase our heart rates. After that we will be alternating strength training and cardiovascular exercises. Class will end with some core strength exercises and stretching. On Thursdays, we will incorporate some time in the fitness center to round out our workout. This class will cover all major muscle groups for a total body workout. All workouts to great music!

Karen Fields: Instructor

HTH-926-202 – Tuesdays and Thursdays, 4/2- 6/6/24 from 8:00- 9:00 a.m.