

Anne Arundel Community College

2024 FALL General and Fitness

Online Course Descriptions

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General Online Course Descriptions

ART CLASSES

Art History

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

Tisha Richardson: Instructor

ATS-904-901 – Mondays, 10/7- 11/25/2024 from 2:00- 3:30 p.m.

ATS-904-902 – Wednesdays, 10/9- 11/27/2024 from 2:00- 3:30 p.m.

Art Education for Older Adults: French Impressionism

“The Painters of Modern Life”

Nancy Davis-Buck: Instructor

ART-916-901 – Tuesdays, 10/8- 11/26/2024 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-912-901 – Tuesdays, 10/8- 12/10/2024 from 2:00- 4:00 p.m.

DPAO: Painting

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

David Lawton: Instructor

CRE-913-902 – Thursdays, 10/10- 12/19/2024 from 12:30- 3:30 p.m.

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General Online Course Descriptions

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-912-913 – Thursdays, 10/10- 12/19/2024 from 10:00 a.m.- 12:00 p.m.

DPAO: Pastels

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

David Lawton: Instructor

CRE-913-903 – Tuesdays, 10/8- 12/10/2024 from 1:00- 3:30 p.m.

DPAO: Watercolors

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

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

David Lawton: Instructor

CRE-913-904 – Tuesdays, 10/8- 12/10/2024 from 9:30 a.m.- 12:30 p.m.

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General Online Course Descriptions

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-913-905 – Fridays, 10/11- 12/6/2024 from 10:00 a.m.- 1:00 p.m.

DPAO: Chinese Calligraphy

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

Mei Yu Green: Instructor

CRE-912-912 – Tuesdays, 10/8- 12/10/2024 from 9:00- 11:00 a.m.

COMPUTER CLASSES

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-926-901- Tuesdays, 11/5- 11/26/2024 from 12:00- 2:00 p.m.

NEW! Apple Pages for Beginners: iPad and Mac Computer

Explore the basics of using Apple's word processing software, Pages, to create stunning professional documents on an iPad or Mac. Get comfortable with the basic tools and features of the software and progress to creating, editing and formatting text using Apple-designed templates or your own designs.

Donna MacAuley-Shoemaker: Instructor

CTT-927-901- Tuesdays, 10/8- 10/29/2024 from 12:00- 2:00 p.m.

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General Online Course Descriptions

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

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

Carmella Doty: Instructor

CTT-922-901 – Fridays, 10/11- 12/6/2024 from 11:00 a.m.- 12:45 p.m.

Canva Basics: Online Graphic Design

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

Carmella Doty: Instructor

CTT-919-901 – Fridays, 10/11- 12/20/24 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-913-901 – Tuesdays, 10/8- 12/10/2024 from 3:00- 4:30 p.m.

Google Tools Deep Dive: Mastering Google Drive and AI Integration

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. Unlock the full potential of Google Workspace with this course on Google Drive and Artificial Intelligence (AI). Learn the functionalities of Google Drive, Google Docs, and Google Slides. Expand your expertise by exploring additional tools like Google Forms, Google Shopping, Google Maps. Learn to seamlessly integrate AI to enhance productivity and streamline your workflow. Join us and transform the way you work with Google Workspace.

Carmella Doty: Instructor

CTT-916-901 – Fridays, 10/11- 12/6/2024 from 1:30- 3:30 p.m.

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General Online Course Descriptions

iPhone: Tips, Tricks, and Troubleshooting

Review the many features connected to Apple iPhone. Discover the common issues with an iPhone and the tips and tricks to fix them. Experiment with accessibility settings, syncing with iCloud, and best practices to prevent an issue. Students will practice in small group breakout segments via Zoom. Note: This class is designed for Basic and Intermediate levels.

Donna MacAuley-Shoemaker: Instructor

CTT-908-901 – Tuesdays, 10/8- 11/26/2024 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-992-901 – Fridays, 10/11- 12/20/2024 from 9:30- 11:00 a.m.

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-903-902 – Tuesdays, 10/8- 11/26/2024 from 2:00- 3:00 p.m.

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

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-904-909 – Tuesdays, 10/8- 12/3/2024 from 1:00- 2:30 p.m.

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General Online Course Descriptions

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-904-910 – Thursdays, 10/10- 12/5/2024 from 1:00- 2:30 p.m.

