



Levy Center

Spring Fitness Classes

The Levy Center is hoping to keep as many people healthy and active during this time. The spring session of classes will begin the week of March 22nd and will consist of a 10 week session ending the week of May 24th. 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 spring. 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 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. This class will be held virtually only

Instructor: Amanda Hart

Location: Zoom Virtual Classes

Fee: \$60 LM/ \$75

Class#	Dates	Days	Time	Type
514334A1	Mar 22- May 24	Mon	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. This class will be held virtually only

Instructor: Francesca Segal

Fee: \$60LM/ \$75NM

Class#	Dates	Days	Time	Type
513328A1	Mar 22- May 24	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. This class will be held virtually only

Instructor: Marla Lampert

Fee: \$100/\$115

Class#	Dates	Days	Time	Type
514326A1	Mar 22- May 26	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.

Instructor: Rosa Velazquez

Location: Levy Center

Age Level: 18 yrs. and up

Fee: \$60 LM/ \$75 NM

Length: 10 Sessions

Class#	Dates	Days	Time	Type
513323A1	Mar 22- May 24	Mon	5-6pm	In-Person
513323B1	Mar 22- May 24	Mon	5-6pm	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. This class will be held Virtual & in-person

Instructor: Emily Williams-Guthrie

Fee: \$60 LM/ \$75 NM

Class#	Dates	Day	Time	Type
513311A1	Mar 22- May 24	M	6-7:30pm	In-Person
513311B1	Mar 22- May 24	M	6-7:30pm	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.

Instructor: Rosa Velazquez

Location: Levy Center

Age Level: 18 yrs. and up

Fee: \$60 LM/ \$75 NM

Length: 10 Sessions

Class#	Dates	Day	Time	Type
513306A1	Mar 22- May 24	Mon	6:30-7:30pm	In-Person
513306B1	Mar 22- May 24	Mon	6:30-7:30pm	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. This class will be held virtually only

Instructor: Betsy Murphy, RN

Fee: \$60LM/\$75NM

Class#	Dates	Days	Time	Type
514322A1	Mar 23- May 25	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. This class will be held virtually only

Instructor: Marla Lampert

Fee: \$60LM/\$75NM

Class#	Dates	Days	Time	Type
514340A1	Mar 23- May 25	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. This class will be held virtually only

Instructor: Susan Mendelsohn

Fee: \$60LM/\$75NM

Class#	Dates	Days	Time	Type
514329A1	Mar 23- May 25	Tu	10-10:45am	Virtual

Tuesday 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. This class will be held virtually only

Instructor: Betsy Murphy, RN

Fee: \$100 LM/ \$115 NM

Class#	Dates	Days	Time	Type
514339A1	Mar 23- May 27	Tu, Th	10:30-11:30am	Virtual

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. This class will be held virtually only

Instructor: Susan Mendelsohn

Fee: \$60LM/\$75NM

Class#	Dates	Days	Time	Type
514330A1	Mar 23- May 25	Tu	11-11:45am	Virtual

Tai Chi for Arthritis & Fall Prevention- Beginners

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. This class will be held virtually only

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
514323A1	Mar 23- May 25	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. This class is held virtually only

Instructor: Amanda Hart

Fee: \$60LM/\$75NM

Class#	Dates	Day	Time	Type
514316A1	Mar 24- May 26	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
514326A1	Mar 22- May 26	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. This class will be held virtually only

Instructor: Carolyn Martinez, Arthritis Foundation certified Instructor

Fee: \$60 LM/ \$75 NM

Advanced Beginner

Class#	Dates	Days	Time	Type
514321A1	Mar 24- May 26	W	1:15-2:15pm	Virtual

Intermediate Level

Class#	Dates	Days	Time	Type
514318A1	Mar 24- May 26	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
514322B1	Mar 25- May 27	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.

Instructor: Betsy Murphy, RN

Fee: \$100 LM/ \$115 NM

Class#	Dates	Days	Time	Type
514339A1	Mar 23- May 27	Tu, Th	10:30-11:30am	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. This class will be held virtually only

Instructor: Phyllis Richmond

Fee: \$60 LM/ \$75 NM

Class#	Dates	Day	Time	Type
514138A1	Mar 25- May 13	Thu	10-11:15a	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. This class will be held virtually only

Instructor: Suzanne Hock

Fee: \$60 LM/ \$75 NM

Class#	Dates	Day	Time	Type
514304A1	Mar 25- May 27	Th	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. This class will be held virtually only

Instructor: Francesca Segal

Fee: \$60LM/ \$75NM

Class#	Dates	Days	Time	Type
514325A1	Mar 25- May 27	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. This class will be held virtually and in-person

Instructor: Lorraine Williams

Fee: \$64LM/\$79NM

Class#	Dates	Days	Time	Type
514608A1	Mar 25- May 6	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. This class will be held virtually only

Instructor: Suzanne Hock

Fee: \$60LM/\$75NM

Class#	Dates	Day	Time	Type
514314A1	Mar 25- May 27	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. This class will be held virtually only

Instructor: Evelyn Thompson

Fee: \$60LM/ \$75NM

Class#	Dates	Day	Time	Type
514327A1	Mar 26- May 28	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. This class will be held virtually only

Instructor: Suzanne Hock

Fee: \$60 LM/ \$75 NM

Class#	Dates	Day	Time	Type
514303A1	Mar 26- May 28	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. This class will be held virtually only

Instructor: Robin Sterling

Fee: \$60LM/ \$75NM

Class#	Dates	Day	Time	Type
514328A1	Mar 26- May 28	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. This class will be held virtually only

Instructor: Barbara Meyer

Fee: \$60 LM/\$75 NM

Class#	Dates	Days	Time	Type
514326B1	Mar 26- May 28	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
514316B1	Mar 26- May 28	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. This class will be held both virtually and in-person

Instructor: Shauna Babcock

Fee: \$60 LM/ \$75 NM

Class#	Dates	Day	Time	Type
513315A1	Mar 27- May 29	Sat	9-10am	In-Person
513315B1	Mar 27- May 29	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. This class will be held virtually only

Instructor: Amanda Hart

Fee: \$60 LM/ \$75 NM

Class#	Dates	Day	Time	Type
513305A1	Mar 27- May 29	Sat	10:30-11:30am	Virtual