

## **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**

**Annapolis** 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.