John Cochran's Winter 2027 Classes

Some are presented via Zoom

Some are In Person at the named Senior Center

My classes start on Monday, January 4th, and all end by Monday, March 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-947-103 Monday 8:30 to 9:30am Ends Mar 15th No class on Jan 18th

Zoom* HTH-947-104 Wednesday 8:30 to 9:30am Ends Mar 10th

Zoom* HTH-947-105 Friday 8:30 to 9:30am Ends Mar 12th

Beginner/Intermediate Yoga

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

Zoom* HTH-956-106 Tuesday 8:30 to 9:45am Ends Mar 9th

Annapolis HTH-956-105 Wednesday 11:00am to 12:15pm Ends Mar 10th

Zoom* HTH-956-107 Thursday 8:30 to 9:45am Ends Mar 11th

Edgewater HTH-956-108 Thursday 12:30pm to 1:45pm Ends Mar 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-957-105 Tuesday 10:30 to 11:30 (using stretch bands) Ends Mar 9th

Annapolis HTH-957-104 Thursday 10:30 to 11:30 (using weights) Ends Mar 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 January 4th. Ends Mar 15th. No class on Jan 18th