



Personal Enrichment and Wellness

FITNESS & WELLNESS

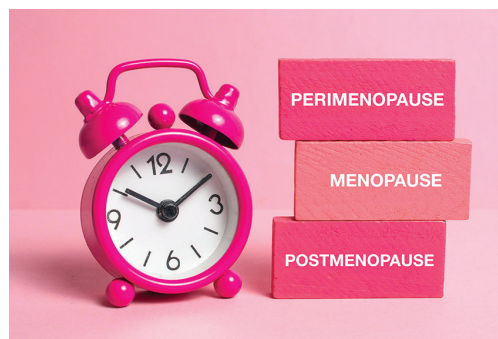
You're Not Crazy. You're in Hormonal Chaos! The Menopause Journey Explained. (C/S705)

Exhausted, foggy, anxious, and nobody can explain why? You're not alone, and you're not imagining it! This fully online course gives women 35 and over real, science-based answers about the menopause transition, from perimenopause to postmenopause, plus the tools to finally do something about it. It promises to be fun and engaging.



Instructor, LaVaughn Seepersad-Fayson is a Certified Menopause Coach and Educator with 100+ hours of dedicated menopause science training and the founder of CheeY_Geeky Menopause. She reads the research so you don't have to, and delivers it with a side of humor.

This course will be offered twice in Fall 2026.



9/15-10/6, Tuesday (4 sessions)

6-7:30PM

ONLINE

Instructor: LaVaughn Seepersad-Fayson

Course Cost: \$49 (digital companion workbook included)

Maryland Senior Course Cost: \$44

10/20-11/10, Tuesday (4 sessions)

6-7:30PM

ONLINE

Instructor: LaVaughn Seepersad-Fayson

Course Cost: \$49 (digital companion workbook included)

Maryland Senior Course Cost: \$44



\$20 Staff Discount
Courtesy of the
Wellness Committee

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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.

9/21-12/7, Monday (12 sessions)

4:45-5:45PM

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.

9/17-12/10, Thursday (12 sessions)

No class 11/26

4:45-5:45PM

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.

9/29-12/8, Tuesday (10 sessions)

No class 11/10

5:30-6:30PM

ACM: CC Loft

Instructor: Katy Smith

Course Cost: \$75

Maryland Senior Course Cost: \$75

9/28-12/7, Monday (10 sessions)

No class 11/30

9:30-10:30AM

ACM: CC Loft

Instructor: Katy Smith

Course Cost: \$75

Maryland Senior Course Cost: \$75

10/1-12/10, Thursday (8 sessions)

No Class 10/22, 11/12 and 11/26

5:30-6:30PM

ACM: CC Loft

Instructor: Katy Smith

Course Cost: \$65

Maryland Senior Course Cost: \$65



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INTERESTED IN TEACHING A FITNESS COURSE?

We are currently seeking an instructor for a Tuesday evening class.

If you are interested, please reach out to atomlinson@allegany.edu.