

## John Cochran's Fall 2025 Classes

Some are presented via Zoom

Some are In Person at the named Senior Center

My classes start on Monday, October 6th, and all end by Friday, December 19th.

No classes on days listed below in red.

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

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

Zoom\* HTH-947-905 Monday 8:30 to 9:30am

Zoom\* HTH-947-906 Wednesday 8:30 to 9:30am

Zoom\* HTH-947-907 Friday 8:30 to 9:30am No Class Nov 28th

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

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

Zoom\* HTH-934-903 Tuesday 8:30 to 9:45am

Annapolis HTH-934-902 Wednesday 11:00am to 12:15pm

Zoom\* HTH-934-904 Thursday 8:30 to 9:45am No Class Nov 11th

Edgewater HTH-934-905 Thursday 12:30pm to 1:45pm No Class Nov 11th

\*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-940-902 Tuesday 12:30 to 1:30 (using stretch banks) No Class Nov 11th

Annapolis HTH-940-901 Thursday 10:30 to 11:30 (using weights) No Class Nov 27th

### **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 October 6th.