



## Levy Center

### Virtual Fitness Classes

The Levy Center is hoping to keep as many people healthy and active during this time. Starting Monday, July 6<sup>th</sup> through the Saturday, August 30<sup>th</sup> we will be offering a majority of our normal classes and a few new ones virtually through Zoom. Please take a look below for a few notes of how to register and a list of class information:

- A valid email must be provided to register
- A Zoom link will be sent to you via email at least 24 hours prior to the 1<sup>st</sup> class
- The week of June 29<sup>th</sup> - July 4<sup>th</sup> will be a Test/Free week for any participants who have already registered for their class
- Classes will only run if the minimum participants are met, please register early
- Registration can be done online by [clicking here](#) or by calling 847-448-8250
- If you are having any issues or have questions, please contact Bob Russo at [rrusso@cityofevanston.org](mailto:rrusso@cityofevanston.org) or by calling 847-448-8283

## Mondays

### Strength/Stretch Class

This class offers a perfect combination of challenge and release for all your major muscle groups with no equipment necessary. Start with 30 minutes of low impact strength training. Use your bodyweight for resistance with classic exercises that strengthen and tone the whole body, but are gentle on joints. Followed by 30 minutes of a long mix of dynamic and static stretching that increases flexibility and decrease stiffness and soreness. Your whole body will feel lengthened and relaxed after this focused stretching session.

**Instructor:** Amanda Hart

**Location:** Zoom Virtual Classes

**Age Level:** 18 and over

**Fee:** \$40

**Length:** 8 Sessions

Class#	Dates	Days	Time
523334-B0	July 6- Aug 24	Mon	9-10am

### Tai Chi Fundamentals

Learn a basic Tai Chi form as well as a number of techniques designed to energize the body, reduce and manage stress and improve balance and flexibility. Regular practice of this system of gentle movements can facilitate harmonious energy flow throughout the body enhancing your physical and emotional well-being.

**Instructor:** Francesca Segal

**Location:** Zoom Virtual Class

**Age Level:** 18 and over

**Fee:** \$40

**Length:** 8 Sessions

Class#	Dates	Day	Time
523315-B0	July 6- Aug 24	Mon	9-10am

### Cardio, Strength and Stretch

This class combines a cardio workout with strength training and stretching. Participants will do low impact aerobics to build strength and anaerobic endurance. This a 2 day a week class.

**Instructor:** Marla Lampert

**Location:** Zoom Virtual Class

**Age Level:** 18 and over

**Fee:** \$80

**Length:** 16 Sessions

Class#	Dates	Days	Time
524308-B0	July 6- Aug 26	Mon, Wed	10:30-11:30am

## Monday cont.

### Continuing Yoga

This class is recommended for those who have prior experience and are able to sustain a higher level of effort. Relax in a non-competitive atmosphere while practicing activities leading to flexibility, strength and balance and meditation techniques.

**Instructor:** Shauna Babcock

**Location:** Zoom Virtual Class

**Age Level:** 18 and over

**Fee:** \$40

**Length:** 8 sessions

Class#	Dates	Day	Time
523302-B0	July 6- Aug 24	Mon	6-7:30pm

### Nia

Nia is a sensory-based dance/movement practice that gets your heart pumping, body moving and energy flowing in a way that leads to health, wellness, and fitness. This expressive, creative experience uses fantastic World music with easy-to-follow dance steps that can be adapted to accommodate individual needs and abilities.

**Instructor:** Myrna Weinman

**Location:** Zoom Virtual Class

**Age Level:** 18 and over

**Fee:** \$40

**Length:** 8 Sessions

Class#	Dates	Day	Time
523316-B0	July 6- Aug 24	Mon	6-7pm

## Tuesdays

### Zumba Gold

A low impact Zumba class with easy to follow choreography that focuses on cardiovascular and muscle conditioning, range of motion, coordination, flexibility, and balance. Zumba Gold is designed to be approachable by all populations, regardless of fitness level. Experience with dance is not required. All adults welcome

**Instructor:** Suzanne Hock

**Location:** Zoom Virtual Classes

**Age Level:** 18 and over

**Fee:** \$40

**Length:** 8 Sessions

Class#	Dates	Day	Time
523335-B0	July 7- Aug 24	Tue	8-9am

## Tuesdays cont.

### Beginning Yoga

Discover the benefits of yoga postures and controlled breathing – you'll improve the flexibility of your body and mind! You must be able to easily transfer from standing to sitting and lying down. No previous yoga experience necessary, just an open mind to explore new experiences. Please wear non-binding clothing.

