



## Levy Center

### Winter Fitness Classes

The Levy Center is hoping to keep as many people healthy and active during this time. The winter session of classes will begin the week of January 4th and will run through March 21<sup>st</sup>. Please note that the start and end dates vary from class to class. 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 winter. 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 1<sup>st</sup> 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 by calling 847-448-8250 or online at [cityofevanston.org](http://cityofevanston.org)
- 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

**Fee:** \$60 LM/ \$75

Class#	Dates	Days	Time	Type
544352A1	Jan 4- Mar 8	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:** \$60LM/ \$75NM

Class#	Dates	Days	Time	Type
543319A1	Jan 11- Mar 15	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 if available.

**Instructor:** Marla Lampert

**Fee:** \$100/\$115

Class#	Dates	Days	Time	Type
544307A1	Jan 4- Mar 10	M, W	10:30-11:30am	Virtual

## **Mondays Cont.**

### **Low Impact Aerobics**

Spend 30 minutes doing good-time, low-impact aerobics and 30 minutes on strength exercises and stretching. This complete workout is over before you know it! This Class will be Virtual & In-person. No Class on 1/18

**Instructor:** Rosa Velazquez

**Location:** Levy Center

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

**Fee:** \$68 LM/ \$83 NM

**Length:** 10 Sessions

Class#	Dates	Days	Time	Type
543316A1	Jan 4 – Mar 15	Mon	5-6pm	In-Person
543316B1	Jan 4 – Mar 15	Mon	5-6pm	Virtual

### **Zumba®**

Zumba® is a fusion of Latin and International music with dance themes creating a dynamic, exciting, effective fitness system! Routines feature aerobic/fitness interval training, resistance training and a combination of fast and slow rhythms that tone and sculpt the body. Easy-to-follow dance steps and body-sculpting movements maximize caloric output, fat burning and total body toning. This Class will be In-person & Virtual. No class on 1/18.

**Instructor:** Rosa Velazquez

**Location:** Levy Center

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

**Fee:** \$68 LM/ \$83 NM

**Length:** 10 Sessions

Class#	Dates	Day	Time	Type
543340A1	Jan 4- Mar 15	Mon	6:30-7:30pm	In-Person
543340B1	Jan 4- Mar 15	Mon	6:30-7:30pm	Virtual

### **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 on Jan 18th

**Instructor:** Emily Williams-Guthrie

**Fee:** \$60 LM/ \$75 NM

Class#	Dates	Day	Time	Type
543302A0	Jan 4- Mar 15	M	6-7:30pm	In-Person
543302B0	Jan 4- Mar 15	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:** \$60LM/\$75NM

Class#	Dates	Days	Time	Type
544302A1	Jan 12- Mar 16	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:** \$60LM/\$75NM

Class#	Dates	Days	Time	Type
544353A1	Jan 5- Mar 9	Tu	9:30-10:15am	Virtual

### **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

**Fee:** \$60LM/\$75NM

Class#	Dates	Days	Time	Type
544309A1	Jan 12- Mar 16	Tu	10-10:45am	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.

**Instructor:** Betsy Murphy, RN

**Fee:** \$100 LM/ \$115 NM

Class#	Dates	Days	Time	Type
544313A1	Jan 12- Mar 18	Tu, Th	10:30-11:30am	Virtual

## Tuesdays cont.

### **Core for Better Balance**

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

**Fee:** \$60LM/\$75NM

Class#	Dates	Days	Time	Type
544310A1	Jan 12- Mar 16	Tu	11-11:45am	Virtual

### **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

**Location:** Levy Center

**Age Level:** 55 yrs. and up

**Fee:** \$60 LM/ \$75 NM

**Length:** 10 sessions

#### **Beginner Level**

Class#	Dates	Days	Time
544331A1	Jan 5- Mar 9	Tu	11:30am-12:30pm

## 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.

**Instructor:** Amanda Hart

**Fee:** \$60LM/\$75NM

Class#	Dates	Day	Time	Type
544322A1	Jan 6- Mar 10	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 if available.