In Sickness & In Health: How Does My Body Work? The Urinary 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 urinary system, including the structure, functions & disorders of the kidneys & urinary bladder.

Carol Veil: Instructor

HTH-948-901 – Mondays, 10/7- 12/16/2024 from 1:30- 3:00 p.m.

HTH-948-902 – Wednesdays, 10/9- 12/18/2024 from 1:30- 3:00 p.m.

HISTORY

The Outer Hebrides of Northern Scotland

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

Marcy Gouge: Instructor

HSY-905-901 – Wednesdays, 10/16- 10/30/2024 from 2:00- 4:00 p.m.

NEW! Armchair Travel: Alaska THE Last Frontier

Explore Alaska's history while learning about the unusual characters who have molded modern Alaska. Delve deep into the interior of the 49th state to Denali Park, Talkeetna and Fairbanks through a travel journey on the Alaska Railroad. Note: Senior Cycle fee class. Students must be 55 years or older by the start date to enroll in this class.

Marcy Gouge: Instructor

ERC-921-901 – Thursdays, 10/17- 10/31/2024 from 2:00- 4:00 p.m.

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General Online Course Descriptions

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 Theodore Roosevelt. Book Requirement: T.R., The Last Romantic, by H.W. Brands ISBN:13-9780-465-06959-0.

Lester Brooks: Instructor

HSY-903-901 – Wednesdays, 10/9- 12/11/2024 from 11:00 a.m.- 12:30 p.m.

Women Who Changed the World

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

Janet Cogliano: Instructor

HRY-990-901 – Wednesdays, 10/9- 12/11/2024 from 1:00- 3:00 p.m.

History of Cakes: A Taste Thru Time

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

Janet Cogliano: Instructor

HRY-914-901 – Thursdays, 10/10- 12/19/2024 from 1:00- 3:00 p.m.

Women of Achievement-Women in Politics

Explore the women who fought for suffrage and the women who have held political offices. Learn about their efforts and accomplishments. Readings will be assigned each week from “Women in Politics” by Mary Chung Hayashi.

Pat Tate: Instructor

HST-937-901 – Tuesdays, 10/8- 11/19/2024 from 1:00- 3:00 p.m.

Women of Achievement-Women in Maryland

Learn about women in Maryland’s history and the roles they played in the state. Read and discuss “Wild Women of Maryland”. The readings will be assigned each week and biographical videos will be shown.

Pat Tate: Instructor

HST-937-902 – Wednesdays, 10/9- 11/27/2024 from 1:00- 3:00 p.m.

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General Online Course Descriptions

Notable Women of the World-Women in World War II

Study the Women of World War II to include spies, military leaders, medical personnel and Rosie the Riveter. Learn how important their roles were in this time of our country. Readings will be assigned each week and videos will be shown. Book for class is "Valiant Women" by Lena Andrews—available used at Amazon.

Pat Tate: Instructor

HRY-901-901 – Mondays, 10/7- 11/11/2024 from 3:00- 5:00 p.m.

Contemporary Literature

Read and discuss Amor Towles "Table for Two". Discussion questions are sent out prior to class. Additional materials and reading are added throughout the session.

Pat Tate: Instructor

ENG-919-901 – Thursdays, 10/10- 12/5/2024 from 1:00- 3:30 p.m.

PERSONAL ENRICHMENT

Basic Gardening

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

Kim Forry: Instructor

HOR-902-901 – Tuesdays, 10/8- 11/26/2024 from 10:00- 11:00 a.m.

Gardening: Beyond the Basics

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

Kim Forry: Instructor

HOR-903-901 – Wednesdays, 10/9- 11/27/2024 from 10:00- 11:00 a.m.

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General Online Course Descriptions

Current Issues

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

Steve Cohen: Instructor

ENR-950-901- Thursdays, 10/10- 12/19/2024 from 10:00 a.m.-12:00 p.m.

ENR-950-902 -Thursdays, 10/10- 12/19/2024 from 1:00- 3:00 p.m.

Foreign Cultures In-Focus

This course will explore the cultures of various foreign countries through films which we will watch and discuss. Note: New Film Series for Fall 2024.

Rebecca Bene: Instructor

LGA-930-901 – Fridays, 10/11- 11/15/2024 from 4:00- 7:00 p.m.

