



Levy Center

Fall Fitness Classes

The Levy Center is hoping to keep as many people healthy and active during this time. The fall session of classes will begin the week of August 31st and will consist of 2- 8 week sessions ending on December 19th. There is a mixture of Virtual, In-person and outside classes available. Please make sure to register for the correct class number as some classes will be held In-person and virtually together

We will be offering 2 Virtual only Silversneakers Yoga classes this fall. If you are a Silversneakers member, Silver & Fit member or covered through United Healthcare, there will be no fee to those who qualify. However, we do need everyone to register who wishes to take the class.

Below is some more information for registering and building safety measures:

- A valid email must be provided for all class registrations
- For Virtual classes a Zoom link will be sent to you via email at least 24 hours prior to the 1st class
- Classes will only run if the minimum participants are met, please register early
- For all in-person classes, masks will be required and when entering the building participants will be subjected to temperature and symptom checks
- 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 russo@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

Fee: \$48 LM/ \$63

Class#	Dates	Days	Time	Type
534341A0	Aug 31- Oct 19	M	9-10am	Virtual
534341B0	Oct 26- Dec 14	M	9-10am	Virtual

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

Fee: \$48LM/ \$63NM

Class#	Dates	Days	Time	Type
533355C0	Aug 31- Oct 19	M	9-10am	Virtual
533355D0	Oct 26- Dec 14	M	9-10am	Virtual

Cardio, Strength and Stretch (This class is a 2 day a week class on Mondays & Wednesdays)

This class combines a cardio workout with strength training and stretching. Participants will do low impact aerobics and use hand weights, resistance tubing and balls to build strength and anaerobic endurance. No Class on Sept 7

Instructor: Marla Lampert

Fee: \$80/\$95

Class#	Dates	Days	Time	Type
534308C0	Aug 31- Oct 21	M, W	10:30-11:30am	Virtual
534308D0	Oct 26- Dec 16	M, W	10:30-11:30am	Virtual

Mondays Cont.

Continuing Yoga – Teen/Adult

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. No Class Sept 7

Instructor: Emily Williams-Guthrie

Fee: Fall: \$53 LM/ \$68 NM

Fall/Winter: \$60 LM/ \$75 NM

Class#	Dates	Day	Time	Type
533341A0	Aug 31- Oct 19	M	6-7:30pm	In-Person
533341B0	Oct 26- Dec 14	M	6-7:30pm	In-Person
533341C0	Aug 31- Oct 19	M	6-7:30pm	Virtual
533341D0	Oct 26- Dec 14	M	6-7:30pm	Virtual

Tuesdays

Beginning Yoga for Seniors

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; shoes are not needed for class.

Instructor: Betsy Murphy, RN

Fee: \$48LM/\$63NM

Class#	Dates	Days	Time	Type
534326C0	Sept 1- Oct 20	Tu	9-10am	Virtual
534326D0	Oct 27- Dec 15	Tu	9-10am	Virtual

Pilates/Sculpt

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

Fee: \$48LM/ \$63 NM

Class#	Dates	Days	Time	Type
534312A0	Sept 1- Oct 20	Tu	9:30-10:15am	Virtual
534312A0	Oct 27- Dec 15	Tu	9:30-10:15am	Virtual

Tuesdays Cont.

Gentle Chair Yoga for Seniors (This class is a 2 day a week class on Tuesdays & Thursdays)

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. No Class on Nov 26

Instructor: Betsy Murphy, RN

Fee: \$80 LM/ \$95 NM

Class#	Dates	Days	Time	Type
534305C0	Sept 1- Oct 22	Tu, Th	10:30-11:30am	Virtual
534305D0	Oct 27- Dec 17	Tu, Th	10:30-11:30am	Virtual

Wednesdays

Silversneakers Yoga

Silversneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Some Medicare recipients qualify to take this class at no charge. Please call Bob Russo at 847-448-8283 to find out if you qualify. There is no charge for Silversneakers members. Registration is Required. No Class on Sept 7

Instructor: Amanda Hart

Fee: \$48LM/\$63NM

Class#	Dates	Day	Time	Type
534343F0	Sept 2- Oct 21	W	9:30-10:30am	Virtual
534343H0	Oct 28- Dec 16	W	9:30-10:30am	Virtual