**Instructor:** Marla Lampert

**Fee:** \$100/\$115

Class#	Dates	Days	Time	Type
544307A1	Jan 4- Mar 10	M, W	10:30-11:30am	Virtual

### **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

**Fee:** \$60 LM/ \$75 NM

#### **Advanced Beginner Level**

Class#	Dates	Days	Time	Type
544331A1	Jan 6- Mar 17	W	1:15-2:15pm	Virtual

#### **Intermediate Level**

Class#	Dates	Days	Time	Type
544332A1	Jan 6- Mar 17	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:** \$60LM/\$75NM

Class#	Dates	Days	Time	Type
544302B1	Jan 7- Mar 18	Thu	9:15-10:15am	In-person/Virtual

### **Alexander Technique**

Posture, Poise and Ease. In this class, you'll learn to improve your balance and coordination in the functional movement of daily activities. New research shows that posture plays an important role in health! Learn to sit, stand, move, breathe with better posture, less tension, more poise and ease. This class is based on the Alexander Technique, internationally recognized method for teaching how to use your body better. There will be lots of individual attention so you learn at your own rate.

**Instructor:** Phyllis Richmond

**Fee:** \$60 LM/ \$75 NM

Class#	Dates	Day	Time	Type
544166A1	Jan 7- Mar 11	Thu	10-11:15am	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.

**Instructor:** Betsy Murphy, RN

**Fee:** \$100 LM/ \$115 NM

Class#	Dates	Days	Time	Type
544313A1	Jan 12- Mar 18	Tu, Th	10:30-11:30am	Virtual

## Thursdays Cont.

### **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:** \$60 LM/ \$75 NM

Class#	Dates	Day	Time	Type
544333A1	Jan 7- Mar 18Th		11:30am-12:30pm	Virtual

### **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.

**Instructor:** Francesca Segal

**Fee:** \$60LM/ \$75NM

Class#	Dates	Days	Time	Type
544304A1	Jan 7- Mar 18	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. No Class Jan 28, Feb 4 & Feb 11

**Instructor:** Lorraine Williams

**Fee:** \$64LM/\$79NM

Class#	Dates	Days	Time	Type
544618A1	Jan 7- Mar 18Th		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.

**Instructor:** Suzanne Hock

**Fee:** \$60LM/\$75NM

Class#	Dates	Day	Time	Type
544318A1	Jan 14- Mar 18	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.

**Instructor:** Evelyn Thompson

**Fee:** \$60LM/ \$75NM

Class#	Dates	Day	Time	Type
544306A1	Jan 15- Mar 19	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:** \$60 LM/ \$75 NM

Class#	Dates	Day	Time	Type
544314A1	Jan 15- Mar 19	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.

**Instructor:** Robin Sterling

**Fee:** \$60LM/ \$75NM

Class#	Dates	Day	Time	Type
544308A1	Jan 15- Mar 19	F	10:30-11:30am	Virtual

### 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:** \$60 LM/\$75 NM

Class#	Dates	Days	Time	Type
544354A1	Jan 15- Mar 19	F	10:30-11:30am	Virtual

## Fridays Cont

### **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.

**Instructor:** Barbara Meyer

**Fee:** \$60LM/\$75NM

Class#	Dates	Day	Time	Type
544322B1	Jan 15- Mar 19	F	11:45am-12:45pm	Virtual

## Saturdays

### **Yoga to Heal**

Integrate the healing power of Yoga into your strategy to get well and stay cancer free. Use breath, guided meditation, mudras and movement to improve your peace of mind while recovering strength and energy.

**Instructor:** Shauna Babcock

**Fee:** \$60 LM/ \$75 NM

Class#	Dates	Day	Time	Type
543317A1	Jan 9- Mar 13	Sat	9-10am	In-Person
543317B1	Jan 9- Mar 13	Sat	9-10am	Virtual

### **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:** \$60 LM/ \$75 NM

Class#	Dates	Day	Time	Type
543312A1	Jan 9- Mar 13	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.