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-912-901 – Wednesdays, 10/9- 10/23/2024 from 12:30- 2:30 p.m.

Masterpieces in Symphonic Music: Development of the Symphony

The symphony, the genre most often found on programs performed by symphony orchestras, has been shaped for over 250 years by ever-changing musical tastes and styles – from seventeenth century Baroque practices to twentieth-century experimentation. The overall style of each period - Classic, Romantic, or modern - has been impacted by the individuality of each composer, producing unique differences within the symphonic structure while maintaining its identity as symphonic form. We shall trace the development of the symphony from its origins in the Baroque forms through the Viennese Classical masters and the nineteenth century Romantics to the symphony of today.

Jane Kraemer: Instructor

MUC-905-901 – Tuesdays, 10/8- 12/10/2024 from 9:00- 11:00 a.m.

MUC-905-902 – Thursdays, 10/10- 12/19/2024 from 1:00- 3:00 p.m.

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General Online Course Descriptions

Emergency Preparedness for Seniors

Discover how to prepare for a potential or actual emergency. Prepare for Hurricanes, severe storm and extended power outages using practical firsthand tips, tricks, and suggestions on what a senior citizen and their family should do to before, during and after an emergency occurs. This class will cover a brief overview of how things are designed to work and resources available on the city, county, state and federal 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 (Boots on the ground) experience with Emergency Management including FEMA, State Emergency Management, and the Red Cross.

Tim Watson: Instructor

ERC-911-901 – Mondays, 10/7- 10/21/2024 from 11:30 a.m.- 1:30 p.m.

Creative Writing

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

Susan Moger: Instructor

ENC-911-901- Wednesdays, 10/9- 12/11/2024 from 10:00 a.m.- 12:00 p.m.

Autobiography Writing

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

Susan Moger: Instructor

LGE-956-901 – Tuesdays 10/8- 12/10/2024 from 10:00 a.m.- 12:00 p.m.

LGE-956-902 – Thursdays, 10/10- 12/19/2024 from 2:00 p.m.- 4:00 p.m.

PHOTOGRAPHY

Intermediate Digital Photography

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

Robert Hendry: Instructor

PHO-920-901 – Mondays, 10/7- 12/9/2024 from 1:00- 3:00 p.m.

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General Online Course Descriptions

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. Book: Learn American Sign Language James W. Guido ISBN# ISBN 978-1577151074

Peggy Bruce: Instructor

SLG-904-903 – Thursdays, 10/10- 12/19/2024 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. Book: Learn American Sign Language James W. Guido ISBN# ISBN 978-1577151074

Peggy Bruce: Instructor

SLG-903-901 – Thursdays, 10/10- 12/19/2024 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 Gryszko: Instructor

LGA-903-901 – Mondays, 10/7- 12/9/2024 from 9:00- 11:00 a.m.

Beginning French – Part 2

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

Edite Torres: Instructor

LGA-903-902 – Mondays, 10/7- 12/09/2024 from 3:00- 4:30 p.m.

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General Online Course Descriptions

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: Façon de Parler 2 Intermediate French, Fifth Edition, Aries and Debney ISBN#: 978-1-4441-8122-7.

Sophie Gryszko: Instructor

LGE-983-901 – Wednesdays, 10/9- 12/11/2024 from 9:00 a.m.- 11:00 a.m.

Beginning French II – Part 2

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

Edite Torres: Instructor

LGA-920-901 – Tuesdays, 10/8- 12/10/2024 from 2:00- 3:30 p.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: Façon de Parler 2 Intermediate French, Fifth Edition, Aries and Debney ISBN#: 978-1-4441-8122-7.

Sophie Gryszko: Instructor

LGA-914-902 – Mondays, 10/7- 12/9/2024 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 20th, and 21st 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-914-901 – Wednesdays, 10/9- 12/11/2024 from 10:00- 11:30 a.m.

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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-914-903 – Mondays, 10/7- 12/9/2024 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-935-901– Thursdays, 10/10- 12/19/2024 from 10:30 a.m.- 12:00 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-907-901 – Wednesdays, 10/9- 12/11/2024 from 11:00 a.m.- 1:00 p.m.

