

## John Cochran's Spring 2026 Classes

Some are presented via Zoom

Some are In Person at the named Senior Center

My classes start on Monday, April 6th, and all end by Monday, June 15th.

No classes on days listed below in red.

### Gentle/Beginner Yoga

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

Zoom\* HTH-947-204 Monday 8:30 to 9:30am Ends Jun 15th NO class May 25th

Zoom\* HTH-947-205 Wednesday 8:30 to 9:30am Ends Jun 10th

Zoom\* HTH-947-206 Friday 8:30 to 9:30am Ends Jun 12th

### Beginner/Intermediate Yoga

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

Zoom\* HTH-934-205 Tuesday 8:30 to 9:45am Ends Jun 9th

Annapolis HTH-934-204 Wednesday 11:00am to 12:15pm Ends Jun 10th

Zoom\* HTH-934-206 Thursday 8:30 to 9:45am Ends Jun 11th

Edgewater HTH-934-207 Thursday 12:30pm to 1:45pm Ends Jun 11th

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

### Mat Pilates

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-940-203 Tuesday 12:30 to 1:30 (using stretch bands) Ends Jun 9th

Annapolis HTH-940-202 Thursday 10:30 to 11:30 (using weights) Ends Jun 11th

### 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 Apr 6th. Ends June 15th.