

Wellbeing @ ACM



6 Pillars of Wellbeing

<i>Social</i>	<i>Emotional</i>	<i>Financial</i>
<i>Physical</i>	<i>Purpose</i>	<i>Community</i>

[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!

2/1-4/18, Thursday (10 sessions)

No class 2/15 or 3/28

5:30-6:30 PM

ACM: 208 Tech Bldg.

Instructor: Cindy Zumbrun

Course Cost: \$75.00

Maryland Senior Course Cost: \$75.00

[Tai Chi Chih \(CHE224\)](#)

Tai Chi Chih is a form of Chi Kung consisting of 19 movements and one pose. This simple technique is easy and enjoyable to learn for people of all ages, including those who must perform it while seated. The beautiful flowing movements are relaxing, and are reported to reduce stress; regulate blood pressure; increase focus and concentration; improve balance, strength and circulation; improve immunity; and increase energy levels.

3/25-4/17, Mon. & Wed. (6 sessions)

No class 4/8 & 4/10

5:30-6:45 PM

ACM: Frostburg City Place

Instructor: Suanne Lewis

Course Cost: \$55.00

Maryland Senior Course Cost: \$55.00

CE Courses Eligible for \$20 Wellness Credit

As part of the College's wellbeing initiative, ACM's Physical Wellness Committee has once again secured a \$20 credit towards the cost of a wellness program each semester. If you want to take advantage of this generous opportunity, we have several class offerings available. Please contact the CE Registration office @ extension 5341 for further information or to register.

[Maintaining a Healthy Weight in America \(C/S609\)](#)

Join instructor Brent Simpson as he guides four, 1-hour classes through discussions on the "Standard American Diet" and maintaining a healthy weight while living in the greatest yet unhealthiest country in the world. He will weigh in on food culture in America, changing one's mindset about food, exercise, time restricted eating, and certain food principles that are a must to maintain a healthy lifestyle in the USA.

2/6-2/27, Tuesday (4 sessions)

5:00-6:00 PM

ACM: CE Bldg.

Instructor: Brent Simpson

Course Cost: \$40.00 Maryland Senior Course Cost: \$35.00

[Energy Fusion \(C/S601\)](#)

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 folks that 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 Core Fitness class but can be taken separately. The instructor can suggest modifications for physical limitations. You will need a yoga mat, water, and dumbbells 2-5 lbs.

2/5-5/13, Monday (14 sessions)

No class 3/4

4:45-5:45 PM

ACM: Online

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

Course Cost: \$56.00 Maryland Senior Course Cost: \$56.00

[Core Fitness \(C/S602\)](#)

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), core 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, core ball, dumbbells and a resistance band. This class will be offered in person or online.

2/8-5/23, Thursday (14 sessions)

No class 2/29 & 3/28

4:45-5:45 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: \$56.00 Maryland Senior Course Cost: \$56.00

[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.

1/22-4/8, Monday (12 sessions)

9:30-10:30 AM

Or

1/23-4/9, Tuesday (12 sessions)

5:30-6:30 PM

ACM: 208 Tech Bldg.

Instructor: Katy Smith

Course Cost: \$85.00 Maryland Senior Course Cost: \$85.00