French Language, Customs, and Literature

This course seeks to develop spoken and written skills as well as increase the student's knowledge of French culture and history. This course is an intermediate to lower advance class working on grammar, as well as reading a short novel ordered by the instructor. The grammar book used is "Communication progressive du français" Niveau Avance, Claire Miquel, ISBN-13: 978-2090382112. Students are expected to be able to do presentations in French and to hold conversations as well as express their thoughts and opinions. Current events and French History are discussed to enrich one's understanding of the novel. Weekly homework is assigned.

Nathalie Davis-Haslbeck: Instructor

LGA-923-901 – Fridays, 10/11- 12/20/2024 from 9:00- 10:30 a.m.

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General Online Course Descriptions

Conversational French

Practice asking and answering questions, practice dialogue at a French Market and in a restaurant. Explore travel from the United States to Paris, Provence, Normandy & Bordeaux as well as other regions and examine French chateaux (castles), the kings and queens, French culinary, wine, arts, Piaf. Textbook: 101 Conversations in Simple French, Richards. ISBN# 9781081648053.

Sophie Gryszko: Instructor

LGA-926-901 – Mondays, 10/7- 12/9/2024 from 1:00- 3:00 p.m.

ITALIAN

Beginning Italian

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

Richard Paterniti: Instructor

LGA-902-901 – Wednesdays, 10/9- 12/11/2024 from 10:00 a.m.- 12:00 p.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 2nd Edition*, by [Gilda Nissenberg](#); *Easy Spanish Reader*, any edition by William T. Tardy.

Carol Orme: Instructor

LGE-967-902 – Tuesdays, 10/8- 12/10/2024 from 9:30- 11:30 a.m.

Intermediate Spanish

Provide the adult student with a practical application of the Spanish language and acquire an appreciation of its culture and traditions through reading and writing assignments and in class discussion. Vocabulary building and conversation in a casual atmosphere will be stressed. Textbooks: *Practice Makes Perfect: Complete Spanish All-in-One, Premium Second Edition*, by Gilda Nissenberg; *Easy Spanish Reader*, any edition by William T. Tardy.

Carol Orme: Instructor

LGE-969-902 – Tuesdays, 10/8- 12/10/2024 from 1:30- 3:30 p.m.

Anne Arundel Community College

General Online Course Descriptions

Advanced Spanish

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

Carol Orme: Instructor

LGA-924-901 – Wednesdays, 10/9- 12/11/2024 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-932-901 – Wednesdays, 10/9- 12/11/2024 from 1:30- 3:30 p.m.

Spanish Conversation: Beginning – Intermediate

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

Ingrid Jackson: Instructor

LGA-933-901 – Tuesdays, 10/8- 12/10/2024 from 12:00- 2:00 p.m.

Anne Arundel Community College

Fitness Online Course Descriptions

CARDIO CONDITIONING

Cardiovascular Conditioning- Aerobic Dance

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

Dottie Conway: Instructor

HTH-943-901 – Mondays, 10/7- 12/9/2024 from 9:00- 10:00 a.m.

HTH-943-902 – Wednesdays, 10/9- 12/11/2024 from 9:00- 10:00 a.m.

HTH-943-903 – Fridays, 10/11- 12/20/2024 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-943-907 – Fridays, 10/11- 12/20/2024 from 8:00- 9:00 a.m.

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 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-903-907 – Thursdays, 10/10- 12/19/2024 from 9:00- 10:00 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

HLOA: Dance

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

Beni Davis: Instructor

HTH-903-901 – Sundays, 10/6- 12/15/2024 from 10:00- 11:00 a.m.

FUNCTIONAL CONDITIONING

Functional Conditioning II- 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-926-903 – Mondays & Fridays, 10/7- 12/16/2024 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-926-901 – Tuesdays & Thursdays, 10/8- 12/17/2024 from 12:00- 1:00 p.m.

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-945-907 – Thursdays, 10/10- 12/19/2024 from 9:00- 10:00 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Functional Conditioning II- Aerobics & Strength

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

Heterrsa Nuiriankh: Instructor

HTH-926-905 – Tuesdays & Thursdays, 10/8- 12/17/2024 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-945-908 – Fridays, 10/11- 12/20/2024 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-945-903 – Mondays, 10/7- 12/9/2024 from 10:30- 11:30 a.m.