**Instructor:** Betsy Murphy/Shaulna Babcock

**Location:** Zoom Virtual Class

**Age Level:** 18 and over

**Fee:** \$40

**Length:** 8 Sessions

Class#	Dates	Days	Time
524303-B0	July 7- Aug 25	Tue	9-10am

### Chair Yoga

If you are interested in exploring yoga, but are less ambulatory or not able to transfer easily, join this class! No experience necessary, all are welcome. We will explore the mind body practices of yoga seated in a chair or using the chair for support in standing poses. Learn yoga movement, breathing and relaxation practices to increase flexibility of mind and body. Please wear comfortable clothing.

**Instructor:** Betsy Murphy/Shaulna Babcock

**Location:** Zoom Virtual Classes

**Age Level:** 18 and over

**Fee:** \$40

**Length:** 8 Sessions

Class#	Dates	Days	Time
524339-B0	July 7- Aug 25	Tue	10:30-11:30am

### Total Wellness

This comprehensive, balanced program includes aerobic movement, weight and resistance training, core strength exercises and stretching. Join us for a gentle, yet thorough, fitness class that will help you attain complete wellness.

**Instructor:** Francesca Segal

**Location:** Zoom Virtual Class

**Age Level:** 18 and over

**Fee:** \$40

**Length:** 8 Sessions

Class#	Dates	Days	Time
524318-B0	July 7- Aug 25	Tue	11a-12p

## Wednesdays

### Cardio, Strength and Stretch

This class combines a cardio workout with strength training and stretching. Participants will do low impact aerobics to build strength and anaerobic endurance. This is a 2 day a week class

**Instructor:** Marla Lampert

**Location:** Zoom Virtual Class

**Age Level:** 18 and older

**Fee:** \$80

**Length:** 16 Sessions

Class#	Dates	Days	Time
524308-B0	July 6- Aug 26	Mon, Wed	10:30-11:30am

### Tai Chi for Arthritis & Fall Prevention

Experience the benefits of Tai Chi in a program specifically developed for people with arthritis and other musculoskeletal conditions. The gentle slow movements, upright stance and powerful healing qi gong exercises will help you increase mobility, improve balance, strengthen muscles and release tension in the body without overstressing the joints.

**Instructor:** Carolyn Martinez, Arthritis Foundation certified Instructor

**Location:** Zoom Virtual Class

**Age Level:** 18 yrs. and Over

**Fee:** \$35

**Length:** 7 Sessions

#### Beginner Level

Class#	Dates	Days	Time
524304-B0	July 8- Aug 19	Wed	1:15-2:15pm

#### Experienced Students

Class#	Dates	Days	Time
524320-B0	July 8- Aug 19	Wed	2:30-3:30pm

### Pilates/Yoga Fusion

This class blends the best of both disciplines to provide participants with a strong core, flexibility and overall strength.

**Instructor:** Amanda Hart

**Location:** Zoom Virtual Class

**Age:** 18 and over

**Fee:** \$40

**Length:** 8 sessions

Class#	Dates	Day	Time
523323-B0	July 8- Aug 26	Wed	2-3pm

## Wednesdays cont.

### Nia

Nia is a sensory-based dance/movement practice that gets your heart pumping, body moving and energy flowing in a way that leads to health, wellness, and fitness. This expressive, creative experience uses fantastic World music with easy-to-follow dance steps that can be adapted to accommodate individual needs and abilities.

**Instructor:** Myrna Weinman

**Location:** Zoom Virtual Class

**Age Level:** 18 and over

**Fee:** \$40

**Length:** 8 Sessions

Class#	Dates	Day	Time
523316-C0	July 8- Aug 26	Wed	6-7pm

## Thursdays

### Chi Gong

This relaxing, gentle, flowing exercise coordinates movement, breath and mind. Chi Gong benefits people of all physical abilities. You'll increase your flexibility, coordination, balance and circulation.

**Instructor:** Norm Zuefle

**Location:** Zoom Virtual Class

**Age Level:** 18 and over

**Fee:** \$40

**Length:** 8 sessions

Class#	Dates	Days	Time
523309-B0	July 9-Aug 27	Thurs	9:30-10:30am

### Beginning Yoga

Discover the benefits of yoga postures and controlled breathing – you'll improve the flexibility of your body and mind! You must be able to easily transfer from standing to sitting and lying down. No previous yoga experience necessary, just an open mind to explore new experiences. Please wear non-binding clothing.

**Instructor:** Shauna Babcock

**Location:** Zoom Virtual Class

**Age Level:** 18 and over

**Fee:** \$40

**Length:** 8 Sessions

Class#	Dates	Days	Time
524303-C0	July 9- Aug 27	Thurs	10-11am

## Thursdays cont.

### Ageless Grace Balance, Fitness and Brain Health Class

Chair class with 21 fun, simple anti-aging movement tools set to music including joint mobility, flexibility and cognitive function. Based on neuroscience you learn how to maintain lifelong optimal function. Good for all levels including those with arthritis and limited mobility.

