

John Cochran's Summer 2026 Classes

Some are presented via Zoom

Some are In Person at the named Senior Center

My classes start on Monday, July 6th, and all end by Monday, September 14th.

No classes on days listed below in red.

Gentle/Beginner Yoga

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

Zoom* HTH-947-304 Monday 8:30 to 9:30am Ends Sept 15th **NO class September 7th**

Zoom* HTH-947-305 Wednesday 8:30 to 9:30am Ends Sept 9th

Zoom* HTH-947-306 Friday 8:30 to 9:30am Ends Sept 11th

Beginner/Intermediate Yoga

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

Zoom* HTH-934-305 Tuesday 8:30 to 9:45am Ends Sept 8th

Annapolis HTH-934-304 Wednesday 11:00am to 12:15pm Ends Sept 9th

Zoom* HTH-934-306 Thursday 8:30 to 9:45am Ends Sept 10th

Edgewater HTH-934-307 Thursday 12:30pm to 1:45pm Ends Sept 10th

*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-940-302 Tuesday 10:30 to 11:30 (using stretch bands) Ends Sept 9th

Annapolis HTH-940-301 Thursday 10:30 to 11:30 (using weights) Ends Sept 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 July 6th. Ends Sept 14th. **NO class September 7th**