HTH-945-906 – Mondays, 10/7- 12/9/2024 from 4:00- 5:00 p.m.

HTH-945-904 – Wednesdays, 10/9- 12/11/2024 from 9:00- 10:00 a.m.

HTH-945-905 – Wednesdays, 10/9- 12/11/2024 from 10:30- 11:30 a.m.

HTH-945-902 – Thursdays, 10/10- 12/19/2024 from 4:00- 5:00 p.m.

HTH-945-901 – Saturdays, 10/5- 12/14/2024 from 10:00- 11:00 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-945-914 – Tuesdays, 10/8- 12/10/2024 from 8:30- 9:30 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Functional Conditioning 3- Nia Technique

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

Claudia Salomon: Instructor

HTH-945-922 – Wednesdays, 10/9- 12/11/2024 from 10:00- 11:00 a.m.

HTH-945-924 – Fridays, 10/11- 12/20/2024 from 10:00- 11:00 a.m.

Functional Conditioning 3- Nia 5 Stages

Nia 5-Stages takes a focused look at integrative movement practice based on 5 developmental stages of the human experience, from Embryonic, Creeping, Crawling, Standing and Walking. Practiced with awareness, these stages have the power to facilitate optimal alignment, improved function, energy flow and comfort in the body. As a practice, Nia 5-Stages supports your body holistically to sustain mobility, flexibility, strength, agility and stability. The Nia 5-Stages floor to walking experience shows you how space becomes something you learn to touch, carve into, push and pull. Learn to blend linear, fluid, spiral and circular movement, **using the floor** as your playground. This 30-Minute Body's Way Voice + The Art of Somatic Guidance help in adapting and personalizing the experience. In the final 30-minutes various Nia 52 moves will be practiced to continue the body's way principle (your body/ the body).

Claudia Salomon: Instructor

HTH-945-923 – Thursdays, 10/10- 12/12/2024 from 8:30- 9:30 a.m.

Functional Conditioning 3- Aerobics Strength

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

Beni Davis: Instructor

HTH-945-910 – Saturdays, 10/5- 12/14/2024 from 11:00 a.m.- 12:00 p.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Functional Conditioning I- Strength & Stretch

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

Colleen Frank: Instructor

HTH-925-901 – Mondays, Wednesdays, & Fridays, 10/7- 12/16/2024 from 8:00- 9:00 a.m.

Functional Conditioning 3- Aerobics & Strength

This class is designed to increase balance, cardiovascular endurance, 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-945-932 – Thursdays, 10/10- 12/5/2024 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-901-901 – Mondays & Wednesdays, 10/7- 12/11/2024 from 2:30- 4:00 p.m.

Anne Arundel Community College

Fitness Online Course Descriptions

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 time but not mandatory}

Heterrsa Nuiriankh: Instructor

HTH-935-906 – Tuesdays & Thursdays, 10/8- 12/17/2024 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-935-905 – Tuesdays & Thursdays, 10/8- 12/17/2024 from 10:30- 11:30 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-940-906 – Tuesdays, 10/8- 12/10/2024 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, shavasana to incorporate the benefits of your practice. You will need a pillow, yoga straps or a belt and a good sturdy chair for class. Join us for a relaxing hour of flexibility, strengthening, balance and a sense of calm to wrap up your week.

Carrie Stein: Instructor

HTH-903-921 – Fridays, 10/11- 12/20/2024 from 1:00- 2:00 p.m.

Adapted Physical Education- Seated Chair Exercise

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

Suggested Equipment: hand weights, chair.

Adrienne Collins: Instructor

HTH-936-902 – Tuesday & Thursdays, 10/8- 12/17/2024 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-939-910 – Mondays, 10/7- 12/16/2024 from 10:00- 11:00 a.m.

HTH-939-909 – Wednesdays, 10/9- 12/11/2024 from 9:00- 10:00 a.m.

Adapted Physical Education II- Chair Yoga

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

Suggested Equipment: sturdy chair, water.

Cheryl Beecher: Instructor

HTH-939-903 – Wednesdays, 10/9- 12/11/2024 from 11:00 a.m.- 12:00 p.m.

HTH-939-904 – Fridays, 10/11- 12/20/2024 from 11:00 a.m.- 12:00 p.m.

