

John Cochran's Summer 2025 Classes

Some are presented via Zoom

Some are In Person at the named Senior Center

My classes start on Monday, July 7th, and all end by Monday, September 29th.

No classes on days listed below in red.

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

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

Zoom* HTH-947-307 Monday 8:30 to 9:30am Ends Sep 29th No class Jul 28, Aug 4, Sep 1

Zoom* HTH-947-308 Wednesday 8:30 to 9:30am Ends Sep 17th No class Jul 30

Zoom* HTH-947-309 Friday 8:30 to 9:30am Ends Sep 19th No class Aug 1

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

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

Zoom* HTH-934-302 Tuesday 8:30 to 9:45am Ends Sep 9th No class Jul 29, Aug 5

Annapolis HTH-934-301 Wednesday 11:00am to 12:15pm Ends Sep 17th No class Jul 30

Zoom* HTH-934-303 Thursday 8:30 to 9:45am Ends Sep 18th No class Jul 31

Edgewater HTH-934-304 Thursday 12:30pm to 1:45pm Ends Sep 18th No class Jul 31

*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-940-302 Tuesday 12:30 to 1:30 (using stretch bands)

Ends Sep 23th No class Jul 29, Aug 5

Annapolis HTH-940-301 Thursday 10:30 to 11:30 (using weights) Ends Sep 18th No class Jul 31

Yoga With A Chair County Sponsored, no need to register

Recommended Equipment: a light weight chair without arms; 2 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 July 7th. Ends Sep 29th No class Jul 28, Aug 4, Sep 1