**Instructor:** Susan Mendelsohn

**Location:** Zoom Virtual Class

**Age Level:** 18 and over

**Fee:** \$40

**Length:** 8 Sessions

Class#	Dates	Days	Time
524310-B0	July 9- Aug 27	Thurs	10-10:45am

### Core for Better Balance & Strength

This class integrates gentle, yet challenging, movements to increase flexibility, strength and balance. All of the exercises use mind/body techniques to increase memory and brain function and can be modified for beginning through intermediate students. The routines can be performed standing or sitting in a chair, so adults at any fitness level will feel comfortable participating.

**Instructor:** Susan Mendelsohn

**Location:** Zoom Virtual Class

**Age Level:** 18 and over

**Fee:** \$40

**Length:** 8 Sessions

Class#	Dates	Days	Time
524311-B0	July 9- Aug 27	Thurs	11-11:45am

### Qi Gong

Create a healthier connection between your spirit, mind and body! This class teaches you a relaxing and gentle exercise that increases your flexibility, coordination, balance and circulation. People of all physical abilities will benefit.

**Instructor:** Francesca Segal

**Location:** Zoom Virtual Class

**Age Level:** 18 and over

**Fee:** \$40

**Length:** 8 Sessions

Class#	Dates	Days	Time
524306-B0	July 9- Aug 27	Thurs	1-2pm

## Thursdays cont.

### Zumba for Boomers

A low impact Zumba class with no jumping but all the great music and moves you love from a fun Zumba class. This is a class focuses on cardio and muscular conditioning. Zumba is a party that is exercise in disguise. All adults welcome. No experience necessary.

**Instructor:** Suzanne Hock

**Location:** Zoom Virtual Class

**Age Level:** 18 and over

**Fee:** \$40

**Length:** 8 sessions

Class#	Dates	Days	Time
524315-B0	July 9- Aug 27	Thurs	6-7pm

## Fridays

### Tai Chi Chi Gong

Tai Chi is a relaxing, gentle, flowing exercise coordinating movement, breath and mind. Tai Chi benefits people of all physical abilities. You'll increase your flexibility, coordination, balance and circulation.

**Instructor:** Evelyn Thompson

**Location:** Virtual Zoom Class

**Age Level:** 18 and over

**Fee:** \$40

**Length:** 8 Sessions

Class#	Dates	Day	Time
524307-B0	July 10- Aug 28	Fri	9-10am

### Zumba Gold Toning<sup>®</sup>

A class that blends Zumba Gold with light hand weights to enhance muscle strength, tone and endurance. Using easy to follow choreography and fitness moves with and without weights, the class focuses on toning muscles, endurance, range of motion, flexibility, coordination, and balance. All adults welcome. No experience necessary. Light weights are used in class.

**Instructor:** Suzanne Hock

**Location:** Zoom Virtual Class

**Age Level:** 18 and over

**Fee:** \$40

**Length:** 8 Sessions

Class#	Dates	Day	Time
524301-B0	July 10- Aug 28	Fri	10-11am



## Fridays cont.

### Pilates/Sculp

Pilates work centers on strengthening the core. This class will improve flexibility, physical strength and enhance mental awareness. We will lengthen, strengthen and sculpt the entire body. This workout includes floor work with optional light hand weights.

**Instructor:** Marla Lampert

**Location:** Zoom Virtual Classes

**Age Level:** 18 and over

**Fee:** \$40

**Length:** 8 Sessions

Class#	Dates	Days	Time
523336-B0	July 10 Aug 28	Fri	11am-12pm

## Saturdays

### Yoga to Heal: Thriving Through and Beyond Cancer

Integrate the healing power of yoga into your strategy to get well and stay cancer-free. Use breath, guided imagery and movement to increase your health, improve range of movement, strength and energy. Reduce treatment symptoms and pain and minimize distracting or unproductive thoughts. The class is designed to support those at any phase of treatment or beyond who are able to function in a group setting.

**Instructor:** Shauna Babcock ERYT-200

**Location:** Zoom Virtual Class

**Age:** 18 and over

**Fee:** \$40

**Length:** 8 sessions

Class#	Dates	Day	Time
523325-B0	July 11- Aug 29	Sat	9-10:15am

### Pilates/Yoga Fusion

This class blends the best of both disciplines to provide participants with a strong core, flexibility and overall strength.

**Instructor:** Amanda Hart

**Location:** Zoom Virtual Class

**Age:** 18 yrs. and up

**Fee:** \$40

**Length:** 8 sessions

Class#	Dates	Day	Time
523323-C0	July 11- Aug 29	Sat	10:30-11:30am