Anne Arundel Community College

Fitness Online Course Descriptions

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-939-906 – Thursdays, 10/10- 12/19/2024 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-939-915 – Thursdays, 10/10- 12/19/2024 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-939-901 – Tuesdays, 10/8- 12/10/2024 from 9:30- 10:30 a.m.

HTH-939-902 – Fridays, 10/11- 12/20/2024 from 9:30- 10:30 a.m.

NEW! Adapted Physical Education – Trauma Informed Yoga

Every one of us carries trauma through our life experiences. This may be the cause of emotional, mental, and even physical pain.

Learn in our new trauma informed yoga class how to ease pain. We may not remember this trauma, but our body does. New research acknowledges the way we experience trauma and what we're able to do with that experience.

Benefits: Strengthens vagus nerve function; creates new neural pathways; increases self-awareness, self-care, and self-love. Also helps to manage stress and pain.

Please wear loose and comfortable clothing. A yoga strap, two blocks, and a blanket may be helpful.

Cheryl Beecher: Instructor

HTH-936-905 – Wednesdays, 10/9- 12/11/2024 from 9:30- 11:00 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

HLOA: Chair Tai Chi

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

Mei Yu Green: Instructor

HTH-903-910 – Mondays, 10/7- 12/9/2024 from 9:00- 10:00 a.m.

HTH-903-906 – Thursdays, 10/10- 12/19/2024 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-939-922 – Fridays, 10/11- 12/20/2024 from 9:30- 10:30 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, Parkinsons, MS and all who are looking for a little extra support in yoga class.

Suggested Equipment: sturdy chair

Gretchen Serinis: Instructor

HTH-939-927 – Mondays, 10/07-12/9/2024 from 9:30- 10:30 a.m.

HTH-939-928 – Wednesdays, 10/9-12/11/2024 from 9:30- 10:30 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Adapted Physical Education II- Chair Yoga/ Meditation

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

Tina Marks: Instructor

HTH-939-921 – Mondays, 10/7- 12/9/2024 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-939-919 – Mondays, 10/7- 12/16/2024 from 2:00- 3:00 p.m.

HTH-939-920 – Wednesdays, 10/9- 12/18/2024 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-939-930 – Thursdays, 10/10- 12/5/2024 from 10:30- 11:30 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

TAI CHI/BALANCE

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-928-904 – Tuesdays, 10/08- 12/10/2024 from 8:30- 9:30 a.m.

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-928-903 – Tuesdays, 10/08- 12/10/2024 from 10:00- 11:00 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-928-901 – Thursdays, 10/10- 12/19/2024 from 1:00- 2:00 p.m.

Anne Arundel Community College

Fitness Online Course Descriptions

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-903-903 – Mondays, 10/7- 12/9/2424 from 10:05- 11:05 a.m.

HTH-903-904 – Thursdays, 10/10- 12/19/2024 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-928-912 – Wednesdays, 10/9- 12/18/2024 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-928-911 – Tuesdays, 10/8- 12/17/2024 from 9:30- 10:30 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

WEIGHT TRAINING FOR OLDER ADULTS

Weight Training for Older Adults- Strength

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

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

Deborah Halley: Instructor

HTH-944-904 – Mondays, 10/7- 12/16/2024 from 8:15- 9:15 a.m.

HTH-944-903 – Wednesdays, 10/9- 12/11/2024 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-944-901 – Mondays, 10/7- 12/9/2024 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-944-908 – Fridays, 10/11- 12/20/2024 from 12:15- 1:15 p.m.

Anne Arundel Community College

Fitness Online Course Descriptions

YOGA

NEW! HLOA: Very Gentle Yoga

New to yoga? Or... have you already tried yoga and would like to experiment more... while also continuing your favorite poses either sitting or standing? No mat needed. We will not be getting down on the floor in this class. Have a chair ready to use (sometimes).

We will flow through sitting and standing poses, travel to a special place with a short meditation, and melt your cares away while challenging your balance, your body and mind.

Come join us for a relaxing, strength and balance-building Zen experience.

You won't even know you are exercising!

All levels welcome. No prior yoga experience needed.

Carrie Stein: Instructor

HTH-903-920 – Thursdays, 10/10- 12/19/2024 from 12:00-1:00 p.m.

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-947-910 – Tuesdays, 10/8- 12/10/2024 from 10:45- 11:45 a.m.