Cardio, Strength and Stretch (This class is a 2 day a week class on Mondays & Wednesdays)

This class combines a cardio workout with strength training and stretching. Participants will do low impact aerobics and use hand weights, resistance tubing and balls to build strength and anaerobic endurance. No Class on Sept 7

Instructor: Marla Lampert

Fee: \$80/\$95

Class#	Dates	Days	Time	Type
534308C0	Aug 31- Oct 21	M, W	10:30-11:30am	Virtual
534308D0	Oct 26- Dec 16	M, W	10:30-11:30am	Virtual

Pickleball Workshop- Beginners/Slow Paced Players

Learn to play the fastest growing racket sport combining tennis and ping pong skills with a paddle and whiffle ball on a badminton size court. 1 hour of instruction, followed by 1/2 hour of open play. After basics are taught with rules of play, keeping score and positioning, learn to improve your play individually improving your skills and confidence. Strategy with serves and returns, better shot placements, dinking, punching, lobs, footwork and movement and communicating with your partner. All equipment is provided.

Instructor: Carl Rosenthal

Fee: \$100 Levy Member/\$115 Levy Nonmember

Class#	Dates	Days	Time	Type
534801A0	Sept 9- Oct 14	Wed	11am-12:30pm	In-person/JamesParkTennisCourts

Pickleball Workshop- Advanced Beginners/Intermediates

Improve your play with strategy drills, dinks, better shot placements, punching, lobs, deeper serves and 3rd shot drops. 1 hour of instruction, followed by 1/2 hour of open play. Must have previous Pickleball playing experience.

Instructor: Carl Rosenthal

Fee: \$100 Levy Member/\$115 Levy Nonmember

Class#	Dates	Days	Time	Type
534802A0	Sept 9- Oct 14	Wed	1-2:30pm	In-person/JamesParkTennisCourts

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. **No Class on Sept 26th**

Instructor: Carolyn Martinez, Arthritis Foundation certified Instructor

Fee: \$48 LM/ \$63 NM

Beginner Level

Class#	Dates	Days	Time	Type
534301A0	Sept 2- Oct 21	W	1:15-2:15pm	Virtual
534301B0	Oct 28- Dec 16	W	1:15-2:15pm	Virtual

Intermediate Level

Class#	Dates	Days	Time	Type
534325A0	Sept 2- Oct 21	W	2:30-3:30pm	Virtual
534325B0	Oct 28- Dec 16	W	2:30-3:30pm	Virtual

Thursdays

Beginning Yoga for Seniors

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; shoes are not needed for class.

Instructor: Shauna Babcock

Fee: \$48LM/\$63NM

Class#	Dates	Days	Time	Type
534326A0	Sept 3- Oct 22	Thu	9:15-10:15am	In-person/Virtual
534326B0	Oct 29- Dec 17	Thu	9:15-10:15am	In-person/Virtual

Gentle Chair Yoga for Seniors (This class is a 2 day a week class on Tuesdays & Thursdays)

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. No Class on Nov 26

Instructor: Betsy Murphy, RN

Fee: \$80 LM/ \$95 NM

Class#	Dates	Days	Time	Type
534305C0	Sept 1- Oct 22	Tu, Th	10:30-11:30am	Virtual
534305D0	Oct 27- Dec 17	Tu, Th	10:30-11:30am	Virtual

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

Fee: \$48 LM/ \$63 NM

Class#	Dates	Day	Time	Type
534338A0	Sept 3- Oct 22	Th	11:30am-12:30pm	Virtual
534338B0	Oct 29- Dec 17	Th	11:30am-12:30pm	Virtual

Thursdays cont.

Qi Gong for Seniors

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. **No Class Nov 27**

Instructor: Francesca Segal

Fee: \$48LM/ \$63NM

Class#	Dates	Days	Time	Type
534328C0	Sept 3- Oct 22	Th	1-2pm	Virtual
534328D0	Oct 29- Dec 17	Th	1-2pm	Virtual

Senior Ukulele Ensemble

Looking for some fun people to play ukulele with? If you already know 2-3 strum patterns and 10-12 chords you will be able to have a lot of fun with this group. We play a wide variety of music from the 40s to the 70s and hold ukulele sing-along concerts at the Levy Center 3-4 times a year.

