

## John Cochran's Winter 2025 Classes

Some are presented via Zoom

Some are In Person at the named Senior Center

My classes start on Monday, October 7th, and all end by Friday, December 20th.

No classes on days listed below in red.

### **Chair Yoga In-Person** (College name: Adapted Physical Education)

Recommended Equipment: a light weight chair without arms; a light hand-held weights (1 - 2 lbs.); a tie, belt, or strap. (All equipment available at the senior center.)

**Annapolis** HTH-939-105 Tuesday 1:30pm to 2:30pm Ends Mar 11th

### **Gentle/Beginner Yoga** (College name: Integrative Strength/Flex)

Recommended Equipment: mat; belt, tie, or strap; pair of yoga blocks.

**Zoom\*** HTH-947-106 Monday 8:30 to 9:30am Ends Mar 17th **No class on Jan 20th.**

**Zoom\*** HTH-947-107 Wednesday 8:30 to 9:30am Ends Mar 12th

**Zoom\*** HTH-947-108 Friday 8:30 to 9:30am Ends Mar 14th

### **Beginner/Intermediate Yoga** (College name: Integrative Strength/Flex Tech)

Recommended Equipment: mat; belt, tie, or strap; pair of yoga blocks

**Zoom\*** HTH-934-102 Tuesday 8:30 to 9:45am Ends Mar 11th

**Annapolis** HTH-934-101 Wednesday 11:00am to 12:15pm Ends Mar 12th

**Zoom\*** HTH-934-103 Thursday 8:30 to 9:45am Ends Mar 13th

**Edgewater** HTH-934-104 Thursday 12:30pm to 1:45pm Ends Mar 13th

**\*Zoom** links are found on AACC.edu, in Canvas, **3 days prior to start** of class

### **Mat Pilates** (College name: Core Stability Techniques)

Recommended Equipment: mat; two light weights (1 - 4 lbs unless you regularly use weights) or a stretch band. All equipment is available at Annapolis Senior Center.

**Annapolis** HTH-940-102 Tuesday 12:30 to 1:30 (using stretch banks) Ends Mar 11th

**Annapolis** HTH-940-101 Thursday 10:30 to 11:30 (using weights) Ends Mar 13th

**This class is pending approval from the Annapolis Director and County officials.**

### **Yoga With A Chair** County Sponsored, no need to register

Recommended Equipment: a light weight chair without arms; a light hand-held weights (1 - 2 lbs.); a tie, belt, or strap.

Monday 11:00am to 12:00n

**Zoom:** <https://us02web.zoom.us/j/86801985138?pwd=bWlRNmVLdklhTjBBenhaMCthZjNzZz09>

Meeting ID: 868 0198 5138

Passcode: chair

Starts October 7th. Ends Mar 17th **No class on Jan 20th.**