HTH-947-911 – Thursdays, 10/10- 12/19/2024 from 10:45- 11:45 a.m.

Integrative Strength/ Flex II- Yoga, Pilates and Strength

This class will improve joint flexibility 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-947-912 – Thursdays, 10/10- 12/19/2024 from 9:30- 10:30 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

Integrative Strength & Flexibility II- Mat Yoga

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

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

Gretchen Serinis: Instructor

HTH-947-924 – Mondays, 10/07- 12/9/2024 from 10:45- 11:45 a.m.

HTH-947-925 – Fridays, 10/11- 12/20/2024 from 9:30- 10:30 a.m.

HTH-947-926 – Fridays, 10/11- 12/20/2024 from 10:45- 11:45 a.m.

Integrative Strength/ Flex II- Beginner Mat Yoga

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.

Suggested Equipment: You will need a yoga “sticky” mat, and thick towel or blanket.

Tina Marks: Instructor

HTH-947-918 – Mondays, 10/7- 12/9/2024 from 11:00 a.m. - 12:00 p.m.

Integrative Strength/Flex II- Mat Yoga

The practice of Yoga is a holistic approach that improves the functionality of the mind, body, spirit, and awareness. The benefits of this practice improve flexibility, strength, concentration, and 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-947-901 – Tuesdays, 10/08- 12/10/2024 from 10:15- 11:15 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

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-934-902 – Tuesdays, 10/8- 12/17/2024 from 8:30- 9:45 a.m.

HTH-934-903 – Thursdays, 10/10- 12/19/2024 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-947-903 – Mondays, 10/7- 12/16/2024 from 8:30- 9:30 a.m.

HTH-947-904 – Wednesdays, 10/9- 12/18/2024 from 8:30- 9:30 a.m.

HTH-947-905 – Fridays, 10/11- 12/20/2024 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-947-914 – Wednesdays, 10/9- 12/11/2024 from 6:00- 7:00 pm.

Integrative Strength & Flexibility II- Yogalates- NEW!

This is a combination of **core strength and yoga stretch class on the mat**. Great way to wake up your body to start your day. Gentle warm up either floor or standing then some slow and steady core workout. Halfway through the class we have some yoga stretches to relax our mind and muscles. (We may occasionally use light dumbbells during some core exercises but not every week)

Akiko Stefanovich: Instructor

HTH-947-930 – Thursdays, 10/10- 12/5/2024 from 8:30- 9:30 a.m.

Anne Arundel Community College

Fitness Online Course Descriptions

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-902-903 – Tuesdays & Thursdays, 10/8- 12/17/2024 from 10:30- 11:30 a.m.

Integrative Strength/Flexibility II- Mat Yoga and Relaxation

Be sure to grab this Fri. morning **RELAX & RENEW with Tina** class to start your weekend off right. Mindful breathing techniques married with gentle yoga-based stretches, will: release muscle tension, relieve joint pain and stiffness, and detoxify the entire system. Modifications are offered throughout the practice, making it *highly adaptable, enjoyable, and beneficial* for participants at **all levels of experience and skill!** Stretches are demonstrated **seated on the floor (mat)** but can be performed in a *stable* chair instead, if needed or preferred. Next, we transition to a comfortable, **reclined position** (props encouraged!) for a deep, guided relaxation [also called a “*state of BLISS!*” by past participants!]. The combo of these distinct elements will: calm the nervous systems, support mental and cognitive function, promote physical strength and flexibility – *in a kinder, gentler way* - and cultivate a sense of inner ease and overall well-being!

Please note: this class is offered as a LIVE, interactive, shared experience in a warm, relaxed environment – or “virtual circle.” Instruction of the stretches [first half of class] is student-centered and engagement driven. All participants must be willing and able to actively engage using both audio and video capabilities of the Zoom platform. During the relaxation portion [last half of class], only audio is necessary.

Suggested Equipment: You will need a yoga “sticky” mat -AND- a comfortable place to recline -AND- the ability to easily transition between the two. At least one blanket to fold and use as a “prop.” Towels and pillows are also often useful. Comfortable clothing and non-skid socks.

Tina Marks: Instructor

HTH-947-919 – Fridays, 10/11- 12/20/2024 from 11:00 a.m. - Noon