



Personal Enrichment and Wellness

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.**

9/29-12/15, 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.**

9/25-12/18, Thursday (12 sessions)

No class 11/27

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

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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.

9/15-12/8, Monday (12 sessions)

No class 11/24

9:30 AM - 10:30 AM

Or

9/16-12/9, Tuesday (12 sessions)

No class 11/25

5:30 PM - 6:30 PM

ACM: CC Loft

Instructor: Katy Smith

Course Cost: \$85

Maryland Senior Course Cost: \$85

Yin and Restore (CHE230)

This class is perfect for someone new to yoga or someone looking for a way to experience a relaxing yoga class with benefits! Yin yoga incorporates traditional yoga poses that are held for longer than in most yoga classes. These poses are mostly done seated or lying down. The result is a more relaxed style of yoga that focuses on the connective tissues of the body, promoting long term joint health. Restorative yoga poses are supported by props and held for an extended period of time. These poses will help melt your stress away at the end of the day!

9/4-11/20, Thursday (10 sessions)

No class 10/23 & 11/13

5:30 PM - 6:30 PM

ACM: CC Loft

Instructor: Cindy Zumbrun

Course Cost: \$75

Maryland Senior Course Cost: \$75