Instructor: Lorraine Williams

Fee: \$64LM/\$79NM

\$56LM/\$71 NM

Class#	Dates	Days	Time	Type
534611A0	Sept 3- Oct 22	Th	1-2pm	In-person/Virtual
534611B0	Oct 29- Dec 17	Th	1-2pm	In-Person/Virtual

Zumba for Boomers and their Friends

Enjoy a low impact Zumba class with no jumping but all the great music and moves you love for a fun workout. Zumba is a party that is exercise in disguise. All adults welcome. No experience necessary. No Class on Nov 26

Instructor: Suzanne Hock

Fee: \$48LM/\$63NM

Class#	Dates	Day	Time	Type
534310C0	Sept 3- Oct 22	Th	6:30-7:30pm	Virtual
534310D0	Oct 29- Dec 17	Th	6:30-7:30pm	Virtual

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. No registration allowed after week 2. **No Class Nov 27**

Instructor: Evelyn Thompson

Fee: \$48LM/ \$63NM

Class#	Dates	Day	Time	Type
534329C0	Sept 4- Oct 23	F	9-10am	Virtual
534329D0	Oct 30- Dec 18	F	9-10am	Virtual

Zumba Gold Toning®

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 (F)

Fee: \$48 LM/ \$63 NM

Class#	Dates	Day	Time	Type
534337A0	Sept 4- Oct 23	F	10-11am	Virtual
534337B0	Oct 30- Dec 18	F	10-11am	Virtual

Feldenkrais

Using a combination of guided attention and pleasant, purposeful movement, this method of Feldenkrais guides you through the essential dynamic relationships in a particular pattern of movement and action. Unlike traditional exercise, where movements can become mechanical, *Awareness Through Movement* teaches you the secrets to reducing unnecessary muscular effort and improve your awareness of your whole self in action. **No Class on Nov 27**

Instructor: Robin Sterling

Fee: \$48LM/ \$63NM

Class#	Dates	Day	Time	Type
534331C0	Sept 4- Oct 23	F	10:30-11:30am	Virtual
534331D0	Oct 30- Dec 18	F	10:30-11:30am	Virtual

Fridays Cont.

Cardio, Strength and Stretch- Mind/Body

Dance and martial arts Nia inspired movement for mobility and endurance, followed by seated/standing strength exercises (with hand weights), balance and a final mindful stretch. Moderate level with options for adapting movement for higher or lower intensity. Movement can be performed from a chair.

Instructor: Barbara Meyer

Fee: \$48/\$63

Class#	Dates	Days	Time	Type
534308A0	Sept 4- Oct 23	F	10:30-11:30am	Virtual
534308B0	Oct 30- Dec 18	F	10:30-11:30am	Virtual

Silversneakers Yoga

Silversneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Some Medicare recipients qualify to take this class at no charge. Please call Bob Russo at 847-448-8283 to find out if you qualify. There is no charge for Silversneakers members. Registration is Required. No Class on Sept 7

Instructor: Barbara Meyer

Fee: \$48LM/\$63NM

Class#	Dates	Day	Time	Type
534343E0	Sept 4- Oct 23	F	11:45am-12:45pm	Virtual
534343G0	Oct 30- Dec 18	F	11:45am-12:45pm	Virtual

Saturdays

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

Fee: \$48 LM/ \$63 NM

Class#	Dates	Day	Time	Type
533314C0	Sept 5- Oct 24	Sat	10:30-11:30am	Virtual
533314D0	Oct 31- Dec 19	Sat	10:30-11:30am	Virtual

Personal Training at Levy Center

Ages 18+

Take the road to a healthier tomorrow and find a personal trainer at the Levy Center who is right for you! You don't have to be a Levy Center member or a Fitness Room member to purchase a personal training package; the only requirement is that you're age 18 or older! Choose between 5 or 10 sessions in either 30 or 60 minutes lengths.

To receive the discount, you must pre-purchase a package (i.e., no discount if you buy sessions one at a time) and must use the same trainer for all sessions. Personal training passes expire 6 months from the date of issue. Sign up today at the Levy Center's office and you'll be on the road to a healthier tomorrow! **847-448-8250**.

Fee for 30-minute sessions:

1 session, \$30; 5-session package, \$135;
10-session package, \$270

Fee for 60-minute sessions:

1 session, \$43; 5-session package, \$194;
10-session package, \$387.