

John Cochran's Fall 2026 Classes

Some are presented via Zoom

Some are In Person at the named Senior Center

My classes start on Monday, October 5th, and all end by Monday, December 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-947-903 Monday 8:30 to 9:30am Ends Dec 7th

Zoom* HTH-947-904 Wednesday 8:30 to 9:30am Ends Dec 9th

Zoom* HTH-947-905 Friday 8:30 to 9:30am Ends Dec 18th NO class Nov 27th

Beginner/Intermediate Yoga

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

Zoom* HTH-956-906 Tuesday 8:30 to 9:45am Ends Dec 8th

Annapolis HTH-956-905 Wednesday 11:00am to 12:15pm Ends Dec 16th NO class Nov 11th

Zoom* HTH-956-907 Thursday 8:30 to 9:45am Ends Dec 17th NO class Nov 27th

Edgewater HTH-956-908 Thursday 12:30pm to 1:45pm Ends Dec 17th NO class Nov 27th

*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-957-904 Tuesday 10:30 to 11:30 (using stretch bands) Ends Dec 15th NO class Nov 3rd

Annapolis HTH-957-903 Thursday 10:30 to 11:30 (using weights) Ends Dec 17th 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 5th. Ends Dec 14th.