



FITNESS & WELLNESS

Energy Fusion (C/S601)

Join us to HIIT it with a fun, motivating exercise session. Don't want to leave home? Zoom this cardio/strength/core class & improve your fitness!

It's counterintuitive right? Expend energy to increase your energy? Join us and see for yourself! Exhilarating and invigorating cardio intervals use body weight and dumbbells to increase body metabolism, strength and improve mood. Get your mind set on High Intensity but Low Impact Intervals and join an amazing community of fun, energized and like-minded individuals who want to live their best life. Recent research shows that building muscle and developing strength is one of the most beneficial things you can do for your health and wellness, regardless of your fitness goals or age. Class includes warm up, intervals, resistance training, cool down and flexibility work. This class is designed to complement Thursday's Fusion Pilates class but can be taken separately. The instructor can suggest modifications for physical limitations. You will need a yoga mat, water, and 2-5 lb. Dumbbells. **This class will be offered in person or online.**

2/24 – 5/12, Monday (12 sessions)

4:45 PM – 5:45 PM

ACM: Online or In person -Western Region Correctional Training Bldg., Room 102

Instructor: Phyllis Washington, AFPA Personal Trainer, Pilates Level 3 Instructor, Group Fitness and Aqua Fitness Certifications

Course Cost: \$60

Maryland Senior Course Cost: \$60



Fusion Pilates (C/S604)

Accelerate your metabolism and build essential muscle for balance, strength and flexibility. Small group resistance training with a focus on Strength, Core Work and Stretching utilizing dumbbells (light and medium), stability ball, bands and bodyweight. Join an energetic group that puts in the effort to realize the significant rewards of feeling strong, flexible and capable. Muscle strength is essential for safely navigating daily life and remaining independent as we age. If you are interested in increasing your metabolism, strength, core strength and flexibility and developing a more positive body image and mood, we will be happy to add you to the class!

This class is designed to complement Monday's ENERGY FUSION class but can be taken separately. The instructor can suggest modifications for physical limitations. You will need a yoga mat, yoga strap, water, stability ball, dumbbells and a resistance band. **This class will be offered in person or online.**

2/27 – 5/22, Thursday (12 sessions)

No class 4/17

4:45 PM – 5:45 PM

ACM: Online or In person -Western Region Correctional Training Bldg., Room 102

Instructor: Phyllis Washington, AFPA Personal Trainer, Pilates Level 3 Instructor, Group Fitness and Aqua Fitness Certifications

Course Cost: \$60

Maryland Senior Course Cost: \$60



Beginner Flow Yoga (CHE807)

Slow-paced class using a variety of gentle stretching, strengthening, and balancing poses, along with a focus on breathing to increase circulation and reduce stress. Most classes will have a combination of meditation, breath work, and reclined/seated/standing positions.

2/24 – 5/12, Monday (12 sessions)

9:30 AM – 10:30 AM

Or

2/25 – 5/13, Tuesday (12 sessions)

5:30 PM – 6:30 PM

ACM: CC Loft

Instructor: Katy Smith

Course Cost: \$85

Maryland Senior Course Cost: \$85

Personal Enrichment & Wellness

Yin and Restore (CHE230)

Melt your stress at the end of the day by practicing the relaxing, renewing art of Yin Yoga. Yin yoga is a full body-mind practice. Its poses focus on the connective tissues of the body to support joint health, flexibility, range of motion, and a sense of balance. It also activates the parasympathetic nervous system, allowing the mind to relax and release tension. Designed for everyone (beginner or experienced), these gentle sessions offer a blend of seated

and reclining poses, supported by bolsters, blankets, blocks, and soft music that, when rested into, can be deeply restorative.

2/26 – 4/30, Wednesday (10 sessions)

5:00 PM – 6:00 PM

ACM: CC Loft

Instructor: Christina Collins-Smith

Course Cost: \$75

Maryland Senior Course Cost: \$75

ONLINE WELLNESS AND FITNESS CERTIFICATION COURSES

Allegany College of Maryland has partnered with GMP Fitness® to provide more than 70 self-paced online courses in health, nutrition, wellness, active aging, sports and fitness. We offer specialized credit and non-credit certifications and certificate programs.



Get CERTIFIED as a Holistic Health Fitness Coaching Specialist

This course provides information on how to better serve the age 50+ population regarding exercise, nutrition, and lifestyle and teaches the young how to maintain their youth. Acquire knowledge on exercise routines, diet, lifestyle, environment, and mental attitude modifications, how the human body works, different foods and vitamins. Online Accredited Advanced CAQ Certification Course. (The exam and a verified credential certificate are included in the price.)

Get CERTIFIED as a Balance and Fall Prevention Specialist

Provides an in-depth understanding of how to conduct meaningful assessments of function resources on falls and injury prevention and how to train older adults safely. You will be able to perform short and long physical performance battery assessments, easily implement exercises and activities, and provide balance and fall prevention training.

Get CERTIFIED as a Back Injury Prevention Specialist

With this course you get a step-by-step Specialist course that prepares you to implement a safe and integrated back exercise program for more efficient movement. Get new stabilization training techniques as a prerequisite to the general strengthening of the back and the surrounding musculature for rehab patients, athletes, and other fitness enthusiasts.

CERTIFICATE COURSE Eating Plans – Healthy Diet Tips

Learn why eating a diet rich in vegetables and fruits is one of the simplest ways to achieve sustainable health. Discover the importance of good hydration and tips for staying hydrated, learn names for added sugars on food labels and tips to cut down on added sugars. Get healthy eating tips for planning, enjoying, and getting the proper nutrients. Uncover how to boost your dietary fiber and limit the bad fats for better health and wellness and much more from this course.

Call 301-784-5341 to register